

# RECIPE ANALYSIS

Recipe Name : H-20  
Serving Size : 1 EACH

Recipe Desc : Cream Of Celery Soup  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 161.13</b>	<b>Calories from Fat 67.78</b>	
% Daily Value		
<b>Total Fat</b>	<b>7.53 g</b>	<b>12%</b>
Saturated	2.91 g	15%
PolyUnSat	1.03 g	n/a
MonoUnSat	0.07 g	n/a
<b>Cholesterol</b>	<b>13.99 mg</b>	<b>5%</b>
<b>Sodium</b>	<b>716.98 mg</b>	<b>30%</b>
<b>Potassium</b>	<b>109.74 mg</b>	<b>3%</b>
<b>Total Carbs</b>	<b>16.47 g</b>	<b>5%</b>
Dietary Fiber	0.86 g	3%
Sugars	8.80 g	n/a
<b>Protein</b>	<b>6.68 g</b>	
Vitamin A - 34%	Vitamin C - 5%	
Calcium - 21%	Iron - 2%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 3%	Niacin - 3%	
Vitamin B6 - 2%	Folic Acid - 5%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 2%	Magnesium - 1%	
Zinc - 0%	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	65.796 IU
Vitamin E	0.001 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	7.862 mcg
Vitamin A	1675.717 IU
Vitamin A	335.143 RE

Water Soluble Vitamins	
Thiamin B1	0.056 mg
Riboflavin B2	0.047 mg
Niacin B3	n/a
Niacin B3	0.525 mg
Pyridoxine B6	0.031 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	3.060 mg
Folic Acid	19.991 mcg

Minerals	
Phosphorus	17.078 mg
Zinc	0.071 mg
Magnesium	4.371 mg
Copper	0.013 mg
Selenium	0.097 mg
Iron	0.381 mg
Calcium	205.755 mg
Manganese	0.041 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**



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.