

RECIPE ANALYSIS

Recipe Name : H-50
Serving Size : 6 oz.

Recipe Desc : Vegetable Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
Calories 75.23	Calories from Fat 43.91	
% Daily Value		
Total Fat	4.88 g	8%
Saturated	0.34 g	2%
PolyUnSat	1.66 g	n/a
MonoUnSat	2.64 g	n/a
Cholesterol	0.00 mg	0%
Sodium	521.20 mg	22%
Potassium	94.09 mg	3%
Total Carbs	7.48 g	2%
Dietary Fiber	1.42 g	6%
Sugars	2.68 g	n/a
Protein	1.15 g	
Vitamin A - 38%	Vitamin C - 9%	
Calcium - 3%	Iron - 2%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 3%	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	n/a
Vitamin D	0.719 IU
Vitamin E	0.001 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	4.523 mcg
Vitamin A	1899.068 IU
Vitamin A	379.803 RE

Water Soluble Vitamins	
Thiamin B1	0.019 mg
Riboflavin B2	0.017 mg
Niacin B3	n/a
Niacin B3	0.177 mg
Pyridoxine B6	0.051 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	5.103 mg
Folic Acid	5.785 mcg

Minerals	
Phosphorus	11.816 mg
Zinc	0.125 mg
Magnesium	5.933 mg
Copper	0.010 mg
Selenium	0.047 mg
Iron	0.383 mg
Calcium	26.319 mg
Manganese	0.052 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

