

# RECIPE ANALYSIS

Recipe Name : H-47  
Serving Size : 6 oz.

Recipe Desc : Fresh Catch Chowder  
Prep Time :

Author :  
Cook Time :

Yield : 50

| <b>Nutrition Information</b>                            |                                |            |
|---|--------------------------------|------------|
| Serving Size: 6 oz.                                     |                                |            |
| Amount Per Serving                                      |                                |            |
| <b>Calories 199.01</b>                                  | <b>Calories from Fat 84.38</b> |            |
|   | % Daily Value                  |            |
| <b>Total Fat</b>  | <b>9.38 g</b>                  | <b>14%</b> |
| Saturated   | 2.14 g                         | 11%        |
| PolyUnSat   | 0.03 g                         | n/a        |
| MonoUnSat   | 0.01 g                         | n/a        |
| <b>Cholesterol</b>                                      | <b>50.63 mg</b>                | <b>17%</b> |
| <b>Sodium</b>   | <b>178.21 mg</b>               | <b>7%</b>  |
| <b>Potassium</b>  | <b>53.44 mg</b>                | <b>2%</b>  |
| <b>Total Carbs</b>                                      | <b>12.71 g</b>                 | <b>4%</b>  |
| Dietary Fiber   | 0.86 g                         | 3%         |
| Sugars  | 3.07 g                         | n/a        |
| <b>Protein</b>  | <b>15.25 g</b>                 |            |
| Vitamin A - 2%  | Vitamin C - 4%                 |            |
| Calcium - 8%  | Iron - 2%                      |            |
| Vitamin E - n/a   | Thiamin - 1%                   |            |
| Riboflavin - 0%   | Niacin - 0%                    |            |
| Vitamin B6 - 1%   | Folic Acid - 0%                |            |
| 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                     |                                |            |

| <b>Fat Soluble Vitamins</b> |            |
|-----------------------------|------------|
| Vitamin D                   | 0.000 mcg  |
| Vitamin D                   | 16.359 IU  |
| Vitamin E                   | 0.000 mg   |
| Vitamin E                   | 0.000 IU   |
| Vitamin E                   | 0.000 alp  |
| Vitamin K                   | 1.397 mcg  |
| Vitamin A                   | 102.097 IU |
| Vitamin A                   | 20.422 RE  |

| <b>Water Soluble Vitamins</b> |           |
|-------------------------------|-----------|
| Thiamin B1                    | 0.010 mg  |
| Riboflavin B2                 | 0.007 mg  |
| Niacin B3                     | n/a       |
| Niacin B3                     | 0.029 mg  |
| Pyridoxine B6                 | 0.029 mg  |
| Cobalamin B12                 | 0.000 mcg |
| Pantothenic Acid              | 0.000 mg  |
| Vitamin C                     | 2.688 mg  |
| Folic Acid                    | 1.617 mcg |

| <b>Minerals</b> |           |
|-----------------|-----------|
| Phosphorus      | 5.954 mg  |
| Zinc            | 0.035 mg  |
| Magnesium       | 2.308 mg  |
| Copper          | 0.002 mg  |
| Selenium        | 0.018 mg  |
| Iron            | 0.385 mg  |
| Calcium         | 78.586 mg |
| Manganese       | 0.028 mg  |
| Iodine          | 0.000 mcg |

| <b>US Diabetic Exchanges</b> |     |
|------------------------------|-----|
| 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 |

| <b>School Equivalents</b> |     |
|---------------------------|-----|
| Not Available.            |     |
| Meat/Meat Alternative     | n/a |
| Fruits/Vegetables         | n/a |
| Grains/Breads             | n/a |

**Source Of Calories**

