

RECIPE ANALYSIS

Recipe Name : H-31
Serving Size : 1 cup

Recipe Desc : Swiss Vegetable Bisque
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
Calories 181.52	Calories from Fat 91.63	
% Daily Value		
Total Fat	10.18 g	16%
Saturated	5.59 g	28%
PolyUnSat	0.57 g	n/a
MonoUnSat	0.02 g	n/a
Cholesterol	29.00 mg	10%
Sodium	775.26 mg	32%
Potassium	323.60 mg	9%
Total Carbs	12.75 g	4%
Dietary Fiber	1.95 g	8%
Sugars	6.01 g	n/a
Protein	10.73 g	
Vitamin A - 30%	Vitamin C - 58%	
Calcium - 28%	Iron - 4%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 14%	Niacin - 2%	
Vitamin B6 - 4%	Folic Acid - 9%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 11%	Magnesium - 3%	
Zinc - 0%	Copper - 1%	
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	31.798 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	78.378 mcg
Vitamin A	1511.612 IU
Vitamin A	302.312 RE

Water Soluble Vitamins	
Thiamin B1	0.067 mg
Riboflavin B2	0.246 mg
Niacin B3	n/a
Niacin B3	0.490 mg
Pyridoxine B6	0.076 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.217 mg
Vitamin C	34.836 mg
Folic Acid	36.398 mcg

Minerals	
Phosphorus	109.034 mg
Zinc	0.050 mg
Magnesium	11.536 mg
Copper	0.028 mg
Selenium	0.054 mg
Iron	0.703 mg
Calcium	280.772 mg
Manganese	0.134 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

