

RECIPE ANALYSIS

Recipe Name : H-10
Serving Size : 8 oz

Recipe Desc : Chicken Noodle Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 8 oz		
Amount Per Serving		
Calories 91.71	Calories from Fat 44.12	
% Daily Value		
Total Fat	4.90 g	8%
Saturated	1.09 g	5%
PolyUnSat	1.03 g	n/a
MonoUnSat	0.07 g	n/a
Cholesterol	12.02 mg	4%
Sodium	915.48 mg	38%
Potassium	57.49 mg	2%
Total Carbs	6.22 g	2%
Dietary Fiber	0.26 g	1%
Sugars	0.45 g	n/a
Protein	5.58 g	
Vitamin A - 4%	Vitamin C - 1%	
Calcium - 1%	Iron - 2%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 2%	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	0.359 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	1.346 mcg
Vitamin A	184.577 IU
Vitamin A	36.915 RE

Water Soluble Vitamins	
Thiamin B1	0.054 mg
Riboflavin B2	0.029 mg
Niacin B3	n/a
Niacin B3	0.416 mg
Pyridoxine B6	0.013 mg
Cobalamin B12	0.014 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.428 mg
Folic Acid	14.650 mcg

Minerals	
Phosphorus	12.137 mg
Zinc	0.146 mg
Magnesium	5.330 mg
Copper	0.012 mg
Selenium	0.018 mg
Iron	0.274 mg
Calcium	10.980 mg
Manganese	0.010 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

