



Ingredient & Recipe Nutrition

Nutrition Item#: French Onion

Desc: French Onion Onion Crock CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (63 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving		VITAMIN D(iu)	0 IU	Meat Quantity:	NA
Calories: 31	Calories from Fat: 1	VITAMIN E	0.178 MG_A	Bread Quantity:	NA
% Daily Value*		VITAMIN K	0 MCG	Fruit Quantity:	NA
Total Fat:	0 GM 0%	VITAMIN A(iu)	9 IU	Calorie Percentages <p>PRO - 12.56% CHO - 83.09% FAT - 4.35%</p>	
Saturated Fat:	0 GM 0%	VITAMIN A(re)	0 MCG_		
Trans Fat:	0 GM	Water Soluble Vitamins			
Polyunsaturated Fat:	0 GM	THIAMIN	0.028 MG		
Monounsaturated Fat:	0 GM	RIBOFLAVIN	0.015 MG		
Cholesterol:	0 MG 0%	NIACIN	0.050 MG		
Sodium:	1140 MG 47%	VITAMIN B-6	0.085 MG		
Potassium:	85 MG 2%	VITAMIN B-12	0 MCG		
Total Carbohydrate:	7 GM 2%	VITAMIN C, TOTAL ASCORBIC ACID	3.8 MG		
Dietary Fiber:	less than 1 GM 4%	FOLIC ACID	0 MCG		
Sugars:	3 GM	Minerals			
Protein:	1 GM 2%	PHOSPHOROUS	16 MG		
Vitamin A: 0% • Vitamin C: 6%		ZINC	0.10 MG		
Calcium: 4% • Iron: 2%		MAGNESIUM	6 MG		
Thiamin: 2% • Riboflavin: 2%		COPPER	0.022 MG		
Niacin: 0% • Vitamin B-6: 4%		IRON	0.25 MG		
Phosphorus: 2% • Zinc: 2%		CALCIUM	41 MG		
Magnesium: 2% •					
Copper: 0.022% •					
Ingredients: Water, Spanish Onions, French Onion Soup					
<i>Nutrient values listed in red may be understated due to nutrient values not available on all ingredients</i>					



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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