

Ingredient and Recipe Nutrition

Item#: 0108168

Desc: Onion Crock Queso Dip

Nutrition Information			Fat Soluble Vitamins		School Equivalents	
Serving Size: 8oz Servings (148 grams)			VITAMIN D(iu)	19.40 IU	Child Nutrition Label:	No
			VITAMIN K	0 MCG	Serving Size:	
Amount Per Serving			VITAMIN A(iu)	540.29 IU	Meat Quantity:	NA
Calories: 206	Calories from Fat: 99		VITAMIN A(re)	32 MCG_	Bread Quantity:	NA
			<b>Water Soluble Vitamins</b>		Fruit/Veg Quantity:	NA
<b>Total Fat:</b>	11 GM	17%	THIAMIN	0.01 MG	<b>Updated for New Final Rule:</b>	
Saturated Fat:	6 GM	28%	RIBOFLAVIN	0.10 MG	Meat/Meat Alt:	NA oz eq
Trans Fat:	0 GM		NIACIN	0.60 MG	Grain/Bread:	NA oz eq
Polyunsaturated Fat:	0 GM		VITAMIN B-6	0.05 MG	Fruit:	NA cup
Monounsaturated Fat:	1 GM		VITAMIN B-12	0.30 MCG	Vegetable:	
<b>Cholesterol:</b>	40 MG	14%	VITAMIN C, TOTAL	5.23 MG	Red/Orange:	NA cup
<b>Sodium:</b>	890 MG	37%	ASCORBIC ACID		Dark Green:	NA cup
<b>Potassium:</b>	200 MG	6%	FOLIC ACID	0.99 MCG	Starchy:	NA cup
<b>Total Carbohydrate:</b>	16 GM	5%	<b>Minerals</b>		Beans/Peas:	NA cup
Dietary Fiber:	less than 1 GM	3%	PHOSPHOROUS	66.69 MG	Other:	NA cup
Sugars:	7 GM		ZINC	0.59 MG	<b>Notes:</b>	
<b>Protein:</b>	8 GM	17%	MAGNESIUM	2.40 MG	<p>Calorie Percentages</p> <ul style="list-style-type: none"> <li>PRO - 17%</li> <li>CHO - 33%</li> <li>FAT - 50%</li> </ul>	
Vitamin A: 10%		Vitamin C: 10%	COPPER	0 MG		
Calcium: 15%		Iron: 2%	IRON	0.45 MG		
			CALCIUM	166.10 MG		
<b>Ingredients:</b> Water, Whole Milk, O.C. Cheese, Ground Beef, Sweet Corn & Peppers, Modified Food Starch, Diced Red Peppers, Diced Celery Individ. Quick Frozen, Wixon Nonfat Milk, Non-Dairy Creamer Powder Mix, Tomato Paste, Sliced Jalapeno Peppers, Salt, Sweetened Lime Juice, White Vinegar, Chopped Garlic in Water, Ground Red Cayenne Pepper						

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			