

RECIPE ANALYSIS

Recipe Name : H-49
Serving Size : 8 oz.

Recipe Desc : Vegetable Beef Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 8 oz.		
Amount Per Serving		
Calories 69.12	Calories from Fat 17.63	
% Daily Value		
Total Fat	1.96 g	3%
Saturated	0.93 g	5%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.01 g	n/a
Cholesterol	12.65 mg	4%
Sodium	285.50 mg	12%
Potassium	59.50 mg	2%
Total Carbs	6.53 g	2%
Dietary Fiber	1.23 g	5%
Sugars	2.39 g	n/a
Protein	5.14 g	
Vitamin A - 19%	Vitamin C - 11%	
Calcium - 3%	Iron - 2%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 1%	Niacin - 0%	
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	0.000 mcg
Vitamin D	0.719 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	3.309 mcg
Vitamin A	946.996 IU
Vitamin A	189.389 RE

Water Soluble Vitamins	
Thiamin B1	0.011 mg
Riboflavin B2	0.011 mg
Niacin B3	n/a
Niacin B3	0.084 mg
Pyridoxine B6	0.031 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	6.418 mg
Folic Acid	4.084 mcg

Minerals	
Phosphorus	7.408 mg
Zinc	0.096 mg
Magnesium	4.416 mg
Copper	0.006 mg
Selenium	0.039 mg
Iron	0.418 mg
Calcium	30.513 mg
Manganese	0.033 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

