

Standard Portion Nutrient Analysis

Long Grain Turkey Rice Onion Crock			Nutrient Details																			
CP Long Grain T	Portion Unit	8 oz	Total Calories: 113.8 % Protein: 21.0 % Carbohydrates: 52.1 % Fat: 26.0 % Sat. Fat: 8.2																			
Name	Qty	Unit	KCAL	FAT GM	SFA GM	FATRN GM	MONO GM	PUFA GM	CHOL MG	NA MG	CHO GM	TDFB GM	SUGR GM	PRO GM	VTAIU IU	VITC MG	CA MG	FE MG	ZN MG	K MG	P MG	B12 MCG
Water	0.045	Gallon	0	0.00	0.000		0.000	0.000	0	0	0.00	0.0	0.00	0.00	0	0.0	0	0.00	0.00	0	0	0.00
Turkey Dcd 60%wht 40%dk Ckd	0.057	Pound	42	2.79	0.930	0.000			14	214	0.93	0.0	0.00	3.25	0	0.0	0	0.17				
Onion Dcd 1/4"	0.028	Pound	5	0.01	0.003		0.003	0.008	0	0	1.29	0.2	0.54	0.12	0	0.8	3	0.02	0.02	18	3	0.00
Diced Celery Individ. Quick Frozen	0.028	Pound	2	0.00	0.000	0.000			0	14	0.44	0.1	0.28	0.04	1	0.0	3	0.00				
Frozen Diced Carrots	0.028	Pound	6	0.01	0.000	0.000			0	9	1.04	0.3	0.67	0.08	449	0.2	4	0.01		24		
Frozen Green Peas	0.028	Pound	10	0.07	0.000	0.000			0	15	1.72	0.6	0.86	0.72	43	1.3	0	0.10				
Rice	0.022	Pound	34	0.00	0.000	0.000	0.000	0.000	0	0	7.63	0.0	0.07	0.80	0	0.0	8	0.54				
Chicken Base	0.011	Pound	14	0.40	0.099	0.000			2	150	1.69	0.0	0.64	0.89	1	0.0	5	0.05		21		
Canned Mushroom Stems & Pcs	0.001	#10 Can	1	0.00	0.000	0.000	0.000	0.000	0	13	0.09	0.1	0.00	0.06	0	0.1	0	0.03				
Nutrients per Standard Portion Size:			114	3.29	1.032	0.000	0.003	0.008	16	415	14.82	1.3	3.07	5.97	495	2.5	23	0.93	0.02	63	3	0.00