

RECIPE ANALYSIS

Recipe Name : H-71
Serving Size : 1 EACH

Recipe Desc : Cheesy Potato Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 409.53	Calories from Fat 217.71	
% Daily Value		
Total Fat	24.19 g	37%
Saturated	15.39 g	77%
PolyUnSat	0.50 g	n/a
MonoUnSat	5.88 g	n/a
Cholesterol	78.57 mg	26%
Sodium	553.52 mg	23%
Potassium	249.53 mg	7%
Total Carbs	27.44 g	9%
Dietary Fiber	5.20 g	21%
Sugars	6.82 g	n/a
Protein	18.82 g	
Vitamin A - 15%	Vitamin C - 9%	
Calcium - 49%	Iron - 6%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 22%	Niacin - 0%	
Vitamin B6 - 2%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 34%	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		

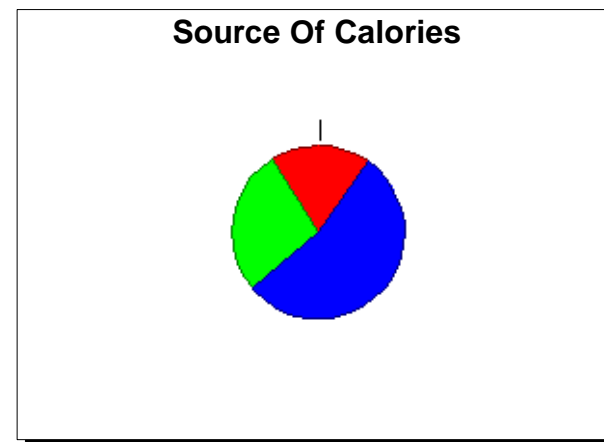
Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	46.080 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.085 mcg
Vitamin A	768.434 IU
Vitamin A	153.687 RE

Water Soluble Vitamins	
Thiamin B1	0.028 mg
Riboflavin B2	0.376 mg
Niacin B3	n/a
Niacin B3	0.067 mg
Pyridoxine B6	0.034 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	5.321 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	343.786 mg
Zinc	0.062 mg
Magnesium	3.036 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	1.010 mg
Calcium	486.209 mg
Manganese	0.030 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



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.