

RECIPE ANALYSIS

Recipe Name : H-33
Serving Size : 1 EACH

Recipe Desc : French Onion Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 73.20	Calories from Fat 36.90	
% Daily Value		
Total Fat	4.10 g	6%
Saturated	0.95 g	5%
PolyUnSat	0.97 g	n/a
MonoUnSat	0.02 g	n/a
Cholesterol	0.99 mg	0%
Sodium	587.01 mg	24%
Potassium	111.63 mg	3%
Total Carbs	8.18 g	3%
Dietary Fiber	1.00 g	4%
Sugars	3.11 g	n/a
Protein	1.19 g	
Vitamin A - 3%	Vitamin C - 8%	
Calcium - 2%	Iron - 1%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 1%	Niacin - 0%	
Vitamin B6 - 5%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 2%	Magnesium - 2%	
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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.272 mcg
Vitamin A	163.361 IU
Vitamin A	32.672 RE

Water Soluble Vitamins	
Thiamin B1	0.036 mg
Riboflavin B2	0.018 mg
Niacin B3	0.000 NE
Niacin B3	0.059 mg
Pyridoxine B6	0.109 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	4.627 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	19.505 mg
Zinc	0.195 mg
Magnesium	9.562 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.136 mg
Calcium	20.407 mg
Manganese	0.095 mg
Iodine	0.000 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

