

# RECIPE ANALYSIS

Recipe Name : H-15  
Serving Size : 6 oz.

Recipe Desc : Italian Potato Zuppa  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
<b>Calories 113.07</b>	<b>Calories from Fat 45.82</b>	
% Daily Value		
<b>Total Fat</b>	<b>5.09 g</b>	<b>8%</b>
Saturated	1.86 g	9%
PolyUnSat	0.23 g	n/a
MonoUnSat	2.04 g	n/a
<b>Cholesterol</b>	<b>12.26 mg</b>	<b>4%</b>
<b>Sodium</b>	<b>714.20 mg</b>	<b>30%</b>
<b>Potassium</b>	<b>149.07 mg</b>	<b>4%</b>
<b>Total Carbs</b>	<b>11.60 g</b>	<b>4%</b>
Dietary Fiber	2.26 g	9%
Sugars	2.56 g	n/a
<b>Protein</b>	<b>6.23 g</b>	
Vitamin A - 30%	Vitamin C - 19%	
Calcium - 4%	Iron - 7%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 3%	Niacin - 4%	
Vitamin B6 - 4%	Folic Acid - 4%	
Vitamin B12 - 9%	Pantothenic Acid - 0%	
Phosphorous - 4%	Magnesium - 2%	
Zinc - 5%	Copper - 1%	
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	0.043	mcg
Vitamin D	2.339	IU
Vitamin E	0.001	mg
Vitamin E	0.181	IU
Vitamin E	0.000	alp
Vitamin K	3.374	mcg
Vitamin A	1502.107	IU
Vitamin A	296.799	RE

Water Soluble Vitamins		
Thiamin B1	0.052	mg
Riboflavin B2	0.054	mg
Niacin B3	n/a	
Niacin B3	0.862	mg
Pyridoxine B6	0.086	mg
Cobalamin B12	0.520	mcg
Pantothenic Acid	0.005	mg
Vitamin C	11.668	mg
Folic Acid	14.601	mcg

Minerals		
Phosphorus	40.968	mg
Zinc	0.734	mg
Magnesium	6.530	mg
Copper	0.030	mg
Selenium	2.577	mg
Iron	1.328	mg
Calcium	40.939	mg
Manganese	0.036	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**

