



Ingredient & Recipe Nutrition

Item#: Huskey Veget

Desc: Huskey Vegetarian CP

Nutrition Information		Fat Soluble Vitamins	School Equivalents
Serving Size: 8 oz serving (251 grams)		VITAMIN D (MICROGRAMS) 0 MCG	Serving Size:
Amount Per Serving		VITAMIN D(iu) 0 IU	Meat Quantity: NA
Calories: 61	Calories from Fat: 15	VITAMIN E 0.123 MG_A	Bread Quantity: NA
% Daily Value*		VITAMIN K 14 MCG	Fruit Quantity: NA
Total Fat: 1.5 GM	3%	VITAMIN A(iu) 1767 IU	Calorie Percentages PRO - 11.36% CHO - 65.31% FAT - 23.32%
Saturated Fat:	0 GM 1%	VITAMIN A(re) 367 MCG_	
Trans Fat:	0 GM	Water Soluble Vitamins	
Polyunsaturated Fat:	0 GM	THIAMIN 0.034 MG	
Monounsaturated Fat:	0 GM	RIBOFLAVIN 0.040 MG	
Cholesterol:	0 MG 0%	NIACIN 0.474 MG	
Sodium:	1020 MG 43%	VITAMIN B-6 0.078 MG	
Potassium:	230 MG 7%	VITAMIN B-12 0 MCG	
Total Carbohydrate: 10 GM	3%	VITAMIN C, TOTAL ASCORBIC ACID 15.8 MG	
Dietary Fiber:	2 GM 9%	FOLIC ACID 0 MCG	
Sugars:	4 GM	Minerals	
Protein:	2 GM 4%	PHOSPHOROUS 21 MG	
Vitamin A: 35%	Vitamin C: 25%	ZINC 0.12 MG	
Calcium: 4%	Iron: 4%	MAGNESIUM 9 MG	
Ingredients:		COPPER 0.034 MG	
Water, Canned Diced Tomatoes, Tomato Sauce, Jumbo Carrots, Jumbo Celery, Spanish Onions, Fresh Idaho Baker Potato, 10oz Min Size, Frozen Cauliflower, Shredded Red Cabbage, Frozen Cut Green Beans, Frozen Green Peas, Golden Jubilee Cut Corn, Husky Vegetarian, Diced Sweet Green Peppers, Fresh Green Onion, Margarine Solids		IRON 0.73 MG	
		CALCIUM 43 MG	

Nutrient values listed in red may be understated due to nutrient values not available on all ingredients

* 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