

RECIPE ANALYSIS

Recipe Name : H-77
Serving Size : 8 oz.

Recipe Desc : Ham and Swiss Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 8 oz.		
Amount Per Serving		
Calories 158.06	Calories from Fat 77.19	
% Daily Value		
Total Fat	8.58 g	13%
Saturated	3.21 g	16%
PolyUnSat	1.57 g	n/a
MonoUnSat	0.02 g	n/a
Cholesterol	17.11 mg	6%
Sodium	681.12 mg	28%
Potassium	30.70 mg	1%
Total Carbs	10.93 g	4%
Dietary Fiber	0.45 g	2%
Sugars	4.73 g	n/a
Protein	8.97 g	
Vitamin A - 9%	Vitamin C - 2%	
Calcium - 10%	Iron - 2%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	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	32.539 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	2.020 mcg
Vitamin A	434.347 IU
Vitamin A	86.865 RE

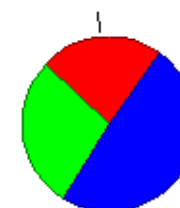
Water Soluble Vitamins	
Thiamin B1	0.005 mg
Riboflavin B2	0.006 mg
Niacin B3	n/a
Niacin B3	0.027 mg
Pyridoxine B6	0.014 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	1.424 mg
Folic Acid	2.425 mcg

Minerals	
Phosphorus	3.445 mg
Zinc	0.020 mg
Magnesium	1.421 mg
Copper	0.003 mg
Selenium	0.027 mg
Iron	0.402 mg
Calcium	101.779 mg
Manganese	0.016 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.