

RECIPE ANALYSIS

Recipe Name : H-6
Serving Size : 1 EACH

Recipe Desc : Canadian Cheese Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 166.43	Calories from Fat 98.92	
% Daily Value		
Total Fat	10.99 g	17%
Saturated	4.63 g	23%
PolyUnSat	1.39 g	n/a
MonoUnSat	1.47 g	n/a
Cholesterol	20.03 mg	7%
Sodium	625.20 mg	26%
Potassium	65.62 mg	2%
Total Carbs	9.65 g	3%
Dietary Fiber	0.43 g	2%
Sugars	3.36 g	n/a
Protein	6.44 g	
Vitamin A - 26%	Vitamin C - 2%	
Calcium - 18%	Iron - 1%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 5%	Niacin - 2%	
Vitamin B6 - 1%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 8%	Magnesium - 1%	
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	23.449 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	2.498 mcg
Vitamin A	1286.494 IU
Vitamin A	257.299 RE

Water Soluble Vitamins	
Thiamin B1	0.034 mg
Riboflavin B2	0.082 mg
Niacin B3	n/a
Niacin B3	0.321 mg
Pyridoxine B6	0.021 mg
Cobalamin B12	0.002 mcg
Pantothenic Acid	0.006 mg
Vitamin C	1.324 mg
Folic Acid	8.864 mcg

Minerals	
Phosphorus	81.544 mg
Zinc	0.062 mg
Magnesium	3.219 mg
Copper	0.006 mg
Selenium	0.027 mg
Iron	0.240 mg
Calcium	181.397 mg
Manganese	0.020 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.