

# RECIPE ANALYSIS

Recipe Name : H-11  
Serving Size : 1 cup

Recipe Desc : Tortilla Soup  
Prep Time :

Author :  
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
<b>Calories 159.73</b>	<b>Calories from Fat 55.26</b>	
% Daily Value		
<b>Total Fat</b>	<b>6.14 g</b>	<b>9%</b>
Saturated	1.74 g	9%
PolyUnSat	1.14 g	n/a
MonoUnSat	0.44 g	n/a
<b>Cholesterol</b>	<b>34.40 mg</b>	<b>11%</b>
<b>Sodium</b>	<b>274.22 mg</b>	<b>11%</b>
<b>Potassium</b>	<b>15.18 mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>11.67 g</b>	<b>4%</b>
Dietary Fiber	1.75 g	7%
Sugars	3.34 g	n/a
<b>Protein</b>	<b>13.40 g</b>	
Vitamin A - 14%	Vitamin C - 14%	
Calcium - 5%	Iron - 6%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
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	0.000 mcg
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.035 mcg
Vitamin A	723.506 IU
Vitamin A	144.684 RE

Water Soluble Vitamins	
Thiamin B1	0.006 mg
Riboflavin B2	0.002 mg
Niacin B3	n/a
Niacin B3	0.010 mg
Pyridoxine B6	0.019 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.003 mg
Vitamin C	8.507 mg
Folic Acid	0.012 mcg

Minerals	
Phosphorus	3.139 mg
Zinc	0.019 mg
Magnesium	1.043 mg
Copper	0.001 mg
Selenium	0.000 mg
Iron	1.034 mg
Calcium	50.705 mg
Manganese	0.019 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**

