

# RECIPE ANALYSIS

Recipe Name : H-57  
Serving Size : 6 oz.

Recipe Desc : Chicken Rice Soup  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
<b>Calories 48.04</b>	<b>Calories from Fat 7.72</b>	
% Daily Value		
<b>Total Fat</b>	<b>0.86 g</b>	<b>1%</b>
Saturated	0.16 g	1%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>4.73 mg</b>	<b>2%</b>
<b>Sodium</b>	<b>585.23 mg</b>	<b>24%</b>
<b>Potassium</b>	<b>44.85 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>7.02 g</b>	<b>2%</b>
Dietary Fiber	0.21 g	1%
Sugars	0.36 g	n/a
<b>Protein</b>	<b>3.05 g</b>	
Vitamin A - 9%	Vitamin C - 1%	
Calcium - 1%	Iron - 1%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 1%	
Zinc - 1%	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	n/a
Vitamin D	0.269 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	1.459 mcg
Vitamin A	428.697 IU
Vitamin A	85.739 RE

Water Soluble Vitamins	
Thiamin B1	0.036 mg
Riboflavin B2	0.005 mg
Niacin B3	n/a
Niacin B3	0.047 mg
Pyridoxine B6	0.012 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.571 mg
Folic Acid	12.959 mcg

Minerals	
Phosphorus	2.919 mg
Zinc	0.095 mg
Magnesium	3.413 mg
Copper	0.003 mg
Selenium	0.016 mg
Iron	0.262 mg
Calcium	12.030 mg
Manganese	0.013 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

