



Ingredient & Recipe Nutrition

Nutrition Item#: Minestrone O

Desc: Minestrone Onion Crock CP

Nutrition Information		Fat Soluble Vitamins	School Equivalents
Serving Size: 8 oz (135 grams)		VITAMIN D (MICROGRAMS) 0 MCG	Serving Size:
Amount Per Serving		VITAMIN D(iu) 0.014 IU	Meat Quantity: NA
Calories: 100	Calories from Fat: 7	VITAMIN E 0.096 MG_A	Bread Quantity: NA
		VITAMIN K 5 MCG	Fruit Quantity: NA
		VITAMIN A(iu) 1484 IU	Calorie Percentages
		VITAMIN A(re) 329 MCG_	
		Water Soluble Vitamins	
		THIAMIN 0.064 MG	
		RIBOFLAVIN 0.046 MG	
		NIACIN 0.768 MG	
		VITAMIN B-6 0.058 MG	
		VITAMIN B-12 0 MCG	
		VITAMIN C, TOTAL ASCORBIC ACID 9.8 MG	
		FOLIC ACID 10 MCG	
		Minerals	
		PHOSPHOROUS 16 MG	
		ZINC 0.08 MG	
		MAGNESIUM 5 MG	
		COPPER 0.020 MG	
		IRON 1.16 MG	
		CALCIUM 45 MG	
% Daily Value* Total Fat: 1 GM 1% Saturated Fat: 0 GM 1% Trans Fat: 0 GM Polyunsaturated Fat: 0 GM Monounsaturated Fat: 0 GM Cholesterol: 0 MG 0% Sodium: 830 MG 35% Potassium: 270 MG 8% Total Carbohydrate: 19 GM 6% Dietary Fiber: 4 GM 14% Sugars: 4 GM Protein: 4 GM 9% Vitamin A: 30% Vitamin C: 15% Calcium: 4% Iron: 6%		Ingredients: Water, Tomato Sauce, Canned Diced Tomatoes, Great Northern Beans, Jumbo Carrots, Spanish Onions, POTATO BAKER IDAHO 12Z 50# MARKON, Canned Kidney Beans, Canned Wax Beans, Celery Jumbo 16-24ct, Frozen Baby Lima Beans, Ditalini Pasta, Frozen Green Peas, Fresh Green Cabbage, Italian Cut Green Beans, Modified Food Starch, Minestrone Soup Base, Bacon Bits Ckd Dcd, Base Beef, Rice, Seashell Chicken Spice, Chpd Garlic in Water, Crushed Red Pepper, Ground Oregano, Ground Basil	
<p><i>Nutrient values listed in red may be understated due to nutrient values not available on all ingredients</i></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