



**Ingredient & Recipe Nutrition**

Nutrition Item#: Old Fashion

Desc: Old Fashion Potato Onion Crock CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (150 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving		VITAMIN D(iu)	17.494 IU	Meat Quantity:	NA
Calories: 124	Calories from Fat: 25	VITAMIN E	0.040 MG_A	Bread Quantity:	NA
	% Daily Value*	VITAMIN K	0 MCG	Fruit Quantity:	NA
<b>Total Fat:</b>	3 GM 4%	VITAMIN A(iu)	64 IU	<b>Calorie Percentages</b> <p>PRO - 15.78% CHO - 63.72% FAT - 20.49%</p>	
Saturated Fat:	1.5 GM 6%	VITAMIN A(re)	12 MCG_		
Trans Fat:	0 GM	<b>Water Soluble Vitamins</b>			
Polyunsaturated Fat:	0 GM	THIAMIN	0.021 MG		
Monounsaturated Fat:	0 GM	RIBOFLAVIN	0.011 MG		
<b>Cholesterol:</b>	25 MG 8%	NIACIN	0.475 MG		
<b>Sodium:</b>	950 MG 39%	VITAMIN B-6	0.016 MG		
<b>Potassium:</b>	15 MG 0%	VITAMIN B-12	0 MCG		
<b>Total Carbohydrate:</b>	19 GM 6%	VITAMIN C, TOTAL ASCORBIC ACID	6.1 MG		
Dietary Fiber:	1 GM 6%	FOLIC ACID	0 MCG		
Sugars:	3 GM	<b>Minerals</b>			
<b>Protein:</b>	5 GM 10%	PHOSPHOROUS	3 MG		
Vitamin A: 2%	Vitamin C: 10%	ZINC	0.02 MG		
Calcium: 10%	Iron: 2%	MAGNESIUM	1 MG		
<b>Ingredients:</b> Water, Canned Diced Potatoes, Whole White Milk, Frozen Egg Noodles, Diced Celery Individ. Quick Frozen, Onion Dcd 1/2", Cheezy Chowder/Old Fashioned Potato, Bacon Bits Ckd Dcd, Nonfat Milk, Salt, Ground Celery Seed		COPPER	0.004 MG		
		IRON	0.40 MG		
		CALCIUM	98 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