

RECIPE ANALYSIS

Recipe Name : H-14
Serving Size : 6 oz.

Recipe Desc : Chicken Cordon Bleu Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
Calories 186.95	Calories from Fat 99.76	
% Daily Value		
Total Fat	11.08 g	17%
Saturated	4.24 g	21%
PolyUnSat	1.49 g	n/a
MonoUnSat	0.01 g	n/a
Cholesterol	29.25 mg	10%
Sodium	424.96 mg	18%
Potassium	85.74 mg	2%
Total Carbs	9.56 g	3%
Dietary Fiber	0.52 g	2%
Sugars	3.02 g	n/a
Protein	12.64 g	
Vitamin A - 9%	Vitamin C - 3%	
Calcium - 16%	Iron - 2%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 3%	Niacin - 2%	
Vitamin B6 - 1%	Folic Acid - 4%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 1%	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	16.719 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	2.693 mcg
Vitamin A	474.503 IU
Vitamin A	94.138 RE

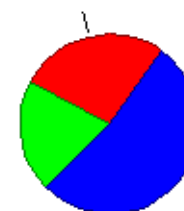
Water Soluble Vitamins	
Thiamin B1	0.054 mg
Riboflavin B2	0.049 mg
Niacin B3	n/a
Niacin B3	0.411 mg
Pyridoxine B6	0.021 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.031 mg
Vitamin C	1.653 mg
Folic Acid	15.400 mcg

Minerals	
Phosphorus	12.682 mg
Zinc	0.082 mg
Magnesium	3.792 mg
Copper	0.015 mg
Selenium	0.036 mg
Iron	0.381 mg
Calcium	159.919 mg
Manganese	0.071 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.