



Ingredient & Recipe Nutrition

Nutrition Item#: Cheesy Brocc

Desc: Cheesy Broccoli Onion Crock CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (117 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving		VITAMIN D(iu)	15.114 IU	Meat Quantity:	NA
Calories: 164	Calories from Fat: 45	VITAMIN E	0.287 MG_A	Bread Quantity:	NA
% Daily Value*		VITAMIN K	14 MCG	Fruit Quantity:	NA
Total Fat:	5 GM 8%	VITAMIN A(iu)	257 IU	Calorie Percentages <p>PRO - 8.29% CHO - 62.79% FAT - 28.92%</p>	
Saturated Fat:	2 GM 11%	VITAMIN A(re)	31 MCG_		
Trans Fat:	0 GM	Water Soluble Vitamins			
Polyunsaturated Fat:	0 GM	THIAMIN	0.012 MG		
Monounsaturated Fat:	1 GM	RIBOFLAVIN	0.025 MG		
Cholesterol:	10 MG 4%	NIACIN	0.087 MG		
Sodium:	4160 MG 173%	VITAMIN B-6	0.032 MG		
Potassium:	55 MG 2%	VITAMIN B-12	0 MCG		
Total Carbohydrate:	24 GM 8%	VITAMIN C, TOTAL ASCORBIC ACID	16.6 MG		
Dietary Fiber:	1 GM 6%	FOLIC ACID	0 MCG		
Sugars:	6 GM	Minerals			
Protein:	3 GM 6%	PHOSPHOROUS	10 MG		
Vitamin A: 6%	Vitamin C: 30%	ZINC	0.07 MG		
Calcium: 15%	Iron: 4%	MAGNESIUM	3 MG		
Ingredients:		COPPER	0.009 MG		
Water, Whole White Milk, Cheezy Chowder/Old Fashioned Potato, Frozen Broccoli Cuts, Broccoli Florets 6-4# Be, Mushroom Soup Base, Sauce Chs Ched Sharp Canned, Diced Celery Individ. Quick Frozen, Onion Dcd 1/2", Modified Food Starch, Salt, Celery Salt		IRON	0.52 MG		
		CALCIUM	150 MG		

Nutrient values listed in red may be understated due to nutrient values not available on all ingredients



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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