



Ingredient & Recipe Nutrition

Nutrition Item#: Beefy Tomato

Desc: Beefy Tomato OC CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (257 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving		VITAMIN D(iu)	28.660 IU	Meat Quantity:	NA
Calories: 171	Calories from Fat: 57	VITAMIN E	0.142 MG_A	Bread Quantity:	NA
% Daily Value*		VITAMIN K	0 MCG	Fruit Quantity:	NA
Total Fat:	6 GM 10%	VITAMIN A(iu)	1182 IU	<b>Calorie Percentages</b> <p>PRO - 24.93% CHO - 41.02% FAT - 34.05%</p>	
Saturated Fat:	3 GM 16%	VITAMIN A(re)	236 MCG_		
Trans Fat:	0 GM	<b>Water Soluble Vitamins</b>			
Polyunsaturated Fat:	0 GM	THIAMIN	0.015 MG		
Monounsaturated Fat:	2 GM	RIBOFLAVIN	0.055 MG		
Cholesterol:	30 MG 10%	NIACIN	1.329 MG		
Sodium:	670 MG 28%	VITAMIN B-6	0.093 MG		
Potassium:	160 MG 5%	VITAMIN B-12	0.59 MCG		
Total Carbohydrate:	17 GM 6%	VITAMIN C, TOTAL ASCORBIC ACID	9.3 MG		
Dietary Fiber:	2 GM 8%	FOLIC ACID	0 MCG		
Sugars:	9 GM	<b>Minerals</b>			
Protein:	10 GM 21%	PHOSPHOROUS	45 MG		
Vitamin A: 25%	Vitamin C: 15%	ZINC	1.50 MG		
Calcium: 10%	Iron: 10%	MAGNESIUM	6 MG		
<b>Ingredients:</b> Whole Milk, Water, Crushed Tomatoes, Fresh Ground Beef, Tomato Sauce, Tomato Paste, Diced Celery Individ. Quick Frozen, Onion Dcd 1/4", Frozen Diced Carrots, Modified Food Starch, Seashell Chicken Spice, Hunter's Hodgepodge, Worcestershire Sauce, Granulated Garlic, Black Pepper, Ground Bay Leaf, Parsley Flakes, Thyme Leaf		COPPER	0.027 MG		
<i>Nutrient values listed in red may be understated due to nutrient values not available on all ingredients</i>		IRON	1.98 MG		
		CALCIUM	108 MG		



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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