



Ingredient & Recipe Nutrition

Nutrition Item#: Egg Noodle C0

Desc: Egg Noodle Chicken Onion Crock CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (137 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving		VITAMIN D(iu)	23.998 IU	Meat Quantity:	NA
Calories: 153	Calories from Fat: 32	VITAMIN E	0.041 MG_A	Bread Quantity:	NA
	% Daily Value*	VITAMIN K	0 MCG	Fruit Quantity:	NA
Total Fat:	3.5 GM 5%	VITAMIN A(iu)	456 IU	Calorie Percentages 	
Saturated Fat:	1.5 GM 7%	VITAMIN A(re)	91 MCG_		
Trans Fat:	0 GM	Water Soluble Vitamins			
Polyunsaturated Fat:	0 GM	THIAMIN	0.005 MG		
Monounsaturated Fat:	0 GM	RIBOFLAVIN	0.003 MG		
Cholesterol:	35 MG 11%	NIACIN	0.009 MG		
Sodium:	1050 MG 44%	VITAMIN B-6	0.014 MG		
Potassium:	60 MG 2%	VITAMIN B-12	0 MCG		
Total Carbohydrate:	21 GM 7%	VITAMIN C, TOTAL ASCORBIC ACID	2.6 MG		
Dietary Fiber:	1 GM 5%	FOLIC ACID	0 MCG		
Sugars:	5 GM	Minerals			
Protein:	9 GM 18%	PHOSPHOROUS	3 MG		
Vitamin A: 10%	Vitamin C: 4%	ZINC	0.02 MG		
Calcium: 15%	Iron: 4%	MAGNESIUM	1 MG		
Ingredients:		COPPER	0.004 MG		
Water, Whole White Milk, Frozen Egg Noodles, Cooked Diced Chicken, Diced Celery Individ. Quick Frozen, Frozen Diced Carrots, Onion Dcd 1/4", Frozen Green Peas, Nonfat Milk, Seashell Chicken Spice, Modified Food Starch, Chicken Base, Canned Mushroom Stems & Pcs		IRON	0.49 MG		
		CALCIUM	144 MG		
<p><i>Nutrient values listed in red may be understated due to nutrient values not available on all ingredients</i></p>					



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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