

RECIPE ANALYSIS

Recipe Name : H-05
Serving Size : 1 cup

Recipe Desc : Robust Bean Soup (vegan)
Prep Time :

Author :
Cook Time :

Yield : 30

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
Calories 155.89	Calories from Fat 2.84	
% Daily Value		
Total Fat	0.32 g	0%
Saturated	0.01 g	0%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.01 g	n/a
Cholesterol	0.00 mg	0%
Sodium	112.50 mg	5%
Potassium	60.62 mg	2%
Total Carbs	29.57 g	10%
Dietary Fiber	6.81 g	27%
Sugars	4.23 g	n/a
Protein	9.02 g	
Vitamin A - 20%	Vitamin C - 11%	
Calcium - 6%	Iron - 15%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 1%	
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	n/a
Vitamin D	0.599 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	2.272 mcg
Vitamin A	990.813 IU
Vitamin A	198.163 RE

Water Soluble Vitamins	
Thiamin B1	0.009 mg
Riboflavin B2	0.008 mg
Niacin B3	n/a
Niacin B3	0.076 mg
Pyridoxine B6	0.026 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	6.479 mg
Folic Acid	2.988 mcg

Minerals	
Phosphorus	5.860 mg
Zinc	0.061 mg
Magnesium	2.335 mg
Copper	0.003 mg
Selenium	0.030 mg
Iron	2.672 mg
Calcium	60.959 mg
Manganese	0.027 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

