

# RECIPE ANALYSIS

Recipe Name : H-23  
Serving Size : 1 EACH

Recipe Desc : Portabella Mushroom Bisque  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 154.82</b>	<b>Calories from Fat 64.38</b>	
% Daily Value		
<b>Total Fat</b>	<b>7.15 g</b>	<b>11%</b>
Saturated	2.82 g	14%
PolyUnSat	1.00 g	n/a
MonoUnSat	0.06 g	n/a
<b>Cholesterol</b>	<b>13.40 mg</b>	<b>4%</b>
<b>Sodium</b>	<b>410.96 mg</b>	<b>17%</b>
<b>Potassium</b>	<b>114.84 mg</b>	<b>3%</b>
<b>Total Carbs</b>	<b>15.74 g</b>	<b>5%</b>
Dietary Fiber	1.22 g	5%
Sugars	11.21 g	n/a
<b>Protein</b>	<b>7.13 g</b>	
Vitamin A - 10%	Vitamin C - 3%	
Calcium - 21%	Iron - 2%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 2%	Niacin - 2%	
Vitamin B6 - 0%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 0%	
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	n/a
Vitamin D	64.000 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.017 mcg
Vitamin A	482.093 IU
Vitamin A	96.419 RE

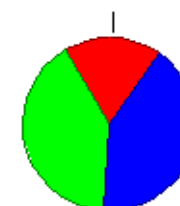
Water Soluble Vitamins	
Thiamin B1	0.046 mg
Riboflavin B2	0.028 mg
Niacin B3	n/a
Niacin B3	0.364 mg
Pyridoxine B6	0.007 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	1.826 mg
Folic Acid	10.206 mcg

Minerals	
Phosphorus	8.499 mg
Zinc	0.007 mg
Magnesium	0.454 mg
Copper	0.000 mg
Selenium	n/a
Iron	0.426 mg
Calcium	206.001 mg
Manganese	0.006 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.