

RECIPE ANALYSIS

Recipe Name : H-07
Serving Size : 10 oz.

Recipe Desc : Vegetable Noodle Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information

Serving Size: 10 oz.

Amount Per Serving

Calories 206.97 **Calories from Fat 30.29**

% Daily Value

Total Fat	3.37 g	5%
Saturated	0.73 g	4%
PolyUnSat	0.90 g	n/a
MonoUnSat	0.46 g	n/a
Cholesterol	34.48 mg	11%
Sodium	144.49 mg	6%
Potassium	99.32 mg	3%
Total Carbs	36.87 g	12%
Dietary Fiber	2.39 g	10%
Sugars	5.23 g	n/a
Protein	6.40 g	

Vitamin A - 32%	Vitamin C - 7%
Calcium - 5%	Iron - 13%
Vitamin E - n/a	Thiamin - 26%
Riboflavin - 10%	Niacin - 15%
Vitamin B6 - 2%	Folic Acid - 25%
Vitamin B12 - 2%	Pantothenic Acid - n/a
Phosphorous - 8%	Magnesium - 5%
Zinc - 4%	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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	1594.390 IU
Vitamin A	318.870 RE

Water Soluble Vitamins

Thiamin B1	0.384 mg
Riboflavin B2	0.173 mg
Niacin B3	n/a
Niacin B3	2.942 mg
Pyridoxine B6	0.045 mg
Cobalamin B12	0.147 mcg
Pantothenic Acid	n/a
Vitamin C	4.291 mg
Folic Acid	101.103 mcg

Minerals

Phosphorus	77.658 mg
Zinc	0.602 mg
Magnesium	21.773 mg
Copper	0.109 mg
Selenium	0.000 mg
Iron	2.287 mg
Calcium	49.286 mg
Manganese	0.000 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

