



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			VITAMIN E	0.025 MG_A	Bread Quantity:	NA
Calories from Fat: 69			VITAMIN K	0 MCG	Fruit Quantity:	NA
% Daily Value*			VITAMIN A(iu)	331 IU	Calorie Percentages <p> ▨ PRO - 23.98% ▨ CHO - 43.53% ▨ FAT - 32.49% </p>	
Total Fat:	8 GM	12%	VITAMIN A(re)	67 MCG_		
Saturated Fat:	2 GM	11%	Water Soluble Vitamins			
Trans Fat:	1 GM		THIAMIN	0.212 MG		
Polyunsaturated Fat:	1.5 GM		RIBOFLAVIN	0.049 MG		
Monounsaturated Fat:	1 GM		NIACIN	0.599 MG		
Cholesterol:	20 MG	7%	VITAMIN B-6	0.126 MG		
Sodium:	670 MG	28%	VITAMIN B-12	0 MCG		
Potassium:	400 MG	11%	VITAMIN C, TOTAL ASCORBIC ACID	1.8 MG		
Total Carbohydrate:	23 GM	8%	FOLIC ACID	98 MCG		
Dietary Fiber:	7 GM	29%	Minerals			
Sugars:	3 GM		PHOSPHOROUS	112 MG		
Protein:	13 GM	26%	ZINC	0.01 MG		
Vitamin A: 8%		Vitamin C: 4%	MAGNESIUM	48 MG		
Calcium: 10%		Iron: 10%	COPPER	0.226 MG		
Ingredients:			IRON	2.03 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			CALCIUM	86 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