



Ingredient & Recipe Nutrition

Nutrition Item#: Cheezy Chowd

Desc: Cheezy Chowder Onion Crock CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (169 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving		VITAMIN D(iu)	17.494 IU	Meat Quantity:	NA
Calories: 124	Calories from Fat: 59	VITAMIN E	0.040 MG_A	Bread Quantity:	NA
	% Daily Value*	VITAMIN K	0 MCG	Fruit Quantity:	NA
Total Fat:	7 GM 10%	VITAMIN A(iu)	657 IU	Calorie Percentages <p>PRO - 7.25% CHO - 43.33% FAT - 49.42%</p>	
Saturated Fat:	2 GM 11%	VITAMIN A(re)	126 MCG_		
Trans Fat:	1 GM	Water Soluble Vitamins			
Polyunsaturated Fat:	1.5 GM	THIAMIN	0.015 MG		
Monounsaturated Fat:	1 GM	RIBOFLAVIN	0.008 MG		
Cholesterol:	10 MG 3%	NIACIN	0.307 MG		
Sodium:	730 MG 30%	VITAMIN B-6	0.016 MG		
Potassium:	35 MG 1%	VITAMIN B-12	0 MCG		
Total Carbohydrate:	13 GM 4%	VITAMIN C, TOTAL ASCORBIC ACID	5.0 MG		
Dietary Fiber:	1 GM 4%	FOLIC ACID	0 MCG		
Sugars:	4 GM	Minerals			
Protein:	2 GM 4%	PHOSPHOROUS	3 MG		
Vitamin A: 15%	Vitamin C: 8%	ZINC	0.02 MG		
Calcium: 8%	Iron: 2%	MAGNESIUM	1 MG		
Ingredients: Water, Whole White Milk, Canned Diced Potatoes, Cheese, Diced Celery Individ. Quick Frozen, Frozen Diced Carrots, Onion Dcd 1/2", Diced Sweet Green Peppers, Margarine Solids, Cheezy Chowder/Old Fashioned Potato, Modified Food Starch, Parsley Flakes		COPPER	0.004 MG		
		IRON	0.21 MG		
		CALCIUM	84 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