

# RECIPE ANALYSIS

Recipe Name : H-73  
Serving Size : 1 EACH

Recipe Desc : Lentil Soup  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 73.40</b>	<b>Calories from Fat 27.18</b>	
% Daily Value		
<b>Total Fat</b>	<b>3.02 g</b>	<b>5%</b>
Saturated	0.63 g	3%
PolyUnSat	0.79 g	n/a
MonoUnSat	0.01 g	n/a
<b>Cholesterol</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>495.13 mg</b>	<b>21%</b>
<b>Potassium</b>	<b>42.39 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>9.78 g</b>	<b>3%</b>
Dietary Fiber	1.38 g	6%
Sugars	1.09 g	n/a
<b>Protein</b>	<b>2.11 g</b>	
Vitamin A - 8%	Vitamin C - 2%	
Calcium - 1%	Iron - 3%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	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	n/a
Vitamin D	0.449 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	2.012 mcg
Vitamin A	420.161 IU
Vitamin A	84.032 RE

Water Soluble Vitamins	
Thiamin B1	0.009 mg
Riboflavin B2	0.008 mg
Niacin B3	n/a
Niacin B3	0.051 mg
Pyridoxine B6	0.026 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	1.176 mg
Folic Acid	2.446 mcg

Minerals	
Phosphorus	5.802 mg
Zinc	0.086 mg
Magnesium	3.780 mg
Copper	0.003 mg
Selenium	0.024 mg
Iron	0.577 mg
Calcium	14.912 mg
Manganese	0.027 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

