



Ingredient & Recipe Nutrition

Nutrition Item#: Minestrone O

Desc: Minestrone Onion Crock CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8 oz (135 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:	
Amount Per Serving		VITAMIN D(iu)	0.014 IU	Meat Quantity:	NA
Calories: 100	Calories from Fat: 7	VITAMIN E	0.096 MG_A	Bread Quantity:	NA
	% Daily Value*	VITAMIN K	5 MCG	Fruit Quantity:	NA
Total Fat:	1 GM 1%	VITAMIN A(iu)	1484 IU	Calorie Percentages <p>PRO - 16.97% CHO - 76.31% FAT - 6.72%</p>	
Saturated Fat:	0 GM 1%	VITAMIN A(re)	329 MCG_		
Trans Fat:	0 GM	Water Soluble Vitamins			
Polyunsaturated Fat:	0 GM	THIAMIN	0.064 MG		
Monounsaturated Fat:	0 GM	RIBOFLAVIN	0.046 MG		
Cholesterol:	0 MG 0%	NIACIN	0.768 MG		
Sodium:	830 MG 35%	VITAMIN B-6	0.058 MG		
Potassium:	270 MG 8%	VITAMIN B-12	0 MCG		
Total Carbohydrate:	19 GM 6%	VITAMIN C, TOTAL ASCORBIC ACID	9.8 MG		
Dietary Fiber:	4 GM 14%	FOLIC ACID	10 MCG		
Sugars:	4 GM	Minerals			
Protein:	4 GM 9%	PHOSPHOROUS	16 MG		
Vitamin A: 30%	Vitamin C: 15%	ZINC	0.08 MG		
Calcium: 4%	Iron: 6%	MAGNESIUM	5 MG		
Ingredients: Water, Tomato Sauce, Canned Diced Tomatoes, Great Northern Beans, Jumbo Carrots, Spanish Onions, POTATO BAKER IDAHO 12Z 50# MARKON, Canned Kidney Beans, Canned Wax Beans, Celery Jumbo 16-24ct, Frozen Baby Lima Beans, Ditalini Pasta, Frozen Green Peas, Fresh Green Cabbage, Italian Cut Green Beans, Modified Food Starch, Minestrone Soup Base, Bacon Bits Ckd Dcd, Base Beef, Rice, Seashell Chicken Spice, Chpd Garlic in Water, Crushed Red Pepper, Ground Oregano, Ground Basil		COPPER	0.020 MG		
		IRON	1.16 MG		
		CALCIUM	45 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