

RECIPE ANALYSIS

Recipe Name : H-79
Serving Size : 8 oz.

Recipe Desc : Vegetarian Stew
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 8 oz.		
Amount Per Serving		
Calories 130.46	Calories from Fat 13.19	
% Daily Value		
Total Fat	1.47 g	2%
Saturated	0.20 g	1%
PolyUnSat	0.75 g	n/a
MonoUnSat	0.25 g	n/a
Cholesterol	0.00 mg	0%
Sodium	241.07 mg	10%
Potassium	121.71 mg	3%
Total Carbs	24.53 g	8%
Dietary Fiber	4.76 g	19%
Sugars	4.73 g	n/a
Protein	5.94 g	
Vitamin A - 25%	Vitamin C - 16%	
Calcium - 6%	Iron - 12%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 2%	Niacin - 1%	
Vitamin B6 - 2%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 2%	Magnesium - 2%	
Zinc - 1%	Copper - 1%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

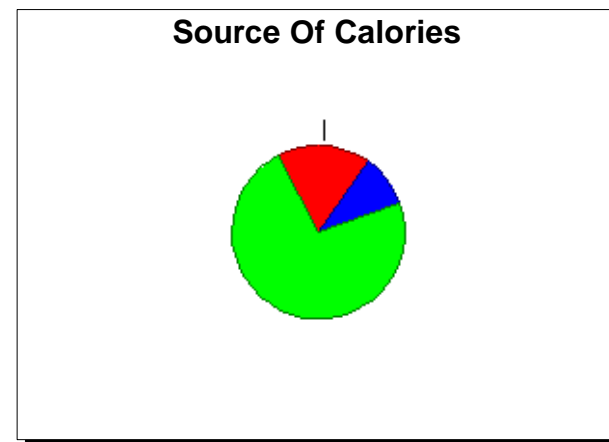
Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	1.796 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	6.715 mcg
Vitamin A	1249.815 IU
Vitamin A	230.095 RE

Water Soluble Vitamins	
Thiamin B1	0.029 mg
Riboflavin B2	0.041 mg
Niacin B3	n/a
Niacin B3	0.279 mg
Pyridoxine B6	0.046 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.010 mg
Vitamin C	9.593 mg
Folic Acid	11.924 mcg

Minerals	
Phosphorus	15.847 mg
Zinc	0.115 mg
Magnesium	6.932 mg
Copper	0.019 mg
Selenium	0.090 mg
Iron	2.185 mg
Calcium	60.232 mg
Manganese	0.154 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



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.