



Ingredient & Recipe Nutrition

Nutrition Item#: Brewers Chee0

Desc: Brewers Cheesy Ale Onion Crock CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (154 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving		VITAMIN D(iu)	0.289 IU	Meat Quantity:	NA
Calories: 193	Calories from Fat: 66	VITAMIN E	0.098 MG_A	Bread Quantity:	NA
		VITAMIN K	0 MCG	Fruit Quantity:	NA
	% Daily Value*	VITAMIN A(iu)	1012 IU	Calorie Percentages <p>PRO - 7.37% CHO - 55.70% FAT - 36.94%</p>	
Total Fat:	7 GM 11%	VITAMIN A(re)	201 MCG_		
Saturated Fat:	2 GM 11%	Water Soluble Vitamins			
Trans Fat:	1 GM	THIAMIN	0.016 MG		
Polyunsaturated Fat:	1.5 GM	RIBOFLAVIN	0.011 MG		
Monounsaturated Fat:	1.5 GM	NIACIN	0.244 MG		
Cholesterol:	10 MG 3%	VITAMIN B-6	0.030 MG		
Sodium:	3160 MG 132%	VITAMIN B-12	0 MCG		
Potassium:	115 MG 3%	VITAMIN C, TOTAL ASCORBIC ACID	4.2 MG		
Total Carbohydrate:	25 GM 8%	FOLIC ACID	0 MCG		
Dietary Fiber:	1 GM 6%	Minerals			
Sugars:	5 GM	PHOSPHOROUS	9 MG		
Protein:	3 GM 7%	ZINC	0.04 MG		
Vitamin A: 20%	Vitamin C: 8%	MAGNESIUM	4 MG		
Calcium: 8%	Iron: 4%	COPPER	0.010 MG		
Ingredients:		IRON	0.53 MG		
Water, Canned Diced Potatoes, CP Beer, Cheezy Chowder/Old Fashioned Potato, Frozen Diced Carrots, Onion Dcd 1/2", Diced Celery Individ. Quick Frozen, Half & Half Creamer, Margarine Solids, Modified Food Starch, Chicken Base, Bacon Bits Ckd Dcd, Worcestershire Sauce, Bacon Laid-out 18-22ct/#, Sauce Tabasco 2flz, Ground Thyme, Ground Red Cayenne Pepper		CALCIUM	81 MG		
<p><i>Nutrient values listed in red may be understated due to nutrient values not available on all ingredients</i></p>					



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* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4		Protein 4