



Ingredient & Recipe Nutrition

Nutrition Item#: Northern Bea

Desc: Northern Bean Onion Crock CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (97 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving		VITAMIN D(iu)	0 IU	Meat Quantity:	NA
Calories: 130	Calories from Fat: 8	VITAMIN E	0.047 MG_A	Bread Quantity:	NA
	% Daily Value*	VITAMIN K	0 MCG	Fruit Quantity:	NA
Total Fat:	1 GM 1%	VITAMIN A(iu)	558 IU	Calorie Percentages 	
Saturated Fat:	0 GM 2%	VITAMIN A(re)	107 MCG_		
Trans Fat:	0 GM	Water Soluble Vitamins			
Polyunsaturated Fat:	0 GM	THIAMIN	0.209 MG		
Monounsaturated Fat:	0 GM	RIBOFLAVIN	0.081 MG		
Cholesterol:	10 MG 3%	NIACIN	0.603 MG		
Sodium:	910 MG 38%	VITAMIN B-6	0.154 MG		
Potassium:	540 MG 15%	VITAMIN B-12	0 MCG		
Total Carbohydrate:	21 GM 7%	VITAMIN C, TOTAL ASCORBIC ACID	3.3 MG		
Dietary Fiber:	6 GM 24%	FOLIC ACID	146 MCG		
Sugars:	3 GM	Minerals			
Protein:	9 GM 18%	PHOSPHOROUS	141 MG		
Vitamin A: 10%	Vitamin C: 6%	ZINC	0.34 MG		
Calcium: 6%	Iron: 10%	MAGNESIUM	63 MG		
Ingredients:		COPPER	0.262 MG		
Water, Dry Great Northern Beans, Ham Buffet Shave, Frozen Diced Carrots, Onion Dcd 1/2", Diced Celery Individ. Quick Frozen, Northern Bean Seasoning		IRON	2.10 MG		
		CALCIUM	60 MG		
<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