

RECIPE ANALYSIS

Recipe Name : H-22
Serving Size : 6 oz.

Recipe Desc : Chicken Florentine Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
Calories 155.04	Calories from Fat 93.25	
% Daily Value		
Total Fat	10.36 g	16%
Saturated	3.12 g	16%
PolyUnSat	1.99 g	n/a
MonoUnSat	0.08 g	n/a
Cholesterol	14.97 mg	5%
Sodium	831.86 mg	35%
Potassium	55.78 mg	2%
Total Carbs	9.09 g	3%
Dietary Fiber	0.41 g	2%
Sugars	0.92 g	n/a
Protein	6.03 g	
Vitamin A - 9%	Vitamin C - 4%	
Calcium - 5%	Iron - 2%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 2%	Niacin - 2%	
Vitamin B6 - 0%	Folic Acid - 4%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	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	0.000 mcg
Vitamin D	0.359 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	1.329 mcg
Vitamin A	437.492 IU
Vitamin A	87.499 RE

Water Soluble Vitamins	
Thiamin B1	0.059 mg
Riboflavin B2	0.039 mg
Niacin B3	0.000 NE
Niacin B3	0.495 mg
Pyridoxine B6	0.002 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	2.261 mg
Folic Acid	15.225 mcg

Minerals	
Phosphorus	10.785 mg
Zinc	0.047 mg
Magnesium	1.742 mg
Copper	0.002 mg
Selenium	0.018 mg
Iron	0.421 mg
Calcium	50.644 mg
Manganese	0.004 mg
Iodine	0.000 mcg

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.