



Ingredient & Recipe Nutrition

Nutrition Item#: Hunters Hodg

Desc: Hunters Hodgepodge Onion Crock CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (211 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving		VITAMIN D(iu)	0 IU	Meat Quantity:	NA
Calories: 162	Calories from Fat: 37	VITAMIN E	0.129 MG_A	Bread Quantity:	NA
	% Daily Value*	VITAMIN K	0 MCG	Fruit Quantity:	NA
Total Fat:	4 GM 6%	VITAMIN A(iu)	465 IU	<b>Calorie Percentages</b> 	
Saturated Fat:	1.5 GM 8%	VITAMIN A(re)	82 MCG_		
Trans Fat:	0 GM	<b>Water Soluble Vitamins</b>			
Polyunsaturated Fat:	0 GM	THIAMIN	0.030 MG		
Monounsaturated Fat:	1.5 GM	RIBOFLAVIN	0.049 MG		
Cholesterol:	20 MG 7%	NIACIN	1.058 MG		
Sodium:	1080 MG 45%	VITAMIN B-6	0.088 MG		
Potassium:	160 MG 5%	VITAMIN B-12	0.56 MCG		
Total Carbohydrate:	20 GM 7%	VITAMIN C, TOTAL ASCORBIC ACID	14.5 MG		
Dietary Fiber:	5 GM 20%	FOLIC ACID	0 MCG		
Sugars:	6 GM	<b>Minerals</b>			
Protein:	12 GM 24%	PHOSPHOROUS	49 MG		
Vitamin A: 10%	Vitamin C: 25%	ZINC	1.43 MG		
Calcium: 6%	Iron: 10%	MAGNESIUM	5 MG		
<b>Ingredients:</b> Canned Diced Tomatoes, Canned Kidney Beans, Water, Fresh Ground Beef, 100% Tomato Juice, Canned Mushroom Stems & Pcs, Onion Dcd 1/2", Diced Celery Individ. Quick Frozen, Frozen Green Peas, Golden Jubilee Cut Corn, Hunter's Hodgepodge		COPPER	0.023 MG		
		IRON	1.96 MG		
		CALCIUM	48 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