



Ingredient & Recipe Nutrition

Nutrition Item#: Green Pea OC

Desc: Green Pea OC CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (249 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving		VITAMIN D(iu)	0 IU	Meat Quantity:	NA
Calories: 110	Calories from Fat: 8	VITAMIN E	0.015 MG_A	Bread Quantity:	NA
	% Daily Value*	VITAMIN K	0 MCG	Fruit Quantity:	NA
Total Fat:	1 GM 1%	VITAMIN A(iu)	586 IU	Calorie Percentages <p>PRO - 25.48% CHO - 67.51% FAT - 7.01%</p>	
Saturated Fat:	0 GM 2%	VITAMIN A(re)	95 MCG_		
Trans Fat:	0 GM	Water Soluble Vitamins			
Polyunsaturated Fat:	0 GM	THIAMIN	0.154 MG		
Monounsaturated Fat:	0 GM	RIBOFLAVIN	0.051 MG		
Cholesterol:	5 MG 2%	NIACIN	0.849 MG		
Sodium:	780 MG 33%	VITAMIN B-6	0.031 MG		
Potassium:	250 MG 7%	VITAMIN B-12	0 MCG		
Total Carbohydrate:	19 GM 6%	VITAMIN C, TOTAL ASCORBIC ACID	2.3 MG		
Dietary Fiber:	4 GM 18%	FOLIC ACID	36 MCG		
Sugars:	3 GM	Minerals			
Protein:	7 GM 14%	PHOSPHOROUS	69 MG		
Vitamin A: 10%	Vitamin C: 4%	ZINC	0.27 MG		
Calcium: 4%	Iron: 8%	MAGNESIUM	20 MG		
Ingredients: Water, Ham Buffet Shave, Dry Split Green Peas, Frozen Diced Carrots, Spice Green Pea Soup - OC CP, Canned Diced Potatoes, Diced Celery Individ. Quick Frozen, Onion Dcd 1/2"		COPPER	0.127 MG		
		IRON	1.19 MG		
		CALCIUM	36 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