

Standard Portion Nutrient Analysis

Southwestern Chicken Onion Crock			Nutrient Details																			
Southwestern0 Portion Unit 8 oz			Total Calories: 101.4 % Protein: 20.3 % Carbohydrates: 63.5 % Fat: 17.5 % Sat. Fat: 4.8																			
Name	Qty	Unit	KCAL	FAT GM	SFA GM	FATRN GM	MONO GM	PUFA GM	CHOL MG	NA MG	CHO GM	TDFB GM	SUGR GM	PRO GM	VTAIU IU	VITC MG	CA MG	FE MG	ZN MG	K MG	P MG	B12 MCG
Water	0.044	Gallon	0	0.00	0.000		0.000	0.000	0	0	0.00	0.0	0.00	0.00	0	0.0	0	0.00	0.00	0	0	0.00
Great Northern Beans	0.006	#10 Can	15	0.07	0.000	0.000			0	43	2.97	1.0	0.00	0.99	3	0.0	8	0.20		47		
Canned Cream Style Corn	0.005	#10 Can	12	0.12	0.000	0.000	0.000	0.060	0	33	2.50	0.2	0.48	0.24	0	0.0	0	0.04				
100% Tomato Juice	0.010	46 Fl Oz Can	2	0.00	0.000	0.000	0.000	0.000	0	26	0.39	0.1	0.27	0.04	39	2.8	1	0.07				
Canned Boned Chicken	0.008	48 Oz Can	22	1.51	0.503	0.000			8	55	0.00	0.0	0.00	2.35	0	0.0	0	0.12				
Canned Pinto Beans	0.002	#10 Can	6	0.06	0.015		0.000	0.000	0	22	1.10	0.3	0.02	0.36	0	0.1	3	0.11				
Canned Kidney Beans	0.002	#10 Can	10	0.03	0.000	0.000	0.000	0.000	0	28	1.78	0.5	0.25	0.74	0	0.0	1	0.11				
Onion Dcd 1/4"	0.014	Pound	3	0.01	0.002		0.002	0.004	0	0	0.66	0.1	0.28	0.06	0	0.4	1	0.01	0.01	9	2	0.00
Diced Celery Individ. Quick Frozen	0.014	Pound	1	0.00	0.000	0.000			0	7	0.22	0.1	0.14	0.02	0	0.0	2	0.00				
Frozen Cut Corn	0.012	Pound	6	0.05	0.000	0.000			0	0	1.24	0.1	0.30	0.16	1	0.2	0	0.01		13		
Modified Food Starch	0.008	Pound	15	0.01	0.003	0.000			0	6	3.32	0.0	0.00	0.02	0	0.0	0	0.00				
Base Chix - OC CP Test	0.008	Pound																				
Italian Sauce Mix	0.004	Pound	6	0.04	0.000	0.000			0	107	1.45	0.1	0.47	0.08	12	0.2	3	0.08		8		
Diced Red Peppers	0.002	Pound	0	0.00	0.000	0.000	0.000	0.000	0	0	0.06	0.0	0.03	0.01	19	0.6	0	0.00				
Chpd Garlic in Water	0.001	Pound	0	0.00	0.000	0.000			0	0	0.08	0.0	0.07	0.02	0	0.0	0	0.00				

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Oregano Leaf	0.001	Pound	1	0.03	0.016	0.000	0.000	0.016	0	0	0.21	0.1	0.02	0.03	23	0.0	5	0.15				
Ground Cumin	0.000	Pound	1	0.04	0.000	0.000	0.022	0.005	0	0	0.07	0.0	0.00	0.03	2	0.0	2	0.11				
Parsley Calif Cello Wrpd	0.000	Pound	0	0.00	0.000		0.001	0.000	0	0	0.02	0.0	0.00	0.01	3	0.0	0	0.03	0.00	1	0	0.00
Ground Red Cayenne Pepper	0.000	Pound	0	0.01	0.001	0.000	0.001	0.003	0	0	0.02	0.0	0.00	0.00	14	0.0	0	0.00				
Nutrients per Standard Portion Size:			101	1.97	0.540	0.000	0.025	0.088	8	329	16.11	2.7	2.32	5.15	116	4.4	27	1.05	0.01	78	2	0.00