

# RECIPE ANALYSIS

Recipe Name : H-24  
Serving Size : 1 cup

Recipe Desc : Loaded Baked Potato Soup  
Prep Time :

Author :  
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
<b>Calories 301.24</b>	<b>Calories from Fat 179.55</b>	
% Daily Value		
<b>Total Fat</b>	<b>19.95 g</b>	<b>31%</b>
Saturated	9.03 g	45%
PolyUnSat	1.62 g	n/a
MonoUnSat	4.00 g	n/a
<b>Cholesterol</b>	<b>47.90 mg</b>	<b>16%</b>
<b>Sodium</b>	<b>794.36 mg</b>	<b>33%</b>
<b>Potassium</b>	<b>163.02 mg</b>	<b>5%</b>
<b>Total Carbs</b>	<b>16.41 g</b>	<b>5%</b>
Dietary Fiber	1.20 g	5%
Sugars	2.39 g	n/a
<b>Protein</b>	<b>14.15 g</b>	
Vitamin A - 15%	Vitamin C - 10%	
Calcium - 25%	Iron - 4%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 8%	Niacin - 3%	
Vitamin B6 - 1%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 14%	Magnesium - 1%	
Zinc - 3%	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	8.000 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.034 mcg
Vitamin A	774.993 IU
Vitamin A	140.479 RE

Water Soluble Vitamins	
Thiamin B1	0.065 mg
Riboflavin B2	0.140 mg
Niacin B3	n/a
Niacin B3	0.629 mg
Pyridoxine B6	0.014 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	5.865 mg
Folic Acid	10.524 mcg

Minerals	
Phosphorus	144.370 mg
Zinc	0.441 mg
Magnesium	5.783 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.720 mg
Calcium	247.837 mg
Manganese	0.012 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.