

# RECIPE ANALYSIS

Recipe Name : H-38  
Serving Size : 1 EACH

Recipe Desc : Navy Bean Soup  
Prep Time :

Author :  
Cook Time :

Yield : 50

| Nutrition Information                                   |                                |            |
|---|--------------------------------|------------|
| Serving Size: 1 each                                    |                                |            |
| Amount Per Serving                                      |                                |            |
| <b>Calories 85.88</b>                                   | <b>Calories from Fat 10.23</b> |            |
| % Daily Value   |                                |            |
| <b>Total Fat</b>  | <b>1.14 g</b>                  | <b>2%</b>  |
| Saturated   | 0.25 g                         | 1%         |
| PolyUnSat   | 0.01 g                         | n/a        |
| MonoUnSat   | 0.01 g                         | n/a        |
| <b>Cholesterol</b>                                      | <b>14.58 mg</b>                | <b>5%</b>  |
| <b>Sodium</b>   | <b>412.21 mg</b>               | <b>17%</b> |
| <b>Potassium</b>  | <b>21.59 mg</b>                | <b>1%</b>  |
| <b>Total Carbs</b>                                      | <b>11.10 g</b>                 | <b>4%</b>  |
| Dietary Fiber   | 4.02 g                         | 16%        |
| Sugars  | 1.64 g                         | n/a        |
| <b>Protein</b>  | <b>8.98 g</b>                  |            |
| Vitamin A - 0%  | Vitamin C - 2%                 |            |
| Calcium - 3%  | Iron - 6%                      |            |
| Vitamin E - n/a   | Thiamin - 0%                   |            |
| Riboflavin - 0%   | Niacin - 0%                    |            |
| Vitamin B6 - 1%   | 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            | n/a       |
| Vitamin D            | 0.359 IU  |
| Vitamin E            | 0.000 mg  |
| Vitamin E            | n/a       |
| Vitamin E            | 0.000 alp |
| Vitamin K            | 1.355 mcg |
| Vitamin A            | 20.777 IU |
| Vitamin A            | 4.126 RE  |

| Water Soluble Vitamins |           |
|------------------------|-----------|
| Thiamin B1             | 0.004 mg  |
| Riboflavin B2          | 0.004 mg  |
| Niacin B3              | n/a       |
| Niacin B3              | 0.020 mg  |
| Pyridoxine B6          | 0.012 mg  |
| Cobalamin B12          | 0.000 mcg |
| Pantothenic Acid       | 0.000 mg  |
| Vitamin C              | 0.959 mg  |
| Folic Acid             | 1.617 mcg |

| Minerals   |           |
|------------|-----------|
| Phosphorus | 2.906 mg  |
| Zinc       | 0.094 mg  |
| Magnesium  | 3.478 mg  |
| Copper     | 0.002 mg  |
| Selenium   | 0.018 mg  |
| Iron       | 1.124 mg  |
| Calcium    | 31.999 mg |
| Manganese  | 0.013 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**

