

RECIPE ANALYSIS

Recipe Name : JAY6
Serving Size : 1 EACH

Recipe Desc : Chix Pepperpot Soup
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 261.88	Calories from Fat 128.88	
% Daily Value		
Total Fat	14.32 g	22%
Saturated	4.11 g	21%
PolyUnSat	2.93 g	n/a
MonoUnSat	5.81 g	n/a
Cholesterol	68.05 mg	23%
Sodium	1528.66 mg	64%
Potassium	196.35 mg	6%
Total Carbs	9.10 g	3%
Dietary Fiber	1.39 g	6%
Sugars	1.48 g	n/a
Protein	21.00 g	
Vitamin A - 11%	Vitamin C - 18%	
Calcium - 2%	Iron - 9%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 7%	Niacin - 31%	
Vitamin B6 - 17%	Folic Acid - 2%	
Vitamin B12 - 5%	Pantothenic Acid - 8%	
Phosphorous - 14%	Magnesium - 5%	
Zinc - 8%	Copper - 2%	
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	0.277 mcg
Vitamin D	11.206 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.278 alp
Vitamin K	1.428 mcg
Vitamin A	544.154 IU
Vitamin A	108.830 RE

Water Soluble Vitamins	
Thiamin B1	0.059 mg
Riboflavin B2	0.112 mg
Niacin B3	n/a
Niacin B3	6.201 mg
Pyridoxine B6	0.338 mg
Cobalamin B12	0.277 mcg
Pantothenic Acid	0.825 mg
Vitamin C	10.835 mg
Folic Acid	6.883 mcg

Minerals	
Phosphorus	136.692 mg
Zinc	1.204 mg
Magnesium	19.524 mg
Copper	0.046 mg
Selenium	0.016 mg
Iron	1.657 mg
Calcium	20.829 mg
Manganese	0.016 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

