

RECIPE ANALYSIS

Recipe Name : H-53
Serving Size : 1 EACH

Recipe Desc : Hearty Bean And Pasta Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 209.70	Calories from Fat 14.96	
% Daily Value		
Total Fat	1.66 g	3%
Saturated	0.65 g	3%
PolyUnSat	0.18 g	n/a
MonoUnSat	0.21 g	n/a
Cholesterol	0.40 mg	0%
Sodium	958.42 mg	40%
Potassium	158.87 mg	5%
Total Carbs	42.46 g	14%
Dietary Fiber	6.87 g	27%
Sugars	7.11 g	n/a
Protein	9.03 g	
Vitamin A - 13%	Vitamin C - 16%	
Calcium - 10%	Iron - 17%	
Vitamin E - n/a	Thiamin - 16%	
Riboflavin - 6%	Niacin - 9%	
Vitamin B6 - 1%	Folic Acid - 17%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 4%	Magnesium - 1%	
Zinc - 2%	Copper - 3%	
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	0.800 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	2.960 mcg
Vitamin A	637.794 IU
Vitamin A	127.556 RE

Water Soluble Vitamins	
Thiamin B1	0.234 mg
Riboflavin B2	0.106 mg
Niacin B3	0.000 NE
Niacin B3	1.736 mg
Pyridoxine B6	0.029 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	9.826 mg
Folic Acid	66.652 mcg

Minerals	
Phosphorus	36.420 mg
Zinc	0.345 mg
Magnesium	2.936 mg
Copper	0.060 mg
Selenium	0.040 mg
Iron	2.983 mg
Calcium	98.401 mg
Manganese	0.010 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



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.