RECIPE ANALYSIS

Recipe Name : H-75 **Recipe Desc : Creamy Chicken Tortellini Soup** **Author :** **Yield : 50**
Serving Size : 6 oz. **Prep Time :** **Cook Time :**

Nutrition Information

Serving Size: 6 oz.

Amount Per Serving

Calories 98.64 **Calories from Fat 48.87**

			% Daily Value
Total Fat	**5.43**	**g**	**8%**
Saturated	1.31	g	7%
PolyUnSat	1.01	g	n/a
MonoUnSat	0.01	g	n/a
Cholesterol	**11.34**	**mg**	**4%**
Sodium	**945.22**	**mg**	**39%**
Potassium	**54.76**	**mg**	**2%**
Total Carbs	**6.78**	**g**	**2%**
Dietary Fiber	0.34	g	1%
Sugars	0.42	g	n/a
Protein	**5.66**	**g**	

Vitamin A - 4%	Vitamin C - 1%
Calcium - 2%	Iron - 1%
Vitamin E - n/a	Thiamin - 0%
Riboflavin - 0%	Niacin - 0%
Vitamin B6 - 0%	Folic Acid - 0%
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	0.359	IU
Vitamin E	0.000	mg
Vitamin E	n/a	
Vitamin E	0.000	alp
Vitamin K	1.346	mcg
Vitamin A	198.897	IU
Vitamin A	39.779	RE

Water Soluble Vitamins

Thiamin B1	0.003	mg
Riboflavin B2	0.004	mg
Niacin B3	n/a	
Niacin B3	0.018	mg
Pyridoxine B6	0.009	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.000	mg
Vitamin C	0.433	mg
Folic Acid	1.617	mcg

Minerals

Phosphorus	2.297	mg
Zinc	0.090	mg
Magnesium	3.252	mg
Copper	0.002	mg
Selenium	0.018	mg
Iron	0.257	mg
Calcium	19.597	mg
Manganese	0.010	mg
Iodine	n/a	

US Diabetic Exchanges

Not Available.

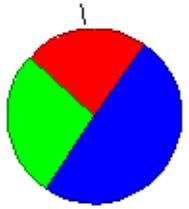
Starch	n/a
Fruit	n/a
Milk (Skim)	n/a
Milk (2%)	n/a
Milk (Whole)	n/a
Other Carbs	n/a
Vegetables	n/a
Meat (Very Lean)	n/a
Meat (Lean)	n/a
Meat (Med. Fat)	n/a
Meat (High Fat)	n/a
Fat	n/a

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.