



Ingredient & Recipe Nutrition

Item#: 0053703

Desc: CP Cheesy Broccoli Onion Crock

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 1 cup (228 grams)		VITAMIN D(iu)	14.10 IU	Serving Size:	
Amount Per Serving		VITAMIN E	0 MG_A	Meat Quantity:	NA
Calories: 105	Calories from Fat: 48	VITAMIN K	0 MCG	Bread Quantity:	NA
		VITAMIN A(iu)	266.14 IU	Fruit/Veg Quantity:	NA
		VITAMIN A(re)	0 MCG_		
% Daily Value*		Water Soluble Vitamins		<p>Calorie Percentages</p> <p> PRO - 15.78% CHO - 35.78% FAT - 48.45% </p>	
Total Fat:	5 GM 8%	THIAMIN	0.02 MG		
Saturated Fat:	3 GM 16%	RIBOFLAVIN	0.06 MG		
Trans Fat:	0 GM	NIACIN	0.03 MG		
Polyunsaturated Fat:	0 GM	VITAMIN B-6	0.01 MG		
Monounsaturated Fat:	0 GM	VITAMIN B-12	0.14 MCG		
Cholesterol:	20 MG 7%	VITAMIN C, TOTAL	10.26 MG		
Sodium:	640 MG 27%	ASCORBIC ACID			
Potassium:	65 MG 2%	FOLIC ACID	0 MCG		
Total Carbohydrate:	9 GM 3%	Minerals			
Dietary Fiber:	less than 1 GM 4%	PHOSPHOROUS	36.22 MG		
Sugars:	3 GM	ZINC	0.15 MG		
Protein:	4 GM 8%	MAGNESIUM	1.26 MG		
Vitamin A: 6%	Vitamin C: 15%	COPPER	0.009 MG		
Calcium: 10%	Iron: 0%	IRON	0.08 MG		
Ingredients: Water, 2% White Milk, Frozen Broccoli Cuts, Cheese, Mushroom Soup Base, Diced Celery Individ. Quick Frozen, Onion Dcd 1/2", Modified Food Starch, Salt, Celery Salt		CALCIUM	108.04 MG		

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

* 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