

# RECIPE ANALYSIS

Recipe Name : H-34  
Serving Size : 1 EACH

Recipe Desc : Knickerbocker Bean Soup  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 91.19</b>	<b>Calories from Fat 9.65</b>	
% Daily Value		
<b>Total Fat</b>	<b>1.07 g</b>	<b>2%</b>
Saturated	0.24 g	1%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>1.79 mg</b>	<b>1%</b>
<b>Sodium</b>	<b>958.97 mg</b>	<b>40%</b>
<b>Potassium</b>	<b>20.46 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>15.93 g</b>	<b>5%</b>
Dietary Fiber	4.02 g	16%
Sugars	1.86 g	n/a
<b>Protein</b>	<b>4.59 g</b>	
Vitamin A - 11%	Vitamin C - 8%	
Calcium - 3%	Iron - 11%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 1%	
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	0.162 mcg
Vitamin A	554.416 IU
Vitamin A	110.873 RE

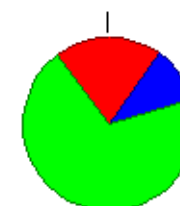
Water Soluble Vitamins	
Thiamin B1	0.002 mg
Riboflavin B2	0.001 mg
Niacin B3	0.000 NE
Niacin B3	0.014 mg
Pyridoxine B6	0.007 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	4.916 mg
Folic Acid	0.213 mcg

Minerals	
Phosphorus	1.313 mg
Zinc	0.098 mg
Magnesium	3.161 mg
Copper	0.001 mg
Selenium	0.001 mg
Iron	1.903 mg
Calcium	32.540 mg
Manganese	0.006 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.