

RECIPE ANALYSIS

Recipe Name : H-26
Serving Size : 1 EACH

Recipe Desc : Cream Of Tomato Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 142.27	Calories from Fat 61.86	
% Daily Value		
Total Fat	6.87 g	11%
Saturated	2.46 g	12%
PolyUnSat	1.22 g	n/a
MonoUnSat	0.02 g	n/a
Cholesterol	9.60 mg	3%
Sodium	863.15 mg	36%
Potassium	2.67 mg	0%
Total Carbs	14.65 g	5%
Dietary Fiber	0.54 g	2%
Sugars	8.69 g	n/a
Protein	4.51 g	
Vitamin A - 18%	Vitamin C - 64%	
Calcium - 15%	Iron - 1%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	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	48.000 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.002 mcg
Vitamin A	922.697 IU
Vitamin A	184.539 RE

Water Soluble Vitamins	
Thiamin B1	0.011 mg
Riboflavin B2	0.007 mg
Niacin B3	n/a
Niacin B3	0.091 mg
Pyridoxine B6	0.001 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	38.629 mg
Folic Acid	2.551 mcg

Minerals	
Phosphorus	1.972 mg
Zinc	0.001 mg
Magnesium	0.057 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.251 mg
Calcium	153.838 mg
Manganese	0.001 mg
Iodine	35.280 mcg

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.