

Standard Portion Nutrient Analysis

Southwestern Chicken Onion Crock			Nutrient Details																			Total Calories: 101.4		% Protein: 20.3		% Carbohydrates: 63.5		% Fat: 17.5		% Sat. Fat: 4.8	
CP Southwestern0	Portion Unit	8 oz																													
Name	Qty	Unit	KCAL	FAT	SFA	FATR	MONO	PUFA	CHOL	NA	CHO	TDFB	SUGR	PRO	VTAIU	VITC	CA	FE	ZN	K	P	B12									
			KCAL	GM	GM	GM	GM	GM	MG	MG	GM	GM	GM	GM	IU	MG	MG	MG	MG	MG	MG	MCG									
Water	0.044	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									
Great Northern Beans	0.006	#10 Can	15	0.07	0.000	0.000			0	43	2.97	1.0	0.00	0.99	3	0.0	8	0.20		47											
Canned Cream Style Corn	0.005	#10 Can	12	0.12	0.000	0.000	0.000	0.060	0	33	2.50	0.2	0.48	0.24	0	0.0	0	0.04													
100% Tomato Juice	0.010	46 Fl Oz Can	2	0.00	0.000	0.000	0.000	0.000	0	26	0.39	0.1	0.27	0.04	39	2.8	1	0.07													
Canned Boned Chicken	0.008	48 Oz Can	22	1.51	0.503	0.000			8	55	0.00	0.0	0.00	2.35	0	0.0	0	0.12													
Canned Pinto Beans	0.002	#10 Can	6	0.06	0.015		0.000	0.000	0	22	1.10	0.3	0.02	0.36	0	0.1	3	0.11													
Canned Kidney Beans	0.002	#10 Can	10	0.03	0.000	0.000	0.000	0.000	0	28	1.78	0.5	0.25	0.74	0	0.0	1	0.11													
Onion Dcd 1/4"	0.014	Pound	3	0.01	0.002		0.002	0.004	0	0	0.66	0.1	0.28	0.06	0	0.4	1	0.01	0.01	9	2	0.00									
Diced Celery Individ. Quick Frozen	0.014	Pound	1	0.00	0.000	0.000			0	7	0.22	0.1	0.14	0.02	0	0.0	2	0.00													
Frozen Cut Corn	0.012	Pound	6	0.05	0.000	0.000			0	0	1.24	0.1	0.30	0.16	1	0.2	0	0.01		13											
Modified Food Starch	0.008	Pound	15	0.01	0.003	0.000			0	6	3.32	0.0	0.00	0.02	0	0.0	0	0.00													
Base Chix - OC CP Test	0.008	Pound																													
Italian Sauce Mix	0.004	Pound	6	0.04	0.000	0.000			0	107	1.45	0.1	0.47	0.08	12	0.2	3	0.08		8											
Diced Red Peppers	0.002	Pound	0	0.00	0.000	0.000	0.000	0.000	0	0	0.06	0.0	0.03	0.01	19	0.6	0	0.00													
Chpd Garlic in Water	0.001	Pound	0	0.00	0.000	0.000			0	0	0.08	0.0	0.07	0.02	0	0.0	0	0.00													

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Oregano Leaf	0.001	Pound	1	0.03	0.016	0.000	0.000	0.016	0	0	0.21	0.1	0.02	0.03	23	0.0	5	0.15				
Ground Cumin	0.000	Pound	1	0.04	0.000	0.000	0.022	0.005	0	0	0.07	0.0	0.00	0.03	2	0.0	2	0.11				
Parsley Calif Cello Wrpd	0.000	Pound	0	0.00	0.000		0.001	0.000	0	0	0.02	0.0	0.00	0.01	3	0.0	0	0.03	0.00	1	0	0.00
Ground Red Cayenne Pepper	0.000	Pound	0	0.01	0.001	0.000	0.001	0.003	0	0	0.02	0.0	0.00	0.00	14	0.0	0	0.00				
Nutrients per Standard Portion Size:			101	1.97	0.540	0.000	0.025	0.088	8	329	16.11	2.7	2.32	5.15	116	4.4	27	1.05	0.01	78	2	0.00