



Ingredient & Recipe Nutrition

Nutrition Item#: Homestyle To

Desc: Homestyle Tomato Onion Crock CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (192 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving		VITAMIN D(iu)	33.259 IU	Meat Quantity:	NA
Calories: 118	Calories from Fat: 41	VITAMIN E	0.043 MG_A	Bread Quantity:	NA
	% Daily Value*	VITAMIN K	0 MCG	Fruit Quantity:	NA
Total Fat:	4.5 GM 7%	VITAMIN A(iu)	987 IU	Calorie Percentages <p>PRO - 12.44% CHO - 52.51% FAT - 35.05%</p>	
Saturated Fat:	2 GM 10%	VITAMIN A(re)	197 MCG_		
Trans Fat:	0 GM	Water Soluble Vitamins			
Polyunsaturated Fat:	0.5 GM	THIAMIN	0.008 MG		
Monounsaturated Fat:	0.5 GM	RIBOFLAVIN	0.023 MG		
Cholesterol:	10 MG 4%	NIACIN	0.345 MG		
Sodium:	740 MG 31%	VITAMIN B-6	0.018 MG		
Potassium:	150 MG 4%	VITAMIN B-12	0 MCG		
Total Carbohydrate:	15 GM 5%	VITAMIN C, TOTAL ASCORBIC ACID	57.9 MG		
Dietary Fiber:	2 GM 7%	FOLIC ACID	0 MCG		
Sugars:	9 GM	Minerals			
Protein:	4 GM 7%	PHOSPHOROUS	4 MG		
Vitamin A: 20%	Vitamin C: 100%	ZINC	0.02 MG		
Calcium: 10%	Iron: 6%	MAGNESIUM	1 MG		
Ingredients:		COPPER	0.005 MG		
Whole White Milk, Water, Tomato Sauce, Crushed Tomatoes, Canned Diced Tomatoes, Diced Celery Individ. Quick Frozen, Onion Dcd 1/4", Frozen Diced Carrots, Modified Food Starch, Margarine Solids, Seashell Chicken Spice, Worcestershire Sauce, Vitamin C - OC CP, Granulated Garlic, Ground White Pepper, Ground Bay Leaf, Thyme Leaf		IRON	0.86 MG		
		CALCIUM	121 MG		
<p><i>Nutrient values listed in red may be understated due to nutrient values not available on all ingredients</i></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