

RECIPE ANALYSIS

Recipe Name : H-36
Serving Size : 1 EACH

Recipe Desc : Minestrone Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 44.29	Calories from Fat 1.20	
% Daily Value		
Total Fat	0.13 g	0%
Saturated	0.01 g	0%
PolyUnSat	0.03 g	n/a
MonoUnSat	0.02 g	n/a
Cholesterol	0.13 mg	0%
Sodium	230.08 mg	10%
Potassium	80.31 mg	2%
Total Carbs	8.72 g	3%
Dietary Fiber	2.11 g	8%
Sugars	1.67 g	n/a
Protein	1.94 g	
Vitamin A - 22%	Vitamin C - 10%	
Calcium - 3%	Iron - 4%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 2%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 2%	
Zinc - 1%	Copper - 1%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

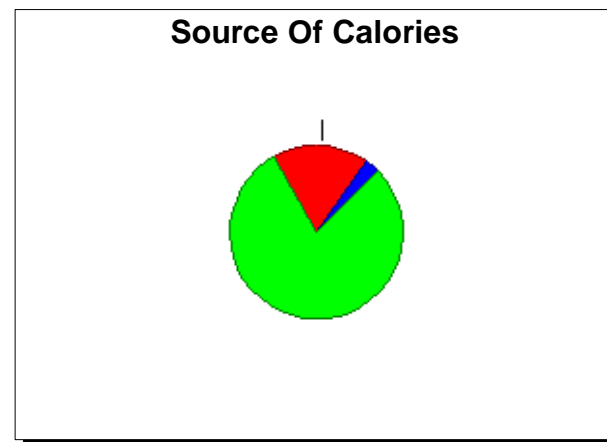
Fat Soluble Vitamins	
Vitamin D	0.000 mcg
Vitamin D	0.539 IU
Vitamin E	0.001 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	7.000 mcg
Vitamin A	1099.242 IU
Vitamin A	208.425 RE

Water Soluble Vitamins	
Thiamin B1	0.030 mg
Riboflavin B2	0.024 mg
Niacin B3	0.000 NE
Niacin B3	0.248 mg
Pyridoxine B6	0.035 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.002 mg
Vitamin C	6.086 mg
Folic Acid	13.587 mcg

Minerals	
Phosphorus	10.840 mg
Zinc	0.117 mg
Magnesium	6.179 mg
Copper	0.011 mg
Selenium	0.093 mg
Iron	0.719 mg
Calcium	30.843 mg
Manganese	0.053 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



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.