

# RECIPE ANALYSIS

**Recipe Name :** H-39  
**Serving Size :** 6 oz.

**Recipe Desc :** New England Clam Chowder  
**Prep Time :**

**Author :**  
**Cook Time :**

**Yield :** 50

<b>Nutrition Information</b>		
Serving Size: 6 oz.		
Amount Per Serving		
<b>Calories 236.47</b>	<b>Calories from Fat 75.73</b>	
% Daily Value		
<b>Total Fat</b>	<b>8.41 g</b>	<b>13%</b>
Saturated	3.10 g	16%
PolyUnSat	2.32 g	n/a
MonoUnSat	5.91 g	n/a
<b>Cholesterol</b>	<b>50.75 mg</b>	<b>17%</b>
<b>Sodium</b>	<b>1081.17 mg</b>	<b>45%</b>
<b>Potassium</b>	<b>39.04 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>25.28 g</b>	<b>8%</b>
Dietary Fiber	1.64 g	7%
Sugars	8.42 g	n/a
<b>Protein</b>	<b>15.02 g</b>	
Vitamin A - 10%	Vitamin C - 10%	
Calcium - 22%	Iron - 3%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 1%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	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	64.539 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	2.011 mcg
Vitamin A	512.619 IU
Vitamin A	102.524 RE

Water Soluble Vitamins	
Thiamin B1	0.033 mg
Riboflavin B2	0.023 mg
Niacin B3	n/a
Niacin B3	0.265 mg
Pyridoxine B6	0.012 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.020 mg
Vitamin C	6.067 mg
Folic Acid	9.683 mcg

Minerals	
Phosphorus	7.735 mg
Zinc	0.048 mg
Magnesium	2.193 mg
Copper	0.009 mg
Selenium	0.027 mg
Iron	0.478 mg
Calcium	221.140 mg
Manganese	0.044 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**

