



Ingredient & Recipe Nutrition

Nutrition Item#: Northern Bea

Desc: Northern Bean Onion Crock CP

| Nutrition Information   |                      | Fat Soluble Vitamins           |            | School Equivalents   |    |
|---|----------------------|--------------------------------|------------|--|----|
| Serving Size: 8 oz (97 grams)   |                      | VITAMIN D (MICROGRAMS)         | 0 MCG      | Serving Size:  |    |
| Amount Per Serving  |                      | VITAMIN D(iu)                  | 0 IU       | Meat Quantity:   | NA |
| Calories: 130   | Calories from Fat: 8 | VITAMIN E                      | 0.047 MG_A | Bread Quantity:  | NA |
| % Daily Value*  |                      | VITAMIN K                      | 0 MCG      | Fruit Quantity:  | NA |
| Total Fat:  | 1 GM 1%              | VITAMIN A(iu)                  | 558 IU     | <b>Calorie Percentages</b><br><p>PRO - 28.16%<br/>CHO - 65.50%<br/>FAT - 6.34%</p> |    |
| Saturated Fat:  | 0 GM 2%              | VITAMIN A(re)                  | 107 MCG_   |  |    |
| Trans Fat:  | 0 GM                 | <b>Water Soluble Vitamins</b>  |            |  |    |
| Polyunsaturated Fat:  | 0 GM                 | THIAMIN                        | 0.209 MG   |  |    |
| Monounsaturated Fat:  | 0 GM                 | RIBOFLAVIN                     | 0.081 MG   |  |    |
| Cholesterol:  | 10 MG 3%             | NIACIN                         | 0.603 MG   |  |    |
| Sodium:   | 910 MG 38%           | VITAMIN B-6                    | 0.154 MG   |  |    |
| Potassium:  | 540 MG 15%           | VITAMIN B-12                   | 0 MCG      |  |    |
| Total Carbohydrate:   | 21 GM 7%             | VITAMIN C, TOTAL ASCORBIC ACID | 3.3 MG     |  |    |
| Dietary Fiber:  | 6 GM 24%             | FOLIC ACID                     | 146 MCG    |  |    |
| Sugars:   | 3 GM                 | <b>Minerals</b>                |            |  |    |
| Protein:  | 9 GM 18%             | PHOSPHOROUS                    | 141 MG     |  |    |
| Vitamin A: 10%  | Vitamin C: 6%        | ZINC                           | 0.34 MG    |  |    |
| Calcium: 6%   | Iron: 10%            | MAGNESIUM                      | 63 MG      |  |    |
| <b>Ingredients:</b><br>Water, Dry Great Northern Beans, Ham Buffet Shave, Frozen Diced Carrots, Onion Dcd 1/2", Diced Celery Individ. Quick Frozen, Northern Bean Seasoning |                      | COPPER                         | 0.262 MG   |  |    |
|   |                      | IRON                           | 2.10 MG    |  |    |
|   |                      | CALCIUM                        | 60 MG      |  |    |

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



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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 |