



Ingredient & Recipe Nutrition

Nutrition Item#: New England

Desc: New England Clam Chowder Onion Crock CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (183 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving		VITAMIN D(iu)	20.223 IU	Meat Quantity:	NA
Calories: 134	Calories from Fat: 32	VITAMIN E	0.023 MG_A	Bread Quantity:	NA
	% Daily Value*	VITAMIN K	0 MCG	Fruit Quantity:	NA
Total Fat:	3.5 GM 5%	VITAMIN A(iu)	115 IU	Calorie Percentages 	
Saturated Fat:	2 GM 9%	VITAMIN A(re)	22 MCG_		
Trans Fat:	0 GM	Water Soluble Vitamins			
Polyunsaturated Fat:	0 GM	THIAMIN	0.020 MG		
Monounsaturated Fat:	0 GM	RIBOFLAVIN	0.010 MG	NIACIN	0.475 MG
Cholesterol:	15 MG 6%	VITAMIN B-6	0.011 MG	VITAMIN B-12	0 MCG
Sodium:	1860 MG 78%	VITAMIN C, TOTAL ASCORBIC ACID	6.3 MG	FOLIC ACID	0 MCG
Potassium:	25 MG 1%	Minerals		PRO - 23.79% CHO - 51.56% FAT - 24.65%	
Total Carbohydrate:	17 GM 6%	PHOSPHOROUS	2 MG		
Dietary Fiber:	1 GM 4%	ZINC	0.01 MG		
Sugars:	3 GM	MAGNESIUM	1 MG		
Protein:	8 GM 16%	COPPER	0.003 MG		
Vitamin A: 2%	Vitamin C: 10%	IRON	2.20 MG		
Calcium: 10%	Iron: 10%	CALCIUM	106 MG		
Ingredients: Canned Diced Potatoes, Whole White Milk, Water, Clam Meat Chpd Sea 1/2" lqf, Canned 100% Ocean Clam Juice, Clam Base Spice, Onion Dcd 1/2", Golden Jubilee Cut Corn, Diced Celery Individ. Quick Frozen, Modified Food Starch, Nonfat Milk, Base Clam - OC CP Test, Margarine Solids, Salt					
<i>Nutrient values listed in red may be understated due to nutrient values not available on all ingredients</i>					



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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