



Ingredient & Recipe Nutrition

Nutrition Item#: Low Sodium C

Desc: Low Sodium Cheese Sauce Onion Crock CP

Nutrition Information			Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (116 grams)			VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving			VITAMIN D(iu)	1.170 IU	Meat Quantity: NA	
Calories: 404			VITAMIN E	0.163 MG_A	Bread Quantity: NA	
Calories from Fat: 123			VITAMIN K	0 MCG	Fruit Quantity: NA	
% Daily Value*			VITAMIN A(iu)	25 IU	<b>Calorie Percentages</b> <p>PRO - 1.19% CHO - 66.66% FAT - 32.16%</p>	
Total Fat:	14 GM	21%	VITAMIN A(re)	0 MCG_		
Saturated Fat:	4 GM	19%	<b>Water Soluble Vitamins</b>			
Trans Fat:	4 GM		THIAMIN	0 MG		
Polyunsaturated Fat:	1.5 GM		RIBOFLAVIN	0.009 MG		
Monounsaturated Fat:	2.5 GM		NIACIN	0.064 MG		
Cholesterol:	5 MG	2%	VITAMIN B-6	0.009 MG		
Sodium:	11410 MG	475%	VITAMIN B-12	0 MCG		
Potassium:	230 MG	7%	VITAMIN C, TOTAL ASCORBIC ACID	1.3 MG		
Total Carbohydrate:	64 GM	21%	FOLIC ACID	1 MCG		
Dietary Fiber:	less than 1 GM	3%	<b>Minerals</b>			
Sugars:	10 GM		PHOSPHOROUS	3 MG		
Protein:	1 GM	2%	ZINC	0.04 MG		
Vitamin A: 0%		Vitamin C: 2%	MAGNESIUM	0 MG		
Calcium: 15%		Iron: 6%	COPPER	0.009 MG		
<b>Ingredients:</b> Water, Cheezy Chowder/Old Fashioned Potato, Non-Dairy Creamer Powder Mix, Modified Food Starch			IRON	0.94 MG		
			CALCIUM	167 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