



**Ingredient & Recipe Nutrition**

Nutrition Item#: Ital Meatbal

Desc: Ital Meatball (Wedding) Onion Crock CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (53 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving		VITAMIN D(iu)	0.056 IU	Meat Quantity:	NA
Calories: 89	Calories from Fat: 30	VITAMIN E	0.037 MG_A	Bread Quantity:	NA
	% Daily Value*	VITAMIN K	0 MCG	Fruit Quantity:	NA
<b>Total Fat:</b>	3.5 GM 5%	VITAMIN A(iu)	679 IU	<b>Calorie Percentages</b> <p>PRO - 24.40% CHO - 41.79% FAT - 33.82%</p>	
Saturated Fat:	1.5 GM 6%	VITAMIN A(re)	115 MCG_		
Trans Fat:	0 GM	<b>Water Soluble Vitamins</b>			
Polyunsaturated Fat:	0 GM	THIAMIN	0.090 MG		
Monounsaturated Fat:	0 GM	RIBOFLAVIN	0.040 MG		
<b>Cholesterol:</b>	15 MG 4%	NIACIN	0.646 MG		
<b>Sodium:</b>	1120 MG 47%	VITAMIN B-6	0.022 MG		
<b>Potassium:</b>	40 MG 1%	VITAMIN B-12	0 MCG		
<b>Total Carbohydrate:</b>	9 GM 3%	VITAMIN C, TOTAL ASCORBIC ACID	0.7 MG		
Dietary Fiber:	1 GM 5%	FOLIC ACID	23 MCG		
Sugars:	1 GM	<b>Minerals</b>			
<b>Protein:</b>	5 GM 11%	PHOSPHOROUS	15 MG		
Vitamin A: 15%	Vitamin C: 2%	ZINC	0.12 MG		
Calcium: 6%	Iron: 4%	MAGNESIUM	1 MG		
<b>Ingredients:</b>		COPPER	0.024 MG		
Water, Meatball Ckd .5z - 10124, Frozen Chopped Spinach, Orzo Pasta, Onion Dcd 1/2", Diced Celery Individ. Quick Frozen, Cooked Diced Chicken, Seashell Chicken Spice, Carrot Shred, Base Beef, Grated Parmesan Cheese		IRON	0.71 MG		
		CALCIUM	61 MG		
<p><b>Nutrient values listed in red may be understated due to nutrient values not available on all ingredients</b></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