

RECIPE ANALYSIS

Recipe Name : H-18
Serving Size : 1 EACH

Recipe Desc : Cream Of Broccoli Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 172.22	Calories from Fat 68.83	
% Daily Value		
Total Fat	7.65 g	12%
Saturated	3.08 g	15%
PolyUnSat	1.00 g	n/a
MonoUnSat	0.06 g	n/a
Cholesterol	13.99 mg	5%
Sodium	707.08 mg	29%
Potassium	16.73 mg	0%
Total Carbs	17.06 g	6%
Dietary Fiber	1.37 g	5%
Sugars	8.93 g	n/a
Protein	7.41 g	
Vitamin A - 10%	Vitamin C - 38%	
Calcium - 21%	Iron - 3%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 2%	Niacin - 2%	
Vitamin B6 - 0%	Folic Acid - 3%	
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	n/a
Vitamin D	64.000 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.004 mcg
Vitamin A	521.160 IU
Vitamin A	104.235 RE

Water Soluble Vitamins	
Thiamin B1	0.044 mg
Riboflavin B2	0.027 mg
Niacin B3	n/a
Niacin B3	0.362 mg
Pyridoxine B6	0.002 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	22.847 mg
Folic Acid	10.206 mcg

Minerals	
Phosphorus	7.585 mg
Zinc	0.015 mg
Magnesium	0.497 mg
Copper	0.000 mg
Selenium	n/a
Iron	0.529 mg
Calcium	212.660 mg
Manganese	0.001 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

