



**Ingredient & Recipe Nutrition**

Nutrition Item#: White Bean C

Desc: White Bean Chili Chicken Onion Crock CP

Nutrition Information			Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (105 grams)			VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving			VITAMIN D(iu)	0 IU	Meat Quantity:	NA
Calories: 212	Calories from Fat: 69		VITAMIN E	0.025 MG_A	Bread Quantity:	NA
			VITAMIN K	0 MCG	Fruit Quantity:	NA
			VITAMIN A(iu)	331 IU	<b>Calorie Percentages</b> <p> <span style="color: red;">▨</span> PRO - 23.98%  <span style="color: green;">▨</span> CHO - 43.53%  <span style="color: blue;">▨</span> FAT - 32.49%                 </p>	
<b>% Daily Value*</b>			VITAMIN A(re)	67 MCG_		
<b>Total Fat:</b>	8 GM	12%	<b>Water Soluble Vitamins</b>			
Saturated Fat:	2 GM	11%	THIAMIN	0.212 MG		
Trans Fat:	1 GM		RIBOFLAVIN	0.049 MG		
Polyunsaturated Fat:	1.5 GM		NIACIN	0.599 MG		
Monounsaturated Fat:	1 GM		VITAMIN B-6	0.126 MG		
<b>Cholesterol:</b>	20 MG	7%	VITAMIN B-12	0 MCG		
<b>Sodium:</b>	670 MG	28%	VITAMIN C, TOTAL ASCORBIC ACID	1.8 MG		
<b>Potassium:</b>	400 MG	11%	FOLIC ACID	98 MCG		
<b>Total Carbohydrate:</b>	23 GM	8%	<b>Minerals</b>			
Dietary Fiber:	7 GM	29%	PHOSPHOROUS	112 MG		
Sugars:	3 GM		ZINC	0.01 MG		
<b>Protein:</b>	13 GM	26%	MAGNESIUM	48 MG		
Vitamin A: 8%	•	Vitamin C: 4%	COPPER	0.226 MG		
Calcium: 10%	•	Iron: 10%	IRON	2.03 MG		
<b>Ingredients:</b>			CALCIUM	86 MG		
Water, Dry Navy Beans, Cooked Diced Chicken, Half & Half Creamer, Diced Celery Individ. Quick Frozen, Onion Dcd 1/4", Margarine Solids, Canned Diced Green Chilies, Modified Food Starch, Salt, Chicken Base, Ground Cumin, Chpd Garlic in Water, Ground White Pepper, Oregano Leaf, Sliced Jalapeno Peppers, Ground Red Cayenne Pepper						

*Nutrient values listed in red may be understated due to nutrient values not available on all ingredients*



**Ingredient & Recipe Nutrition**

* 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