



Ingredient & Recipe Nutrition

Nutrition Item#: Chicken Dump

Desc: Chicken Dumpling Onion Crock CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (95 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving		VITAMIN D(iu)	4.134 IU	Meat Quantity:	NA
Calories: 131	Calories from Fat: 32	VITAMIN E	0.027 MG_A	Bread Quantity:	NA
	% Daily Value*	VITAMIN K	0 MCG	Fruit Quantity:	NA
Total Fat:	3.5 GM 5%	VITAMIN A(iu)	1999 IU	Calorie Percentages 	
Saturated Fat:	1 GM 4%	VITAMIN A(re)	399 MCG_		
Trans Fat:	0.5 GM	Water Soluble Vitamins			
Polyunsaturated Fat:	0.5 GM	THIAMIN	0.006 MG		
Monounsaturated Fat:	0.5 GM	RIBOFLAVIN	0.003 MG	PRO - 23.09%	
Cholesterol:	15 MG 5%	NIACIN	0.067 MG	CHO - 52.46%	
Sodium:	470 MG 19%	VITAMIN B-6	0.013 MG	FAT - 24.45%	
Potassium:	70 MG 2%	VITAMIN B-12	0 MCG		
Total Carbohydrate:	17 GM 6%	VITAMIN C, TOTAL ASCORBIC ACID	5.9 MG		
Dietary Fiber:	1 GM 6%	FOLIC ACID	0 MCG		
Sugars:	3 GM	Minerals			
Protein:	7 GM 15%	PHOSPHOROUS	2 MG		
Vitamin A: 40%	Vitamin C: 10%	ZINC	0.01 MG		
Calcium: 4%	Iron: 2%	MAGNESIUM	1 MG		
Ingredients:		COPPER	0.003 MG		
Water, Cooked Diced Chicken, Gnocchi (potato Dumpling), Whole White Milk, Carrot Baby Whl Cleaned, Onion Dcd 1/2", Canned Diced Potatoes, Diced Celery Individ. Quick Frozen, Chicken Base, Frozen Green Peas, Modified Food Starch, Margarine Solids, Chpd Garlic in Water, Salt		IRON	0.44 MG		
		CALCIUM	31 MG		
<p><i>Nutrient values listed in red may be understated due to nutrient values not available on all ingredients</i></p>					



Ingredient & Recipe Nutrition

* 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