

RECIPE ANALYSIS

Recipe Name : H-62
Serving Size : 1 EACH

Recipe Desc : Chicken & Bamboo Soup
Prep Time :

Author :
Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 83.08	Calories from Fat 31.17	
% Daily Value		
Total Fat	3.46 g	5%
Saturated	1.02 g	5%
PolyUnSat	0.43 g	n/a
MonoUnSat	1.39 g	n/a
Cholesterol	30.72 mg	10%
Sodium	571.47 mg	24%
Potassium	207.15 mg	6%
Total Carbs	1.89 g	1%
Dietary Fiber	0.24 g	1%
Sugars	0.04 g	n/a
Protein	10.63 g	
Vitamin A - 22%	Vitamin C - 12%	
Calcium - 2%	Iron - 3%	
Vitamin E - n/a	Thiamin - 21%	
Riboflavin - 7%	Niacin - 10%	
Vitamin B6 - 1%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 3%	
Phosphorous - 9%	Magnesium - 3%	
Zinc - 5%	Copper - 1%	
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	0.000 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	0.029 alp
Vitamin K	n/a
Vitamin A	1084.361 IU
Vitamin A	216.872 RE

Water Soluble Vitamins	
Thiamin B1	0.318 mg
Riboflavin B2	0.117 mg
Niacin B3	n/a
Niacin B3	1.995 mg
Pyridoxine B6	0.024 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.324 mg
Vitamin C	6.995 mg
Folic Acid	6.631 mcg

Minerals	
Phosphorus	86.952 mg
Zinc	0.705 mg
Magnesium	12.982 mg
Copper	0.011 mg
Selenium	n/a
Iron	0.462 mg
Calcium	16.560 mg
Manganese	0.024 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.