



Ingredient and Recipe Nutrition

Item#: 0108459

Desc: Potato Bacon Soup OC

Nutrition Information			Fat Soluble Vitamins		School Equivalents	
Serving Size: 8oz Srvg (154 grams)			VITAMIN D(iu)	13.14 IU	Child Nutrition Label:	No
Amount Per Serving			VITAMIN K	0 MCG	Serving Size:	
Calories: 209	Calories from Fat: 88		VITAMIN A(iu)	366.65 IU	Meat Quantity:	NA
			VITAMIN A(re)	0 MCG_	Bread Quantity:	NA
			Water Soluble Vitamins		Fruit/Veg Quantity:	NA
<b>Total Fat:</b>	10 GM	15%	THIAMIN	0 MG	<b>Updated for New Final Rule:</b>	
Saturated Fat:	6 GM	31%	RIBOFLAVIN	0.05 MG	Meat/Meat Alt:	NA oz eq
Trans Fat:	0 GM		NIACIN	0 MG	Grain/Bread:	NA oz eq
Polyunsaturated Fat:	0 GM		VITAMIN B-6	0 MG	Fruit:	NA cup
Monounsaturated Fat:	2 GM		VITAMIN B-12	0 MCG	Vegetable:	
<b>Cholesterol:</b>	35 MG	12%	VITAMIN C, TOTAL	6.01 MG	Red/Orange:	NA cup
<b>Sodium:</b>	780 MG	32%	ASCORBIC ACID		Dark Green:	NA cup
<b>Potassium:</b>	120 MG	3%	FOLIC ACID	0 MCG	Starchy:	NA cup
<b>Total Carbohydrate:</b>	25 GM	8%	<b>Minerals</b>		Beans/Peas:	NA cup
Dietary Fiber:	2 GM	8%	PHOSPHOROUS	25.02 MG	Other:	NA cup
Sugars:	4 GM		ZINC	0 MG	<b>Notes:</b>	
<b>Protein:</b>	5 GM	10%	MAGNESIUM	0.02 MG		
Vitamin A: 8%			COPPER	0 MG		
Calcium: 8%			IRON	0.45 MG		
Vitamin C: 10%			CALCIUM	75.79 MG		
Iron: 2%			<p><b>Ingredients:</b> Water, Fresh Peeled &amp; Diced Potatoes, 2% Milk, 36% Heavy Whipping Cream, Onion Dcd 1/4", Bacon Sld L/O 18-22ct Fz, Modified Food Starch, Ham Base Onion Crock, Wixon Nonfat Milk, Grade A Unsalted Butter Print, Chicken Base No MSG, Salt, Granulated Garlic, Parsley Flakes</p>			

Nutrient values listed in red may be understated due to nutrient values not being 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
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