

RECIPE ANALYSIS

Recipe Name : H-21
Serving Size : 1 EACH

Recipe Desc : Cream Of Chicken Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 143.41	Calories from Fat 61.61	
% Daily Value		
Total Fat	6.85 g	11%
Saturated	1.98 g	10%
PolyUnSat	1.00 g	n/a
MonoUnSat	0.05 g	n/a
Cholesterol	22.04 mg	7%
Sodium	871.28 mg	36%
Potassium	87.32 mg	2%
Total Carbs	9.10 g	3%
Dietary Fiber	0.27 g	1%
Sugars	4.07 g	n/a
Protein	11.15 g	
Vitamin A - 7%	Vitamin C - 2%	
Calcium - 11%	Iron - 1%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 0%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
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	32.719 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	2.659 mcg
Vitamin A	362.717 IU
Vitamin A	72.543 RE

Water Soluble Vitamins	
Thiamin B1	0.031 mg
Riboflavin B2	0.024 mg
Niacin B3	n/a
Niacin B3	0.269 mg
Pyridoxine B6	0.004 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	1.053 mg
Folic Acid	10.038 mcg

Minerals	
Phosphorus	7.009 mg
Zinc	0.063 mg
Magnesium	2.524 mg
Copper	0.004 mg
Selenium	0.036 mg
Iron	0.236 mg
Calcium	107.163 mg
Manganese	0.009 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

