

RECIPE ANALYSIS

Recipe Name : H-29
Serving Size : 1 EACH

Recipe Desc : Dutch Split Pea Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 120.32	Calories from Fat 29.76	
% Daily Value		
Total Fat	3.31 g	5%
Saturated	0.75 g	4%
PolyUnSat	0.56 g	n/a
MonoUnSat	0.19 g	n/a
Cholesterol	10.89 mg	4%
Sodium	1024.47 mg	43%
Potassium	62.79 mg	2%
Total Carbs	15.57 g	5%
Dietary Fiber	1.46 g	6%
Sugars	2.42 g	n/a
Protein	8.01 g	
Vitamin A - 35%	Vitamin C - 5%	
Calcium - 1%	Iron - 3%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 2%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	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	n/a
Vitamin E	0.001 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	1.831 mcg
Vitamin A	1741.602 IU
Vitamin A	348.310 RE

Water Soluble Vitamins	
Thiamin B1	0.020 mg
Riboflavin B2	0.014 mg
Niacin B3	n/a
Niacin B3	0.201 mg
Pyridoxine B6	0.033 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	2.742 mg
Folic Acid	4.252 mcg

Minerals	
Phosphorus	8.436 mg
Zinc	0.112 mg
Magnesium	4.422 mg
Copper	0.006 mg
Selenium	0.011 mg
Iron	0.527 mg
Calcium	10.460 mg
Manganese	0.031 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

