

RECIPE ANALYSIS

Recipe Name : H-48
Serving Size : 1 EACH

Recipe Desc : Turkey Creole Soup
Prep Time :

Author :
Cook Time :

Yield : 15

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 303.84	Calories from Fat 162.11	
% Daily Value		
Total Fat	18.01 g	28%
Saturated	1.88 g	9%
PolyUnSat	5.69 g	n/a
MonoUnSat	8.85 g	n/a
Cholesterol	23.04 mg	8%
Sodium	1965.64 mg	82%
Potassium	509.27 mg	15%
Total Carbs	27.13 g	9%
Dietary Fiber	3.37 g	13%
Sugars	7.68 g	n/a
Protein	10.92 g	
Vitamin A - 19%	Vitamin C - 78%	
Calcium - 7%	Iron - 7%	
Vitamin E - n/a	Thiamin - 9%	
Riboflavin - 6%	Niacin - 8%	
Vitamin B6 - 17%	Folic Acid - 9%	
Vitamin B12 - 1%	Pantothenic Acid - 2%	
Phosphorous - 9%	Magnesium - 8%	
Zinc - 9%	Copper - 5%	
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	0.059 mcg
Vitamin D	5.953 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.441 alp
Vitamin K	13.634 mcg
Vitamin A	968.245 IU
Vitamin A	193.649 RE

Water Soluble Vitamins	
Thiamin B1	0.140 mg
Riboflavin B2	0.094 mg
Niacin B3	n/a
Niacin B3	1.509 mg
Pyridoxine B6	0.337 mg
Cobalamin B12	0.081 mcg
Pantothenic Acid	0.220 mg
Vitamin C	47.008 mg
Folic Acid	36.059 mcg

Minerals	
Phosphorus	88.930 mg
Zinc	1.277 mg
Magnesium	32.710 mg
Copper	0.096 mg
Selenium	6.494 mg
Iron	1.214 mg
Calcium	68.707 mg
Manganese	0.260 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.