

RECIPE ANALYSIS

Recipe Name : H-67
Serving Size : 1 EACH

Recipe Desc : California Cheddar Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 140.05	Calories from Fat 89.31	
% Daily Value		
Total Fat	9.92 g	15%
Saturated	3.93 g	20%
PolyUnSat	1.41 g	n/a
MonoUnSat	1.44 g	n/a
Cholesterol	15.54 mg	5%
Sodium	598.97 mg	25%
Potassium	20.00 mg	1%
Total Carbs	7.24 g	2%
Dietary Fiber	0.75 g	3%
Sugars	1.26 g	n/a
Protein	5.00 g	
Vitamin A - 15%	Vitamin C - 11%	
Calcium - 12%	Iron - 2%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 3%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 7%	Magnesium - 0%	
Zinc - 0%	Copper - 0%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	3.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	744.911 IU
Vitamin A	148.983 RE

Water Soluble Vitamins	
Thiamin B1	0.005 mg
Riboflavin B2	0.058 mg
Niacin B3	n/a
Niacin B3	0.016 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	6.481 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	72.087 mg
Zinc	0.032 mg
Magnesium	0.960 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.322 mg
Calcium	124.699 mg
Manganese	0.000 mg
Iodine	n/a

US Diabetic Exchanges	
Not Available.	
Starch	n/a
Fruit	n/a
Milk (Skim)	n/a
Milk (2%)	n/a
Milk (Whole)	n/a
Other Carbs	n/a
Vegetables	n/a
Meat (Very Lean)	n/a
Meat (Lean)	n/a
Meat (Med. Fat)	n/a
Meat (High Fat)	n/a
Fat	n/a

School Equivalents	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

Source Of Calories



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.