

RECIPE ANALYSIS

Recipe Name : ?3
Serving Size : 1 EACH

Recipe Desc : Roasted Tomato Bisque
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 292.69	Calories from Fat 102.18	
	% Daily Value	
Total Fat	11.35 g	17%
Saturated	3.14 g	16%
PolyUnSat	0.08 g	n/a
MonoUnSat	0.40 g	n/a
Cholesterol	10.45 mg	3%
Sodium	1463.25 mg	61%
Potassium	46.08 mg	1%
Total Carbs	41.41 g	14%
Dietary Fiber	3.97 g	16%
Sugars	23.05 g	n/a
Protein	8.29 g	
Vitamin A - 31%	Vitamin C - 30%	
Calcium - 19%	Iron - 10%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - n/a	
Phosphorous - 0%	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	32.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	1547.268 IU
Vitamin A	309.424 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.096 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	n/a
Vitamin C	18.094 mg
Folic Acid	0.704 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.064 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	1.833 mg
Calcium	193.208 mg
Manganese	0.000 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

