

Nutrient Analysis

Applesauce JcPk Cnd

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	51 Kcal
Protein:	0.21 g
Carbohydrates:	13.75 g
Total Fat:	0.12 g
Monounsaturated Fat:	0.00 g
Polyunsaturated Fat:	0.01 g
Saturated Fat:	0.01 g
Trans Fat:	0.00 g
Water:	108 ml
Total Sugar:	11.46 g
Total Dietary Fiber:	1.34 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	4.88 mg
Magnesium:	3.66 mg
Phosphorus:	6.10 mg
Potassium:	90.28 mg
Sodium:	2.44 mg
Copper:	0.037 mg
Iron:	0.28 mg
Manganese:	0.037 mg
Zinc:	0.037 mg

Vitamins

Vitamin A:	1.22 RE
Vitamin E:	0.20 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.04 mg
Niacin (B3):	0.10 mg
Vitamin (B6):	0.04 mg
Vitamin B12:	0.00 mcg
Folacin:	3.66 mcg
Pantothenic Acid:	0.05 mg
Vitamin C:	25.86 mg
Vitamin D:	0.00 IU
Vitamin K:	0.61 mcg

Fatty Acids

Linoleic:	0.01 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	96%
Calories from Fat:	2%
Calories from Protein:	2%

Poly/SatFat:	1.00:1
Sodium/Potassium:	0.03:1
Calcium/Phosphorus:	0.80:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Beans Refried f/Cnd

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	115 Kcal
Protein:	5.77 g
Carbohydrates:	16.11 g
Total Fat:	3.41 g
Monounsaturat Fat:	1.39 g
Polyunsaturat Fat:	0.93 g
Saturated Fat:	0.80 g
Trans Fat:	0.03* g
Water:	95 ml
Total Sugar:	0.89 g
Total Dietary Fiber:	4.34 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	35.35 mg
Magnesium:	40.92mg
Phosphorus:	107.36 mg
Potassium:	375.21 mg
Sodium:	423.09 mg
Copper:	0.152 mg
Iron:	1.71 mg
Manganese:	0.342 mg
Zinc:	0.677 mg

Vitamins

Vitamin A:	0.05 RE
Vitamin E:	0.30 mg
Thiamin (B1):	0.10 mg
Riboflavin (B2):	0.09 mg
Niacin (B3):	0.43 mg
Vitamin (B6):	0.12 mg
Vitamin B12:	0.00 mcg
Folacin:	13.79 mcg
Pantothenic Acid:	0.22* mg
Vitamin C:	7.33 mg
Vitamin D:	0.00 IU
Vitamin K:	3.21 mcg

Fatty Acids

Linoleic:	0.62 g
Oleic:	1.32 g

Other Information

Calories from Carbohydrates:	53%
Calories from Fat:	27%
Calories from Protein:	20%
Poly/SatFat:	1.15:1
Sodium/Potassium:	1.13:1
Calcium/Phosphorus:	0.33:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Beans Wax w/Parsley

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	42 Kcal
Protein:	1.37 g
Carbohydrates:	5.90 g
Total Fat:	1.98 g
Monounsaturat Fat:	0.89 g
Polyunsaturat Fat:	0.62 g
Saturated Fat:	0.38 g
Trans Fat:	0.34 g
Water:	83 ml
Total Sugar:	1.71* g
Total Dietary Fiber:	2.74 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	45.25 mg
Magnesium:	22.05mg
Phosphorus:	28.51 mg
Potassium:	116.43 mg
Sodium:	23.18 mg
Copper:	0.055* mg
Iron:	0.82 mg
Manganese:	0.297* mg
Zinc:	0.441 mg

Vitamins

Vitamin A:	5.51* RE
Vitamin E:	0.16 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.08 mg
Niacin (B3):	0.35 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.00* mcg
Folacin:	21.00 mcg
Pantothenic Acid:	0.05 mg
Vitamin C:	3.80* mg
Vitamin D:	0.00* IU
Vitamin K:	37.12 mcg

Fatty Acids

Linoleic:	0.54 g
Oleic:	0.88 g

Other Information

Calories from Carbohydrates:	44%
Calories from Fat:	43%
Calories from Protein:	13%
Poly/SatFat:	1.64:1
Sodium/Potassium:	0.20:1
Calcium/Phosphorus:	1.59:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Beef Meatloaf Frz

Serving Size : 3 Oz (85.05 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	182 Kcal
Protein:	22.64 g
Carbohydrates:	0.00 g
Total Fat:	9.44 g
Monounsaturat Fat:	3.97 g
Polyunsaturat Fat:	0.34 g
Saturated Fat:	3.73 g
Trans Fat:	0.31 g
Water:	52 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	75 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	11.06 mg
Magnesium:	17.86mg
Phosphorus:	164.15 mg
Potassium:	255.15 mg
Sodium:	51.88 mg
Copper:	0.068 mg
Iron:	2.46 mg
Manganese:	0.009 mg
Zinc:	5.656 mg

Vitamins

Vitamin A:	2.55 RE
Vitamin E:	0.10 mg
Thiamin (B1):	0.03 mg
Riboflavin (B2):	0.14 mg
Niacin (B3):	4.45 mg
Vitamin (B6):	0.30 mg
Vitamin B12:	2.12 mcg
Folacin:	5.10 mcg
Pantothenic Acid:	0.54 mg
Vitamin C:	0.00 mg
Vitamin D:	1.70 IU
Vitamin K:	0.94 mcg

Fatty Acids

Linoleic:	0.24 g
Oleic:	0.31 g

Other Information

Calories from Carbohydrates:	4%
Calories from Fat:	47%
Calories from Protein:	50%
Poly/SatFat:	0.09:1
Sodium/Potassium:	0.20:1
Calcium/Phosphorus:	0.07:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Beef Patty Baked

Serving Size : 3 Oz (85.05 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	4,658 Kcal
Protein:	441.55 g
Carbohydrates:	5.09* g
Total Fat:	305.18 g
Monounsaturat Fat:	134.81 g
Polyunsaturat Fat:	9.15 g
Saturated Fat:	115.68 g
Trans Fat:	21.03 g
Water:	958 ml
Total Sugar:	0.45* g
Total Dietary Fiber:	1.55* g
Cholesterol:	1,556 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	421.49 mg
Magnesium:	351.34mg
Phosphorus:	3,346.64 mg
Potassium:	5,327.48 mg
Sodium:	1,287.48 mg
Copper:	1.415 mg
Iron:	43.36 mg
Manganese:	0.268 mg
Zinc:	107.154 mg

Vitamins

Vitamin A:	80.32* RE
Vitamin E:	9.02 mg
Thiamin (B1):	0.89 mg
Riboflavin (B2):	3.12 mg
Niacin (B3):	87.58 mg
Vitamin (B6):	6.47 mg
Vitamin B12:	46.68 mcg
Folacin:	174.75 mcg
Pantothenic Acid:	11.57 mg
Vitamin C:	0.08* mg
Vitamin D:	136.80 IU
Vitamin K:	30.00 mcg

Fatty Acids

Linoleic:	7.08 g
Oleic:	115.82 g

Other Information

Calories from Carbohydrates:	3%
Calories from Fat:	59%
Calories from Protein:	38%
Poly/SatFat:	0.08:1
Sodium/Potassium:	0.24:1
Calcium/Phosphorus:	0.13:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Beef Roast Ckd Sliced

Serving Size : 3 Oz (85.05 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	149 Kcal
Protein:	23.88 g
Carbohydrates:	0.00 g
Total Fat:	5.15 g
Monounsaturat Fat:	2.19 g
Polyunsaturat Fat:	0.20 g
Saturated Fat:	1.85 g
Trans Fat:	0.00 g
Water:	56 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	65 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	5.95 mg
Magnesium:	16.16mg
Phosphorus:	152.24 mg
Potassium:	197.32 mg
Sodium:	31.47 mg
Copper:	0.060 mg
Iron:	1.94 mg
Manganese:	0.009 mg
Zinc:	4.091 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.31 mg
Thiamin (B1):	0.06 mg
Riboflavin (B2):	0.12 mg
Niacin (B3):	4.03 mg
Vitamin (B6):	0.31 mg
Vitamin B12:	1.22 mcg
Folacin:	7.65 mcg
Pantothenic Acid:	0.47 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	1.11 mcg

Fatty Acids

Linoleic:	0.14 g
Oleic:	1.97 g

Other Information

Calories from Carbohydrates:	5%
Calories from Fat:	31%
Calories from Protein:	64%
Poly/SatFat:	0.11:1
Sodium/Potassium:	0.16:1
Calcium/Phosphorus:	0.04:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Beef Taco Filling RTC Cnd

Serving Size : 1/3 Cup (78.79 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	120 Kcal
Protein:	8.00 g
Carbohydrates:	2.00 g
Total Fat:	9.00 g
Monounsaturat Fat:	0.00 g
Polyunsaturat Fat:	0.00 g
Saturated Fat:	3.50 g
Trans Fat:	0.00 g
Water:	0 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	25 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	0.00 mg
Magnesium:	0.00mg
Phosphorus:	0.00 mg
Potassium:	0.00 mg
Sodium:	260.00 mg
Copper:	0.000 mg
Iron:	1.44 mg
Manganese:	0.000 mg
Zinc:	0.000 mg

Vitamins

Vitamin A:	80.00 RE
Vitamin E:	0.00 mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.00 mg
Niacin (B3):	0.00 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	0.00 mcg
Pantothenic Acid:	0.00 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.00 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	6%
Calories from Fat:	68%
Calories from Protein:	27%
Poly/SatFat:	0.00:1
Sodium/Potassium:	0:1
Calcium/Phosphorus:	0:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Beets Pickle Cnd

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	74 Kcal
Protein:	0.91 g
Carbohydrates:	18.48 g
Total Fat:	0.09 g
Monounsaturat Fat:	0.02 g
Polyunsaturat Fat:	0.03 g
Saturated Fat:	0.01 g
Trans Fat:	0.00 g
Water:	93 ml
Total Sugar:	12.54 g
Total Dietary Fiber:	0.91 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	12.49 mg
Magnesium:	17.03mg
Phosphorus:	19.30 mg
Potassium:	130.53 mg
Sodium:	169.12 mg
Copper:	0.136 mg
Iron:	0.47 mg
Manganese:	0.250 mg
Zinc:	0.295 mg

Vitamins

Vitamin A:	2.27 RE
Vitamin E:	0.07 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.06 mg
Niacin (B3):	0.28 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.00 mcg
Folacin:	30.65 mcg
Pantothenic Acid:	0.16 mg
Vitamin C:	2.61 mg
Vitamin D:	0.00 IU
Vitamin K:	0.34 mcg

Fatty Acids

Linoleic:	0.03 g
Oleic:	0.02 g

Other Information

Calories from Carbohydrates:	94%
Calories from Fat:	1%
Calories from Protein:	5%
Poly/SatFat:	3.00:1
Sodium/Potassium:	1.30:1
Calcium/Phosphorus:	0.65:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Beets Sliced f/Cnd

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	48 Kcal
Protein:	0.93 g
Carbohydrates:	7.35 g
Total Fat:	1.98 g
Monounsaturat Fat:	0.91 g
Polyunsaturat Fat:	0.60 g
Saturated Fat:	0.37 g
Trans Fat:	0.34* g
Water:	93 ml
Total Sugar:	5.59* g
Total Dietary Fiber:	1.83 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	15.36 mg
Magnesium:	17.35mg
Phosphorus:	17.45 mg
Potassium:	150.65 mg
Sodium:	211.46 mg
Copper:	0.061* mg
Iron:	1.85 mg
Manganese:	0.295* mg
Zinc:	0.216 mg

Vitamins

Vitamin A:	1.02* RE
Vitamin E:	0.15 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.04 mg
Niacin (B3):	0.16 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.00* mcg
Folacin:	30.48 mcg
Pantothenic Acid:	0.16* mg
Vitamin C:	4.16* mg
Vitamin D:	0.00* IU
Vitamin K:	1.89 mcg

Fatty Acids

Linoleic:	0.55 g
Oleic:	0.90 g

Other Information

Calories from Carbohydrates:	55%
Calories from Fat:	37%
Calories from Protein:	8%

Poly/SatFat:	1.60:1
Sodium/Potassium:	1.40:1
Calcium/Phosphorus:	0.88:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Biscuit RTB

Serving Size : 1 Each (63.79 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	132 Kcal
Protein:	2.86 g
Carbohydrates:	19.92 g
Total Fat:	4.55 g
Monounsaturat Fat:	2.82 g
Polyunsaturat Fat:	0.29 g
Saturated Fat:	1.21 g
Trans Fat:	1.48 g
Water:	14 ml
Total Sugar:	3.18 g
Total Dietary Fiber:	0.30 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	21.93 mg
Magnesium:	7.31mg
Phosphorus:	202.10 mg
Potassium:	69.66 mg
Sodium:	420.11 mg
Copper:	0.039 mg
Iron:	1.07 mg
Manganese:	0.189 mg
Zinc:	0.215 mg

Vitamins

Vitamin A:	0.86 RE
Vitamin E:	0.30 mg
Thiamin (B1):	0.17 mg
Riboflavin (B2):	0.12 mg
Niacin (B3):	1.42 mg
Vitamin (B6):	0.03 mg
Vitamin B12:	0.02 mcg
Folacin:	24.51 mcg
Pantothenic Acid:	0.15 mg
Vitamin C:	0.04 mg
Vitamin D:	0.00* IU
Vitamin K:	2.67 mcg

Fatty Acids

Linoleic:	0.28 g
Oleic:	2.81 g

Other Information

Calories from Carbohydrates:	60%
Calories from Fat:	31%
Calories from Protein:	9%
Poly/SatFat:	0.24:1
Sodium/Potassium:	6.03:1
Calcium/Phosphorus:	0.11:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Broccoli Florets f/Frz

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	42 Kcal
Protein:	2.82 g
Carbohydrates:	4.89 g
Total Fat:	1.92 g
Monounsaturat Fat:	0.88 g
Polyunsaturat Fat:	0.60 g
Saturated Fat:	0.36 g
Trans Fat:	0.34 g
Water:	83 ml
Total Sugar:	1.34* g
Total Dietary Fiber:	2.73 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	46.70 mg
Magnesium:	18.29mg
Phosphorus:	50.15 mg
Potassium:	164.56 mg
Sodium:	36.65 mg
Copper:	0.037* mg
Iron:	0.56 mg
Manganese:	0.303* mg
Zinc:	0.276 mg

Vitamins

Vitamin A:	46.30* RE
Vitamin E:	1.32 mg
Thiamin (B1):	0.05 mg
Riboflavin (B2):	0.07 mg
Niacin (B3):	0.42 mg
Vitamin (B6):	0.12 mg
Vitamin B12:	0.00* mcg
Folacin:	27.30 mcg
Pantothenic Acid:	0.25 mg
Vitamin C:	36.42* mg
Vitamin D:	0.00* IU
Vitamin K:	82.05 mcg

Fatty Acids

Linoleic:	0.51 g
Oleic:	0.88 g

Other Information

Calories from Carbohydrates:	31%
Calories from Fat:	41%
Calories from Protein:	27%

Poly/SatFat:	1.67:1
Sodium/Potassium:	0.22:1
Calcium/Phosphorus:	0.93:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Cake Angel Food RTS 1.5z

Serving Size : 1 Slice (42 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	108 Kcal
Protein:	2.48 g
Carbohydrates:	24.28 g
Total Fat:	0.34 g
Monounsaturat Fat:	0.03 g
Polyunsaturat Fat:	0.16 g
Saturated Fat:	0.05 g
Trans Fat:	0.00 g
Water:	14 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.63 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	58.80 mg
Magnesium:	5.04mg
Phosphorus:	136.08 mg
Potassium:	39.06 mg
Sodium:	314.58 mg
Copper:	0.034 mg
Iron:	0.22 mg
Manganese:	0.038 mg
Zinc:	0.029 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.21 mg
Niacin (B3):	0.37 mg
Vitamin (B6):	0.01 mg
Vitamin B12:	0.03 mcg
Folacin:	14.70 mcg
Pantothenic Acid:	0.08 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.15 g
Oleic:	0.03 g

Other Information

Calories from Carbohydrates:	88%
Calories from Fat:	3%
Calories from Protein:	9%
Poly/SatFat:	3.08:1
Sodium/Potassium:	8.05:1
Calcium/Phosphorus:	0.43:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Cake Pound RTS 3z

Serving Size : 1 Slice (85.05 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	331 Kcal
Protein:	4.42 g
Carbohydrates:	44.65 g
Total Fat:	15.22 g
Monounsaturat Fat:	8.45 g
Polyunsaturat Fat:	1.91 g
Saturated Fat:	3.95 g
Trans Fat:	0.00 g
Water:	20 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.85 g
Cholesterol:	49 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	54.43 mg
Magnesium:	11.06mg
Phosphorus:	113.97 mg
Potassium:	90.15 mg
Sodium:	340.20 mg
Copper:	0.043 mg
Iron:	1.38 mg
Manganese:	0.077 mg
Zinc:	0.332 mg

Vitamins

Vitamin A:	29.77 RE
Vitamin E:	0.00 mg
Thiamin (B1):	0.12 mg
Riboflavin (B2):	0.22 mg
Niacin (B3):	1.15 mg
Vitamin (B6):	0.02 mg
Vitamin B12:	0.12 mcg
Folacin:	30.62 mcg
Pantothenic Acid:	0.25 mg
Vitamin C:	0.09 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	1.79 g
Oleic:	8.40 g

Other Information

Calories from Carbohydrates:	53%
Calories from Fat:	41%
Calories from Protein:	5%
Poly/SatFat:	0.48:1
Sodium/Potassium:	3.77:1
Calcium/Phosphorus:	0.48:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Carrot Parsley f/Frz

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	51 Kcal
Protein:	0.67 g
Carbohydrates:	7.29 g
Total Fat:	2.46 g
Monounsaturat Fat:	0.91 g
Polyunsaturat Fat:	0.86 g
Saturated Fat:	0.46 g
Trans Fat:	0.34 g
Water:	82 ml
Total Sugar:	3.74* g
Total Dietary Fiber:	3.13 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	37.66 mg
Magnesium:	12.05mg
Phosphorus:	30.47 mg
Potassium:	188.32 mg
Sodium:	70.57 mg
Copper:	0.077* mg
Iron:	0.60 mg
Manganese:	0.204* mg
Zinc:	0.348 mg

Vitamins

Vitamin A:	767.97* RE
Vitamin E:	1.08 mg
Thiamin (B1):	0.03 mg
Riboflavin (B2):	0.05 mg
Niacin (B3):	0.43 mg
Vitamin (B6):	0.08 mg
Vitamin B12:	0.00* mcg
Folacin:	10.92 mcg
Pantothenic Acid:	0.16 mg
Vitamin C:	2.73* mg
Vitamin D:	0.00* IU
Vitamin K:	20.99 mcg

Fatty Acids

Linoleic:	0.77 g
Oleic:	0.90 g

Other Information

Calories from Carbohydrates:	52%
Calories from Fat:	43%
Calories from Protein:	5%
Poly/SatFat:	1.88:1
Sodium/Potassium:	0.37:1
Calcium/Phosphorus:	1.24:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Cauliflower Parsley f/Frz

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	34 Kcal
Protein:	1.48 g
Carbohydrates:	3.45 g
Total Fat:	2.02 g
Monounsaturat Fat:	0.89 g
Polyunsaturat Fat:	0.65 g
Saturated Fat:	0.37 g
Trans Fat:	0.34 g
Water:	86 ml
Total Sugar:	0.96* g
Total Dietary Fiber:	2.47 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	16.22 mg
Magnesium:	8.44mg
Phosphorus:	22.16 mg
Potassium:	128.22 mg
Sodium:	31.35 mg
Copper:	0.019* mg
Iron:	0.39 mg
Manganese:	0.142* mg
Zinc:	0.124 mg

Vitamins

Vitamin A:	0.06* RE
Vitamin E:	0.18 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.05 mg
Niacin (B3):	0.29 mg
Vitamin (B6):	0.08 mg
Vitamin B12:	0.00* mcg
Folacin:	37.33 mcg
Pantothenic Acid:	0.09 mg
Vitamin C:	28.47* mg
Vitamin D:	0.00* IU
Vitamin K:	13.35 mcg

Fatty Acids

Linoleic:	0.52 g
Oleic:	0.89 g

Other Information

Calories from Carbohydrates:	28%
Calories from Fat:	54%
Calories from Protein:	18%

Poly/SatFat:	1.75:1
Sodium/Potassium:	0.24:1
Calcium/Phosphorus:	0.73:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Cereal Cheerios f/Bulk

Serving Size : 3/4 Cup (177.45 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	79 Kcal
Protein:	2.53 g
Carbohydrates:	15.31 g
Total Fat:	1.41 g
Monounsaturat Fat:	0.50 g
Polyunsaturat Fat:	0.51 g
Saturated Fat:	0.31 g
Trans Fat:	0.00 g
Water:	1 ml
Total Sugar:	0.91 g
Total Dietary Fiber:	1.97 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	83.83 mg
Magnesium:	23.83mg
Phosphorus:	100.55 mg
Potassium:	134.00 mg
Sodium:	103.89 mg
Copper:	0.082 mg
Iron:	6.93 mg
Manganese:	0.742 mg
Zinc:	3.497 mg

Vitamins

Vitamin A:	206.95 RE
Vitamin E:	0.14 mg
Thiamin (B1):	0.28 mg
Riboflavin (B2):	0.02 mg
Niacin (B3):	4.38 mg
Vitamin (B6):	0.50 mg
Vitamin B12:	1.42 mcg
Folacin:	149.26 mcg
Pantothenic Acid:	0.22 mg
Vitamin C:	4.52 mg
Vitamin D:	28.43 IU
Vitamin K:	0.38 mcg

Fatty Acids

Linoleic:	0.49 g
Oleic:	0.48 g

Other Information

Calories from Carbohydrates:	71%
Calories from Fat:	16%
Calories from Protein:	13%
Poly/SatFat:	1.62:1
Sodium/Potassium:	0.78:1
Calcium/Phosphorus:	0.83:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Cereal Corn Flakes f/Bulk

Serving Size : 3/4 Cup (177.45 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	60 Kcal
Protein:	1.26 g
Carbohydrates:	14.16 g
Total Fat:	0.07 g
Monounsaturat Fat:	0.01 g
Polyunsaturat Fat:	0.03 g
Saturated Fat:	0.02 g
Trans Fat:	0.00 g
Water:	1 ml
Total Sugar:	1.60 g
Total Dietary Fiber:	0.56 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	0.84 mg
Magnesium:	6.57mg
Phosphorus:	17.18 mg
Potassium:	28.29 mg
Sodium:	122.77 mg
Copper:	0.034 mg
Iron:	4.87 mg
Manganese:	0.029 mg
Zinc:	0.168 mg

Vitamins

Vitamin A:	82.52 RE
Vitamin E:	0.02 mg
Thiamin (B1):	0.23 mg
Riboflavin (B2):	0.26 mg
Niacin (B3):	3.01 mg
Vitamin (B6):	0.30 mg
Vitamin B12:	0.84 mcg
Folacin:	60.12 mcg
Pantothenic Acid:	0.04 mg
Vitamin C:	3.54 mg
Vitamin D:	24.08 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.03 g
Oleic:	0.01 g

Other Information

Calories from Carbohydrates:	91%
Calories from Fat:	1%
Calories from Protein:	8%
Poly/SatFat:	1.67:1
Sodium/Potassium:	4.34:1
Calcium/Phosphorus:	0.05:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Cereal Crm of Rice

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	84 Kcal
Protein:	1.43 g
Carbohydrates:	18.69 g
Total Fat:	0.11 g
Monounsaturat Fat:	0.04 g
Polyunsaturat Fat:	0.03 g
Saturated Fat:	0.03 g
Trans Fat:	0.00* g
Water:	135 ml
Total Sugar:	0.07 g
Total Dietary Fiber:	0.16 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	5.13 mg
Magnesium:	6.54mg
Phosphorus:	28.12 mg
Potassium:	33.76 mg
Sodium:	28.92 mg
Copper:	0.068 mg
Iron:	6.45 mg
Manganese:	0.234 mg
Zinc:	0.254 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.02 mg
Thiamin (B1):	0.12 mg
Riboflavin (B2):	0.03 mg
Niacin (B3):	1.69 mg
Vitamin (B6):	0.05 mg
Vitamin B12:	0.00 mcg
Folacin:	6.58 mcg
Pantothenic Acid:	0.12 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.02 mcg

Fatty Acids

Linoleic:	0.02 g
Oleic:	0.03 g

Other Information

Calories from Carbohydrates:	92%
Calories from Fat:	1%
Calories from Protein:	7%
Poly/SatFat:	0.93:1
Sodium/Potassium:	0.86:1
Calcium/Phosphorus:	0.18:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Cereal Crm of Wheat

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	58 Kcal
Protein:	1.68 g
Carbohydrates:	11.99 g
Total Fat:	0.22 g
Monounsaturat Fat:	0.03 g
Polyunsaturat Fat:	0.12 g
Saturated Fat:	0.03 g
Trans Fat:	0.00* g
Water:	115 ml
Total Sugar:	0.06 g
Total Dietary Fiber:	0.52 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	60.10 mg
Magnesium:	6.54mg
Phosphorus:	16.35 mg
Potassium:	19.40 mg
Sodium:	117.64 mg
Copper:	0.046 mg
Iron:	4.54 mg
Manganese:	0.000* mg
Zinc:	0.156 mg

Vitamins

Vitamin A:	212.89 RE
Vitamin E:	0.02 mg
Thiamin (B1):	0.21 mg
Riboflavin (B2):	0.19 mg
Niacin (B3):	2.84 mg
Vitamin (B6):	0.28 mg
Vitamin B12:	0.00 mcg
Folacin:	56.68 mcg
Pantothenic Acid:	0.07 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.08 mcg

Fatty Acids

Linoleic:	0.11 g
Oleic:	0.03 g

Other Information

Calories from Carbohydrates:	85%
Calories from Fat:	3%
Calories from Protein:	12%
Poly/SatFat:	3.50:1
Sodium/Potassium:	6.06:1
Calcium/Phosphorus:	3.68:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Cereal Oatmeal

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	77 Kcal
Protein:	2.68 g
Carbohydrates:	13.82 g
Total Fat:	1.33 g
Monounsaturat Fat:	0.40 g
Polyunsaturat Fat:	0.47 g
Saturated Fat:	0.23 g
Trans Fat:	0.00* g
Water:	116 ml
Total Sugar:	0.20 g
Total Dietary Fiber:	2.06 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	14.04 mg
Magnesium:	29.31mg
Phosphorus:	83.69 mg
Potassium:	75.03 mg
Sodium:	28.22 mg
Copper:	0.091 mg
Iron:	0.87 mg
Manganese:	0.741 mg
Zinc:	0.743 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.09 mg
Thiamin (B1):	0.09 mg
Riboflavin (B2):	0.03 mg
Niacin (B3):	0.23 mg
Vitamin (B6):	0.02 mg
Vitamin B12:	0.00 mcg
Folacin:	6.53 mcg
Pantothenic Acid:	0.23 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.41 mcg

Fatty Acids

Linoleic:	0.45 g
Oleic:	0.40 g

Other Information

Calories from Carbohydrates:	71%
Calories from Fat:	15%
Calories from Protein:	14%
Poly/SatFat:	2.07:1
Sodium/Potassium:	0.38:1
Calcium/Phosphorus:	0.17:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Cereal Oatmeal Cinnamon

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	86 Kcal
Protein:	2.25 g
Carbohydrates:	17.07 g
Total Fat:	1.11 g
Monounsaturat Fat:	0.34 g
Polyunsaturat Fat:	0.39 g
Saturated Fat:	0.19 g
Trans Fat:	0.00* g
Water:	106 ml
Total Sugar:	5.51 g
Total Dietary Fiber:	1.82 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	18.50 mg
Magnesium:	25.13mg
Phosphorus:	70.08 mg
Potassium:	70.78 mg
Sodium:	17.50 mg
Copper:	0.080 mg
Iron:	0.78 mg
Manganese:	0.655 mg
Zinc:	0.624 mg

Vitamins

Vitamin A:	0.03 RE
Vitamin E:	0.08 mg
Thiamin (B1):	0.08 mg
Riboflavin (B2):	0.03 mg
Niacin (B3):	0.20 mg
Vitamin (B6):	0.02 mg
Vitamin B12:	0.00 mcg
Folacin:	5.51 mcg
Pantothenic Acid:	0.20 mg
Vitamin C:	0.01 mg
Vitamin D:	0.00 IU
Vitamin K:	0.40 mcg

Fatty Acids

Linoleic:	0.37 g
Oleic:	0.34 g

Other Information

Calories from Carbohydrates:	78%
Calories from Fat:	12%
Calories from Protein:	10%
Poly/SatFat:	2.07:1
Sodium/Potassium:	0.25:1
Calcium/Phosphorus:	0.26:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Cereal Rice Krispies f/Bulk

Serving Size : 3/4 Cup (177.45 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	83 Kcal
Protein:	1.40 g
Carbohydrates:	18.11 g
Total Fat:	0.26 g
Monounsaturat Fat:	0.05 g
Polyunsaturat Fat:	0.06 g
Saturated Fat:	0.08 g
Trans Fat:	0.00 g
Water:	1 ml
Total Sugar:	2.55 g
Total Dietary Fiber:	0.15 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	1.05 mg
Magnesium:	4.83mg
Phosphorus:	20.58 mg
Potassium:	22.26 mg
Sodium:	114.45 mg
Copper:	0.032 mg
Iron:	6.87 mg
Manganese:	0.231 mg
Zinc:	0.273 mg

Vitamins

Vitamin A:	238.57 RE
Vitamin E:	0.01 mg
Thiamin (B1):	0.43 mg
Riboflavin (B2):	0.27 mg
Niacin (B3):	6.08 mg
Vitamin (B6):	0.41 mg
Vitamin B12:	1.14 mcg
Folacin:	127.26 mcg
Pantothenic Acid:	0.07 mg
Vitamin C:	13.55 mg
Vitamin D:	63.63 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.06 g
Oleic:	0.05 g

Other Information

Calories from Carbohydrates:	90%
Calories from Fat:	3%
Calories from Protein:	7%
Poly/SatFat:	0.81:1
Sodium/Potassium:	5.14:1
Calcium/Phosphorus:	0.05:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Cheeseburger on Bun White

Serving Size : 1 Each (106.31 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	397 Kcal
Protein:	25.15 g
Carbohydrates:	28.37* g
Total Fat:	19.68 g
Monounsaturat Fat:	6.99 g
Polyunsaturat Fat:	1.52 g
Saturated Fat:	8.57 g
Trans Fat:	1.01 g
Water:	63 ml
Total Sugar:	5.29* g
Total Dietary Fiber:	0.94* g
Cholesterol:	81 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	273.03 mg
Magnesium:	31.30mg
Phosphorus:	287.50 mg
Potassium:	315.49 mg
Sodium:	647.93 mg
Copper:	0.114 mg
Iron:	3.35 mg
Manganese:	0.279 mg
Zinc:	4.772 mg

Vitamins

Vitamin A:	69.21* RE
Vitamin E:	0.59 mg
Thiamin (B1):	0.32 mg
Riboflavin (B2):	0.36 mg
Niacin (B3):	5.29 mg
Vitamin (B6):	0.28 mg
Vitamin B12:	2.11 mcg
Folacin:	56.80 mcg
Pantothenic Acid:	0.93 mg
Vitamin C:	0.68* mg
Vitamin D:	32.30 IU
Vitamin K:	4.38 mcg

Fatty Acids

Linoleic:	1.29 g
Oleic:	6.06 g

Other Information

Calories from Carbohydrates:	30%
Calories from Fat:	45%
Calories from Protein:	25%
Poly/SatFat:	0.18:1
Sodium/Potassium:	2.05:1
Calcium/Phosphorus:	0.95:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Chicken Breast Grilled RTB 3z

Serving Size : 3 Oz (85.05 g)

Item Type : Recipe

Food Description : Pierre, flame broiled fillet shaped chicken breast patty, product code 9916

Macro Nutrients

Calories:	166 Kcal
Protein:	20.92 g
Carbohydrates:	4.08 g
Total Fat:	6.85 g
Monounsaturat Fat:	2.77 g
Polyunsaturat Fat:	1.47 g
Saturated Fat:	1.94 g
Trans Fat:	0.00 g
Water:	51 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	1.02 g
Cholesterol:	51 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	29.77 mg
Magnesium:	34.87mg
Phosphorus:	289.17 mg
Potassium:	274.71 mg
Sodium:	455.02 mg
Copper:	0.138 mg
Iron:	1.52 mg
Manganese:	0.000 mg
Zinc:	2.858 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.12 mg
Thiamin (B1):	0.15 mg
Riboflavin (B2):	0.11 mg
Niacin (B3):	8.54 mg
Vitamin (B6):	0.46 mg
Vitamin B12:	0.64 mcg
Folacin:	2.55 mcg
Pantothenic Acid:	0.74 mg
Vitamin C:	0.00 mg
Vitamin D:	7.65 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.00 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	12%
Calories from Fat:	37%
Calories from Protein:	50%
Poly/SatFat:	0.76:1
Sodium/Potassium:	1.66:1
Calcium/Phosphorus:	0.10:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Chicken Breast Teriyaki Glz Ckd

Serving Size : 3 Oz (85.05 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	122 Kcal
Protein:	23.85 g
Carbohydrates:	0.00 g
Total Fat:	3.04 g
Monounsaturat Fat:	1.22 g
Polyunsaturat Fat:	0.42 g
Saturated Fat:	0.73 g
Trans Fat:	0.00 g
Water:	58 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	73 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	11.06 mg
Magnesium:	21.26mg
Phosphorus:	209.22 mg
Potassium:	241.54 mg
Sodium:	278.96 mg
Copper:	0.034 mg
Iron:	0.39 mg
Manganese:	0.000 mg
Zinc:	0.740 mg

Vitamins

Vitamin A:	4.25 RE
Vitamin E:	0.27 mg
Thiamin (B1):	0.07 mg
Riboflavin (B2):	0.11 mg
Niacin (B3):	8.19 mg
Vitamin (B6):	0.26 mg
Vitamin B12:	0.23 mcg
Folacin:	9.36 mcg
Pantothenic Acid:	0.00 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.38 g
Oleic:	1.01 g

Other Information

Calories from Carbohydrates:	1%
Calories from Fat:	22%
Calories from Protein:	78%
Poly/SatFat:	0.57:1
Sodium/Potassium:	1.15:1
Calcium/Phosphorus:	0.05:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Chicken Salad Soft

Serving Size : 1/3 Cup (78.79 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	30,616 Kcal
Protein:	3,291.04 g
Carbohydrates:	541.78 g
Total Fat:	1,617.16 g
Monounsaturat Fat:	511.28 g
Polyunsaturat Fat:	535.86 g
Saturated Fat:	392.16 g
Trans Fat:	0.00* g
Water:	11,328 ml
Total Sugar:	221.80 g
Total Dietary Fiber:	1.32 g
Cholesterol:	20,097 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	2,940.63 mg
Magnesium:	2,547.91mg
Phosphorus:	20,927.75 mg
Potassium:	23,335.60 mg
Sodium:	50,220.94 mg
Copper:	7.124 mg
Iron:	159.54 mg
Manganese:	3.542* mg
Zinc:	246.557 mg

Vitamins

Vitamin A:	5,781.29 RE
Vitamin E:	120.49 mg
Thiamin (B1):	7.35 mg
Riboflavin (B2):	31.48 mg
Niacin (B3):	658.63 mg
Vitamin (B6):	31.33 mg
Vitamin B12:	54.68 mcg
Folacin:	1,900.16 mcg
Pantothenic Acid:	119.88 mg
Vitamin C:	46.54 mg
Vitamin D:	2,971.71 IU
Vitamin K:	1,590.16 mcg

Fatty Acids

Linoleic:	447.51 g
Oleic:	459.61 g

Other Information

Calories from Carbohydrates:	9%
Calories from Fat:	48%
Calories from Protein:	43%
Poly/SatFat:	1.37:1
Sodium/Potassium:	2.15:1
Calcium/Phosphorus:	0.14:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Chicken Salad Soft Sndw Wheat

Serving Size : 1 Each (149 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	261 Kcal
Protein:	18.70 g
Carbohydrates:	25.97 g
Total Fat:	8.83 g
Monounsaturat Fat:	2.38 g
Polyunsaturat Fat:	2.99 g
Saturated Fat:	1.94 g
Trans Fat:	0.02 g
Water:	64 ml
Total Sugar:	3.77 g
Total Dietary Fiber:	2.01 g
Cholesterol:	82 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	74.44 mg
Magnesium:	30.85mg
Phosphorus:	149.50 mg
Potassium:	165.28 mg
Sodium:	440.47 mg
Copper:	0.104 mg
Iron:	2.45 mg
Manganese:	0.529 mg
Zinc:	1.521 mg

Vitamins

Vitamin A:	23.48 RE
Vitamin E:	0.58 mg
Thiamin (B1):	0.23 mg
Riboflavin (B2):	0.25 mg
Niacin (B3):	5.47 mg
Vitamin (B6):	0.18 mg
Vitamin B12:	0.22 mcg
Folacin:	50.22 mcg
Pantothenic Acid:	0.90 mg
Vitamin C:	0.29 mg
Vitamin D:	12.07 IU
Vitamin K:	8.91 mcg

Fatty Acids

Linoleic:	2.54 g
Oleic:	2.16 g

Other Information

Calories from Carbohydrates:	41%
Calories from Fat:	30%
Calories from Protein:	29%
Poly/SatFat:	1.54:1
Sodium/Potassium:	2.67:1
Calcium/Phosphorus:	0.50:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Chicken Tenders Brd f/RTB

Serving Size : 3 Oz (85.05 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	207 Kcal
Protein:	12.60 g
Carbohydrates:	12.81 g
Total Fat:	11.70 g
Monounsaturat Fat:	3.52 g
Polyunsaturat Fat:	5.38 g
Saturated Fat:	2.10 g
Trans Fat:	0.05 g
Water:	47 ml
Total Sugar:	0.49 g
Total Dietary Fiber:	1.47 g
Cholesterol:	31 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	33.61 mg
Magnesium:	24.99mg
Phosphorus:	172.36 mg
Potassium:	242.17 mg
Sodium:	454.18 mg
Copper:	0.078 mg
Iron:	0.72 mg
Manganese:	0.267 mg
Zinc:	0.526 mg

Vitamins

Vitamin A:	6.03 RE
Vitamin E:	1.91 mg
Thiamin (B1):	0.11 mg
Riboflavin (B2):	0.05 mg
Niacin (B3):	5.10 mg
Vitamin (B6):	0.29 mg
Vitamin B12:	0.16 mcg
Folacin:	24.13 mcg
Pantothenic Acid:	0.56 mg
Vitamin C:	0.43 mg
Vitamin D:	2.59 IU
Vitamin K:	15.25 mcg

Fatty Acids

Linoleic:	5.01 g
Oleic:	3.29 g

Other Information

Calories from Carbohydrates:	25%
Calories from Fat:	51%
Calories from Protein:	24%
Poly/SatFat:	2.56:1
Sodium/Potassium:	1.88:1
Calcium/Phosphorus:	0.20:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Coffee f/Grd

Serving Size : 6 Fl Oz (177.44 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	0 Kcal
Protein:	0.01 g
Carbohydrates:	0.01 g
Total Fat:	0.00 g
Monounsaturat Fat:	0.00 g
Polyunsaturat Fat:	0.00 g
Saturated Fat:	1.00 g
Trans Fat:	0.00* g
Water:	184 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	5.48 mg
Magnesium:	1.96mg
Phosphorus:	0.12 mg
Potassium:	3.82 mg
Sodium:	5.44 mg
Copper:	0.018 mg
Iron:	0.00 mg
Manganese:	0.001 mg
Zinc:	0.001 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00 mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.00 mg
Niacin (B3):	0.03 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	0.00 mcg
Pantothenic Acid:	0.00 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.00 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	40%
Calories from Fat:	0%
Calories from Protein:	60%
Poly/SatFat:	0.00:1
Sodium/Potassium:	1.42:1
Calcium/Phosphorus:	45.22:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Cookies Snickerdoodle f/Dough

Serving Size : 1 Each (56.7 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	91 Kcal
Protein:	0.84 g
Carbohydrates:	12.84 g
Total Fat:	4.09 g
Monounsaturat Fat:	2.32 g
Polyunsaturat Fat:	0.52 g
Saturated Fat:	1.04 g
Trans Fat:	0.00* g
Water:	3 ml
Total Sugar:	7.66 g
Total Dietary Fiber:	0.19 g
Cholesterol:	2 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	1.68 mg
Magnesium:	1.47mg
Phosphorus:	35.45 mg
Potassium:	30.84 mg
Sodium:	68.81 mg
Copper:	0.008 mg
Iron:	0.39 mg
Manganese:	0.065 mg
Zinc:	0.050 mg

Vitamins

Vitamin A:	2.31 RE
Vitamin E:	0.04 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.03 mg
Niacin (B3):	0.51 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	13.22 mcg
Pantothenic Acid:	0.05 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00* IU
Vitamin K:	1.85 mcg

Fatty Acids

Linoleic:	0.49 g
Oleic:	2.32 g

Other Information

Calories from Carbohydrates:	56%
Calories from Fat:	40%
Calories from Protein:	4%
Poly/SatFat:	0.50:1
Sodium/Potassium:	2.23:1
Calcium/Phosphorus:	0.05:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Cookies Snickerdoodle f/Dough

Serving Size : 2 Each (113.4 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	183 Kcal
Protein:	1.68 g
Carbohydrates:	25.69 g
Total Fat:	8.17 g
Monounsaturat Fat:	4.65 g
Polyunsaturat Fat:	1.04 g
Saturated Fat:	2.08 g
Trans Fat:	0.00* g
Water:	6 ml
Total Sugar:	15.32 g
Total Dietary Fiber:	0.38 g
Cholesterol:	5 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	3.36 mg
Magnesium:	2.94mg
Phosphorus:	70.91 mg
Potassium:	61.68 mg
Sodium:	137.62 mg
Copper:	0.017 mg
Iron:	0.78 mg
Manganese:	0.130 mg
Zinc:	0.101 mg

Vitamins

Vitamin A:	4.62 RE
Vitamin E:	0.08 mg
Thiamin (B1):	0.09 mg
Riboflavin (B2):	0.05 mg
Niacin (B3):	1.01 mg
Vitamin (B6):	0.01 mg
Vitamin B12:	0.01 mcg
Folacin:	26.43 mcg
Pantothenic Acid:	0.10 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00* IU
Vitamin K:	3.69 mcg

Fatty Acids

Linoleic:	0.98 g
Oleic:	4.64 g

Other Information

Calories from Carbohydrates:	56%
Calories from Fat:	40%
Calories from Protein:	4%
Poly/SatFat:	0.50:1
Sodium/Potassium:	2.23:1
Calcium/Phosphorus:	0.05:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Cookies Sugar f/Dough

Serving Size : 1 Each (42.52 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	91 Kcal
Protein:	0.84 g
Carbohydrates:	12.84 g
Total Fat:	4.09 g
Monounsaturat Fat:	2.32 g
Polyunsaturat Fat:	0.52 g
Saturated Fat:	1.04 g
Trans Fat:	0.00* g
Water:	3 ml
Total Sugar:	7.66 g
Total Dietary Fiber:	0.19 g
Cholesterol:	2 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	1.68 mg
Magnesium:	1.47mg
Phosphorus:	35.45 mg
Potassium:	30.84 mg
Sodium:	68.81 mg
Copper:	0.008 mg
Iron:	0.39 mg
Manganese:	0.065 mg
Zinc:	0.050 mg

Vitamins

Vitamin A:	2.31 RE
Vitamin E:	0.04 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.03 mg
Niacin (B3):	0.51 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	13.22 mcg
Pantothenic Acid:	0.05 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00* IU
Vitamin K:	1.85 mcg

Fatty Acids

Linoleic:	0.49 g
Oleic:	2.32 g

Other Information

Calories from Carbohydrates:	56%
Calories from Fat:	40%
Calories from Protein:	4%
Poly/SatFat:	0.50:1
Sodium/Potassium:	2.23:1
Calcium/Phosphorus:	0.05:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Cookies Sugar f/Dough

Serving Size : 2 Each (85.05 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	183 Kcal
Protein:	1.68 g
Carbohydrates:	25.69 g
Total Fat:	8.17 g
Monounsaturat Fat:	4.65 g
Polyunsaturat Fat:	1.04 g
Saturated Fat:	2.08 g
Trans Fat:	0.00* g
Water:	6 ml
Total Sugar:	15.32 g
Total Dietary Fiber:	0.38 g
Cholesterol:	5 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	3.36 mg
Magnesium:	2.94mg
Phosphorus:	70.91 mg
Potassium:	61.68 mg
Sodium:	137.62 mg
Copper:	0.017 mg
Iron:	0.78 mg
Manganese:	0.130 mg
Zinc:	0.101 mg

Vitamins

Vitamin A:	4.62 RE
Vitamin E:	0.08 mg
Thiamin (B1):	0.09 mg
Riboflavin (B2):	0.05 mg
Niacin (B3):	1.01 mg
Vitamin (B6):	0.01 mg
Vitamin B12:	0.01 mcg
Folacin:	26.43 mcg
Pantothenic Acid:	0.10 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00* IU
Vitamin K:	3.69 mcg

Fatty Acids

Linoleic:	0.98 g
Oleic:	4.64 g

Other Information

Calories from Carbohydrates:	56%
Calories from Fat:	40%
Calories from Protein:	4%
Poly/SatFat:	0.50:1
Sodium/Potassium:	2.23:1
Calcium/Phosphorus:	0.05:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Crackers Saltine 2-ct Pkg

Serving Size : 1 Pkg (6 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	25 Kcal
Protein:	0.57 g
Carbohydrates:	4.44 g
Total Fat:	0.52 g
Monounsaturat Fat:	0.12 g
Polyunsaturat Fat:	0.29 g
Saturated Fat:	0.10 g
Trans Fat:	0.01 g
Water:	0 ml
Total Sugar:	0.08 g
Total Dietary Fiber:	0.17 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	1.14 mg
Magnesium:	1.38mg
Phosphorus:	6.12 mg
Potassium:	9.12 mg
Sodium:	56.46 mg
Copper:	0.008 mg
Iron:	0.33 mg
Manganese:	0.041 mg
Zinc:	0.041 mg

Vitamins

Vitamin A:	0.06 RE
Vitamin E:	0.07 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.03 mg
Niacin (B3):	0.39 mg
Vitamin (B6):	0.01 mg
Vitamin B12:	0.01 mcg
Folacin:	8.04 mcg
Pantothenic Acid:	0.03 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	1.52 mcg

Fatty Acids

Linoleic:	0.26 g
Oleic:	0.12 g

Other Information

Calories from Carbohydrates:	72%
Calories from Fat:	19%
Calories from Protein:	9%
Poly/SatFat:	2.93:1
Sodium/Potassium:	6.19:1
Calcium/Phosphorus:	0.19:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Crackers Saltine LS 2-ct Pkg

Serving Size : 1 Pkg (6 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	25 Kcal
Protein:	0.57 g
Carbohydrates:	4.46 g
Total Fat:	0.53 g
Monounsaturat Fat:	0.14 g
Polyunsaturat Fat:	0.24 g
Saturated Fat:	0.12 g
Trans Fat:	0.03 g
Water:	0 ml
Total Sugar:	0.13 g
Total Dietary Fiber:	0.17 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	7.14 mg
Magnesium:	1.50mg
Phosphorus:	6.66 mg
Potassium:	43.44 mg
Sodium:	11.88 mg
Copper:	0.010 mg
Iron:	0.31 mg
Manganese:	0.050 mg
Zinc:	0.049 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.07 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.02 mg
Niacin (B3):	0.31 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.01 mcg
Folacin:	8.40 mcg
Pantothenic Acid:	0.03 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.92 mcg

Fatty Acids

Linoleic:	0.22 g
Oleic:	0.13 g

Other Information

Calories from Carbohydrates:	72%
Calories from Fat:	19%
Calories from Protein:	9%
Poly/SatFat:	2.04:1
Sodium/Potassium:	0.27:1
Calcium/Phosphorus:	1.07:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Egg Boiled Hard

Serving Size : 1 Each (56.7 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	72 Kcal
Protein:	6.28 g
Carbohydrates:	0.36 g
Total Fat:	4.76 g
Monounsaturat Fat:	1.83 g
Polyunsaturat Fat:	0.96 g
Saturated Fat:	1.57 g
Trans Fat:	0.02 g
Water:	38 ml
Total Sugar:	0.19 g
Total Dietary Fiber:	0.00 g
Cholesterol:	186 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	28.00 mg
Magnesium:	6.00mg
Phosphorus:	99.00 mg
Potassium:	69.00 mg
Sodium:	71.00 mg
Copper:	0.035 mg
Iron:	0.88 mg
Manganese:	0.015 mg
Zinc:	0.645 mg

Vitamins

Vitamin A:	80.00 RE
Vitamin E:	0.53 mg
Thiamin (B1):	0.02 mg
Riboflavin (B2):	0.23 mg
Niacin (B3):	0.04 mg
Vitamin (B6):	0.09 mg
Vitamin B12:	0.45 mcg
Folacin:	23.50 mcg
Pantothenic Acid:	0.77 mg
Vitamin C:	0.00 mg
Vitamin D:	41.00 IU
Vitamin K:	0.15 mcg

Fatty Acids

Linoleic:	0.78 g
Oleic:	1.71 g

Other Information

Calories from Carbohydrates:	5%
Calories from Fat:	60%
Calories from Protein:	35%
Poly/SatFat:	0.61:1
Sodium/Potassium:	1.03:1
Calcium/Phosphorus:	0.28:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Egg Scrambled & Cheese f/Frz

Serving Size : 1/4 Cup (59.15 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	128 Kcal
Protein:	9.19 g
Carbohydrates:	1.08 g
Total Fat:	9.42 g
Monounsaturat Fat:	3.17 g
Polyunsaturat Fat:	1.11 g
Saturated Fat:	4.24 g
Trans Fat:	0.15 g
Water:	44 ml
Total Sugar:	0.31 g
Total Dietary Fiber:	0.02 g
Cholesterol:	194 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	130.05 mg
Magnesium:	8.46mg
Phosphorus:	158.09 mg
Potassium:	80.50 mg
Sodium:	152.23 mg
Copper:	0.030 mg
Iron:	0.87 mg
Manganese:	0.030 mg
Zinc:	1.150 mg

Vitamins

Vitamin A:	129.37 RE
Vitamin E:	0.45 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.32 mg
Niacin (B3):	0.06 mg
Vitamin (B6):	0.10 mg
Vitamin B12:	0.65 mcg
Folacin:	46.09 mcg
Pantothenic Acid:	0.83 mg
Vitamin C:	0.00 mg
Vitamin D:	55.49 IU
Vitamin K:	0.62 mcg

Fatty Acids

Linoleic:	0.92 g
Oleic:	2.79 g

Other Information

Calories from Carbohydrates:	5%
Calories from Fat:	66%
Calories from Protein:	29%
Poly/SatFat:	0.26:1
Sodium/Potassium:	1.89:1
Calcium/Phosphorus:	0.82:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Egg Scrambled f/Frz

Serving Size : 1 #16scp (59.15 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	97 Kcal
Protein:	7.43 g
Carbohydrates:	0.95 g
Total Fat:	6.86 g
Monounsaturat Fat:	2.76 g
Polyunsaturat Fat:	1.38 g
Saturated Fat:	2.23 g
Trans Fat:	0.20 g
Water:	51 ml
Total Sugar:	0.52* g
Total Dietary Fiber:	0.00 g
Cholesterol:	218 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	44.97 mg
Magnesium:	6.07mg
Phosphorus:	119.34 mg
Potassium:	89.18 mg
Sodium:	85.45 mg
Copper:	0.030* mg
Iron:	1.02 mg
Manganese:	0.018* mg
Zinc:	0.806 mg

Vitamins

Vitamin A:	103.75* RE
Vitamin E:	0.48 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.32 mg
Niacin (B3):	0.06 mg
Vitamin (B6):	0.11 mg
Vitamin B12:	0.62* mcg
Folacin:	51.11 mcg
Pantothenic Acid:	0.94 mg
Vitamin C:	0.01* mg
Vitamin D:	64.82* IU
Vitamin K:	1.03 mcg

Fatty Acids

Linoleic:	1.16 g
Oleic:	2.60 g

Other Information

Calories from Carbohydrates:	6%
Calories from Fat:	63%
Calories from Protein:	31%
Poly/SatFat:	0.62:1
Sodium/Potassium:	0.96:1
Calcium/Phosphorus:	0.38:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Fish Fillet Brd for Sndw

Serving Size : 3 Oz (85.05 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	5,642 Kcal
Protein:	331.54 g
Carbohydrates:	419.78 g
Total Fat:	293.20 g
Monounsaturat Fat:	62.93 g
Polyunsaturat Fat:	147.32 g
Saturated Fat:	51.60 g
Trans Fat:	2.65 g
Water:	1,318 ml
Total Sugar:	9.64 g
Total Dietary Fiber:	24.11 g
Cholesterol:	892 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	337.56 mg
Magnesium:	602.79mg
Phosphorus:	4,364.21 mg
Potassium:	6,293.15 mg
Sodium:	12,441.63 mg
Copper:	1.206 mg
Iron:	9.89 mg
Manganese:	3.858 mg
Zinc:	10.609 mg

Vitamins

Vitamin A:	48.22 RE
Vitamin E:	24.11 mg
Thiamin (B1):	1.69 mg
Riboflavin (B2):	2.41 mg
Niacin (B3):	64.14 mg
Vitamin (B6):	6.27 mg
Vitamin B12:	27.01 mcg
Folacin:	409.90 mcg
Pantothenic Acid:	7.72 mg
Vitamin C:	0.00* mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	126.10 g
Oleic:	61.24 g

Other Information

Calories from Carbohydrates:	30%
Calories from Fat:	47%
Calories from Protein:	24%
Poly/SatFat:	2.86:1
Sodium/Potassium:	1.98:1
Calcium/Phosphorus:	0.08:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Fish Fillet Brd on Bun f/RTB

Serving Size : 1 Each (151.19 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	344 Kcal
Protein:	16.77 g
Carbohydrates:	40.87 g
Total Fat:	12.38 g
Monounsaturat Fat:	2.61 g
Polyunsaturat Fat:	6.12 g
Saturated Fat:	2.26 g
Trans Fat:	0.11 g
Water:	64 ml
Total Sugar:	4.13 g
Total Dietary Fiber:	1.79 g
Cholesterol:	31 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	86.79 mg
Magnesium:	33.22mg
Phosphorus:	206.46 mg
Potassium:	285.42 mg
Sodium:	695.73 mg
Copper:	0.100 mg
Iron:	2.13 mg
Manganese:	0.401 mg
Zinc:	0.754 mg

Vitamins

Vitamin A:	16.78 RE
Vitamin E:	0.99 mg
Thiamin (B1):	0.34 mg
Riboflavin (B2):	0.24 mg
Niacin (B3):	4.44 mg
Vitamin (B6):	0.25 mg
Vitamin B12:	1.06 mcg
Folacin:	63.34 mcg
Pantothenic Acid:	0.56 mg
Vitamin C:	0.68 mg
Vitamin D:	0.00 IU
Vitamin K:	2.50 mcg

Fatty Acids

Linoleic:	5.28 g
Oleic:	2.53 g

Other Information

Calories from Carbohydrates:	48%
Calories from Fat:	32%
Calories from Protein:	20%
Poly/SatFat:	2.71:1
Sodium/Potassium:	2.44:1
Calcium/Phosphorus:	0.42:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Garnish Cheese Cheddar Shredded

Serving Size : 1 Oz (28.35 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	115 Kcal
Protein:	6.48 g
Carbohydrates:	0.88 g
Total Fat:	9.44 g
Monounsaturat Fat:	2.62 g
Polyunsaturat Fat:	0.40 g
Saturated Fat:	5.35 g
Trans Fat:	0.26 g
Water:	10 ml
Total Sugar:	0.14 g
Total Dietary Fiber:	0.00 g
Cholesterol:	28 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	201.29 mg
Magnesium:	7.65mg
Phosphorus:	128.99 mg
Potassium:	21.55 mg
Sodium:	185.13 mg
Copper:	0.009 mg
Iron:	0.04 mg
Manganese:	0.009 mg
Zinc:	1.032 mg

Vitamins

Vitamin A:	93.56 RE
Vitamin E:	0.20 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.12 mg
Niacin (B3):	0.02 mg
Vitamin (B6):	0.02 mg
Vitamin B12:	0.31 mcg
Folacin:	7.65 mcg
Pantothenic Acid:	0.12 mg
Vitamin C:	0.00 mg
Vitamin D:	6.80 IU
Vitamin K:	0.68 mcg

Fatty Acids

Linoleic:	0.33 g
Oleic:	2.10 g

Other Information

Calories from Carbohydrates:	3%
Calories from Fat:	74%
Calories from Protein:	23%
Poly/SatFat:	0.08:1
Sodium/Potassium:	8.59:1
Calcium/Phosphorus:	1.56:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Garnish Pickle Spear Dill

Serving Size : 1 Each (28.35 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	3 Kcal
Protein:	0.14 g
Carbohydrates:	0.68 g
Total Fat:	0.09 g
Monounsaturat Fat:	0.00 g
Polyunsaturat Fat:	0.03 g
Saturated Fat:	0.02 g
Trans Fat:	0.00 g
Water:	27 ml
Total Sugar:	0.30 g
Total Dietary Fiber:	0.28 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	16.16 mg
Magnesium:	1.98mg
Phosphorus:	4.54 mg
Potassium:	33.17 mg
Sodium:	229.35 mg
Copper:	0.009 mg
Iron:	0.07 mg
Manganese:	0.017 mg
Zinc:	0.028 mg

Vitamins

Vitamin A:	1.70 RE
Vitamin E:	0.01 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.02 mg
Niacin (B3):	0.03 mg
Vitamin (B6):	0.01 mg
Vitamin B12:	0.00 mcg
Folacin:	2.27 mcg
Pantothenic Acid:	0.06 mg
Vitamin C:	0.65 mg
Vitamin D:	0.00 IU
Vitamin K:	4.90 mcg

Fatty Acids

Linoleic:	0.01 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	61%
Calories from Fat:	23%
Calories from Protein:	17%
Poly/SatFat:	1.50:1
Sodium/Potassium:	6.91:1
Calcium/Phosphorus:	3.56:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Gr.Cheeseburger on Bun

Serving Size : 1 Each (106.31 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	523 Kcal
Protein:	27.29 g
Carbohydrates:	27.49 g
Total Fat:	33.16 g
Monounsaturat Fat:	9.56 g
Polyunsaturat Fat:	9.21 g
Saturated Fat:	11.05 g
Trans Fat:	1.02 g
Water:	64 ml
Total Sugar:	4.00 g
Total Dietary Fiber:	0.99 g
Cholesterol:	91 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	293.51 mg
Magnesium:	32.14mg
Phosphorus:	303.41 mg
Potassium:	277.58 mg
Sodium:	565.52 mg
Copper:	0.116 mg
Iron:	3.42 mg
Manganese:	0.283 mg
Zinc:	5.208 mg

Vitamins

Vitamin A:	123.02 RE
Vitamin E:	3.68 mg
Thiamin (B1):	0.32 mg
Riboflavin (B2):	0.39 mg
Niacin (B3):	5.28 mg
Vitamin (B6):	0.36 mg
Vitamin B12:	2.10 mcg
Folacin:	63.80 mcg
Pantothenic Acid:	0.86 mg
Vitamin C:	0.68 mg
Vitamin D:	11.63 IU
Vitamin K:	7.63 mcg

Fatty Acids

Linoleic:	8.56 g
Oleic:	8.34 g

Other Information

Calories from Carbohydrates:	22%
Calories from Fat:	57%
Calories from Protein:	21%
Poly/SatFat:	0.83:1
Sodium/Potassium:	2.04:1
Calcium/Phosphorus:	0.97:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Gr.Fish Fillet Sndw Brd on Bun

Serving Size : 1 Each (226.8 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	246 Kcal
Protein:	9.14 g
Carbohydrates:	33.16 g
Total Fat:	8.19 g
Monounsaturat Fat:	1.72 g
Polyunsaturat Fat:	4.13 g
Saturated Fat:	1.58 g
Trans Fat:	0.05 g
Water:	44 ml
Total Sugar:	4.59 g
Total Dietary Fiber:	1.30 g
Cholesterol:	12 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	83.08 mg
Magnesium:	20.02mg
Phosphorus:	106.60 mg
Potassium:	148.49 mg
Sodium:	511.58 mg
Copper:	0.075 mg
Iron:	1.94 mg
Manganese:	0.328 mg
Zinc:	0.524 mg

Vitamins

Vitamin A:	17.43 RE
Vitamin E:	0.70 mg
Thiamin (B1):	0.30 mg
Riboflavin (B2):	0.19 mg
Niacin (B3):	2.94 mg
Vitamin (B6):	0.11 mg
Vitamin B12:	0.42 mcg
Folacin:	54.51 mcg
Pantothenic Acid:	0.39 mg
Vitamin C:	1.05 mg
Vitamin D:	0.33 IU
Vitamin K:	10.69 mcg

Fatty Acids

Linoleic:	3.61 g
Oleic:	1.67 g

Other Information

Calories from Carbohydrates:	55%
Calories from Fat:	30%
Calories from Protein:	15%
Poly/SatFat:	2.60:1
Sodium/Potassium:	3.45:1
Calcium/Phosphorus:	0.78:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Gr/MM5 Chicken Breast Teriyaki Glz Ckd

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	146 Kcal
Protein:	23.93 g
Carbohydrates:	5.30 g
Total Fat:	3.29 g
Monounsaturat Fat:	1.22* g
Polyunsaturat Fat:	0.42* g
Saturated Fat:	0.73* g
Trans Fat:	0.00* g
Water:	69 ml
Total Sugar:	4.23 g
Total Dietary Fiber:	0.09 g
Cholesterol:	73* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	14.66 mg
Magnesium:	22.16mg
Phosphorus:	212.28 mg
Potassium:	251.62 mg
Sodium:	552.02 mg
Copper:	0.038 mg
Iron:	0.42 mg
Manganese:	0.013* mg
Zinc:	0.762 mg

Vitamins

Vitamin A:	4.43 RE
Vitamin E:	0.31 mg
Thiamin (B1):	0.07 mg
Riboflavin (B2):	0.11 mg
Niacin (B3):	8.22 mg
Vitamin (B6):	0.27 mg
Vitamin B12:	0.23* mcg
Folacin:	9.36* mcg
Pantothenic Acid:	0.01* mg
Vitamin C:	0.00* mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.38* g
Oleic:	1.01* g

Other Information

Calories from Carbohydrates:	14%
Calories from Fat:	20%
Calories from Protein:	65%
Poly/SatFat:	0.57:1
Sodium/Potassium:	2.19:1
Calcium/Phosphorus:	0.07:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Gr/MM5 Chicken Tenders Brd f/RTB

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	218 Kcal
Protein:	12.94 g
Carbohydrates:	14.70 g
Total Fat:	12.00 g
Monounsaturat Fat:	3.66 g
Polyunsaturat Fat:	5.44 g
Saturated Fat:	2.19 g
Trans Fat:	0.05 g
Water:	77 ml
Total Sugar:	0.49 g
Total Dietary Fiber:	1.47 g
Cholesterol:	32 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	38.95 mg
Magnesium:	26.51mg
Phosphorus:	179.95 mg
Potassium:	254.78 mg
Sodium:	581.63 mg
Copper:	0.084 mg
Iron:	0.76 mg
Manganese:	0.274 mg
Zinc:	0.568 mg

Vitamins

Vitamin A:	7.19 RE
Vitamin E:	1.91 mg
Thiamin (B1):	0.12 mg
Riboflavin (B2):	0.07 mg
Niacin (B3):	5.22 mg
Vitamin (B6):	0.30 mg
Vitamin B12:	0.17 mcg
Folacin:	27.94 mcg
Pantothenic Acid:	0.60 mg
Vitamin C:	0.45 mg
Vitamin D:	2.59 IU
Vitamin K:	15.25 mcg

Fatty Acids

Linoleic:	5.01 g
Oleic:	3.30 g

Other Information

Calories from Carbohydrates:	27%
Calories from Fat:	49%
Calories from Protein:	24%
Poly/SatFat:	2.48:1
Sodium/Potassium:	2.28:1
Calcium/Phosphorus:	0.22:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Gr/MM5 Ham Breakfast f/Pit

Serving Size : 1 #20scp (47.32 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	69 Kcal
Protein:	8.84 g
Carbohydrates:	5.34 g
Total Fat:	1.42 g
Monounsaturat Fat:	0.73 g
Polyunsaturat Fat:	0.17 g
Saturated Fat:	0.50 g
Trans Fat:	0.00 g
Water:	68 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	11 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	8.33 mg
Magnesium:	5.36mg
Phosphorus:	189.66 mg
Potassium:	90.89 mg
Sodium:	554.33 mg
Copper:	0.026 mg
Iron:	0.23 mg
Manganese:	0.021 mg
Zinc:	0.474 mg

Vitamins

Vitamin A:	1.16 RE
Vitamin E:	0.00 mg
Thiamin (B1):	0.20 mg
Riboflavin (B2):	0.07 mg
Niacin (B3):	1.20 mg
Vitamin (B6):	0.12 mg
Vitamin B12:	0.19 mcg
Folacin:	4.76 mcg
Pantothenic Acid:	0.15 mg
Vitamin C:	0.30 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.11 g
Oleic:	0.57 g

Other Information

Calories from Carbohydrates:	31%
Calories from Fat:	18%
Calories from Protein:	51%
Poly/SatFat:	0.33:1
Sodium/Potassium:	6.10:1
Calcium/Phosphorus:	0.04:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Gr/MM5 Pork Roast Ckd

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	180 Kcal
Protein:	22.85 g
Carbohydrates:	1.81 g
Total Fat:	9.07 g
Monounsaturat Fat:	3.93 g
Polyunsaturat Fat:	1.38 g
Saturated Fat:	3.26 g
Trans Fat:	0.06 g
Water:	83 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.06 g
Cholesterol:	65 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	15.12 mg
Magnesium:	20.89mg
Phosphorus:	234.12 mg
Potassium:	381.65 mg
Sodium:	205.50 mg
Copper:	0.077 mg
Iron:	0.81 mg
Manganese:	0.030 mg
Zinc:	2.084 mg

Vitamins

Vitamin A:	1.94 RE
Vitamin E:	0.19 mg
Thiamin (B1):	0.52 mg
Riboflavin (B2):	0.24 mg
Niacin (B3):	6.44 mg
Vitamin (B6):	0.41 mg
Vitamin B12:	0.74 mcg
Folacin:	0.94 mcg
Pantothenic Acid:	1.24 mg
Vitamin C:	0.01 mg
Vitamin D:	18.71 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	1.22 g
Oleic:	3.65 g

Other Information

Calories from Carbohydrates:	4%
Calories from Fat:	45%
Calories from Protein:	51%
Poly/SatFat:	0.42:1
Sodium/Potassium:	0.54:1
Calcium/Phosphorus:	0.06:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Gr/MM5 Sausage Patty Breakfast 2z

Serving Size : 1 #16scp (59.15 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	159 Kcal
Protein:	8.75 g
Carbohydrates:	2.54 g
Total Fat:	12.66 g
Monounsaturat Fat:	5.38 g
Polyunsaturat Fat:	2.38 g
Saturated Fat:	4.09 g
Trans Fat:	0.05 g
Water:	52 ml
Total Sugar:	0.49 g
Total Dietary Fiber:	0.00 g
Cholesterol:	40 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	9.42 mg
Magnesium:	8.77mg
Phosphorus:	75.18 mg
Potassium:	167.74 mg
Sodium:	496.68 mg
Copper:	0.038 mg
Iron:	0.58 mg
Manganese:	0.016 mg
Zinc:	1.154 mg

Vitamins

Vitamin A:	13.86 RE
Vitamin E:	0.41 mg
Thiamin (B1):	0.13 mg
Riboflavin (B2):	0.10 mg
Niacin (B3):	2.90 mg
Vitamin (B6):	0.10 mg
Vitamin B12:	0.46 mcg
Folacin:	4.26 mcg
Pantothenic Acid:	0.41 mg
Vitamin C:	0.02 mg
Vitamin D:	26.31 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	2.02 g
Oleic:	4.81 g

Other Information

Calories from Carbohydrates:	6%
Calories from Fat:	72%
Calories from Protein:	22%
Poly/SatFat:	0.58:1
Sodium/Potassium:	2.96:1
Calcium/Phosphorus:	0.13:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Gr/MM5 Turkey Roast Ckd RTS

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	162 Kcal
Protein:	25.45 g
Carbohydrates:	2.03 g
Total Fat:	4.96 g
Monounsaturat Fat:	1.76 g
Polyunsaturat Fat:	1.43 g
Saturated Fat:	1.42 g
Trans Fat:	0.07 g
Water:	86 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	76 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	14.73 mg
Magnesium:	28.87mg
Phosphorus:	203.36 mg
Potassium:	224.28 mg
Sodium:	220.71 mg
Copper:	0.067 mg
Iron:	0.78 mg
Manganese:	0.015 mg
Zinc:	1.535 mg

Vitamins

Vitamin A:	8.75 RE
Vitamin E:	0.06 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.19 mg
Niacin (B3):	9.96 mg
Vitamin (B6):	0.66 mg
Vitamin B12:	0.44 mcg
Folacin:	10.15 mcg
Pantothenic Acid:	0.80 mg
Vitamin C:	0.01 mg
Vitamin D:	11.91 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	1.26 g
Oleic:	1.56 g

Other Information

Calories from Carbohydrates:	9%
Calories from Fat:	28%
Calories from Protein:	63%
Poly/SatFat:	1.00:1
Sodium/Potassium:	0.98:1
Calcium/Phosphorus:	0.07:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Gravy Brown f/Mix

Serving Size : 2 Fl Oz (59.15 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	22 Kcal
Protein:	0.65 g
Carbohydrates:	3.62 g
Total Fat:	0.59 g
Monounsaturat Fat:	0.27 g
Polyunsaturat Fat:	0.02 g
Saturated Fat:	0.20 g
Trans Fat:	0.00* g
Water:	59 ml
Total Sugar:	0.00* g
Total Dietary Fiber:	0.12 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00* mg

Minerals

Calcium:	9.82 mg
Magnesium:	2.66mg
Phosphorus:	12.37 mg
Potassium:	16.56 mg
Sodium:	296.97 mg
Copper:	0.018 mg
Iron:	0.10 mg
Manganese:	0.025 mg
Zinc:	0.068 mg

Vitamins

Vitamin A:	0.49 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.02 mg
Niacin (B3):	0.23 mg
Vitamin (B6):	0.01 mg
Vitamin B12:	0.04 mcg
Folacin:	1.89 mcg
Pantothenic Acid:	0.01 mg
Vitamin C:	0.02 mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.02 g
Oleic:	0.25 g

Other Information

Calories from Carbohydrates:	65%
Calories from Fat:	24%
Calories from Protein:	12%
Poly/SatFat:	0.12:1
Sodium/Potassium:	17.93:1
Calcium/Phosphorus:	0.79:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Gravy Cream f/Mix

Serving Size : 2 Fl Oz (59.15 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	687 Kcal
Protein:	20.32 g
Carbohydrates:	111.92 g
Total Fat:	17.54 g
Monounsaturat Fat:	8.38 g
Polyunsaturat Fat:	3.39 g
Saturated Fat:	5.26 g
Trans Fat:	0.00* g
Water:	1,756 ml
Total Sugar:	0.00* g
Total Dietary Fiber:	0.00* g
Cholesterol:	34 mg
Alcohol:	0.00 g
Caffeine:	0.00* mg

Minerals

Calcium:	315.70 mg
Magnesium:	89.61mg
Phosphorus:	448.84 mg
Potassium:	745.75 mg
Sodium:	7,536.83 mg
Copper:	0.373 mg
Iron:	2.40 mg
Manganese:	0.397 mg
Zinc:	2.506 mg

Vitamins

Vitamin A:	68.50 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.45 mg
Riboflavin (B2):	1.14 mg
Niacin (B3):	7.25 mg
Vitamin (B6):	0.36 mg
Vitamin B12:	0.87 mcg
Folacin:	225.32 mcg
Pantothenic Acid:	2.33 mg
Vitamin C:	1.08 mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.16 g
Oleic:	0.72 g

Other Information

Calories from Carbohydrates:	65%
Calories from Fat:	23%
Calories from Protein:	12%
Poly/SatFat:	0.64:1
Sodium/Potassium:	10.11:1
Calcium/Phosphorus:	0.70:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Gravy Poultry f/Mix

Serving Size : 2 Fl Oz (59.15 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	662 Kcal
Protein:	18.78 g
Carbohydrates:	117.38 g
Total Fat:	12.96 g
Monounsaturat Fat:	4.65 g
Polyunsaturat Fat:	3.97 g
Saturated Fat:	3.57 g
Trans Fat:	0.00* g
Water:	1,827 ml
Total Sugar:	0.00* g
Total Dietary Fiber:	0.00* g
Cholesterol:	25 mg
Alcohol:	0.00 g
Caffeine:	0.00* mg

Minerals

Calcium:	317.80 mg
Magnesium:	97.52mg
Phosphorus:	457.86 mg
Potassium:	789.71 mg
Sodium:	7,971.55 mg
Copper:	0.416 mg
Iron:	5.93 mg
Manganese:	0.397 mg
Zinc:	2.271 mg

Vitamins

Vitamin A:	14.42 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.38 mg
Riboflavin (B2):	0.81 mg
Niacin (B3):	4.99 mg
Vitamin (B6):	0.36 mg
Vitamin B12:	1.05 mcg
Folacin:	147.81 mcg
Pantothenic Acid:	1.82 mg
Vitamin C:	0.36 mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	3.55 g
Oleic:	4.20 g

Other Information

Calories from Carbohydrates:	71%
Calories from Fat:	18%
Calories from Protein:	11%
Poly/SatFat:	1.11:1
Sodium/Potassium:	10.09:1
Calcium/Phosphorus:	0.69:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Green Beans Cut f/Frz

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	42 Kcal
Protein:	1.37 g
Carbohydrates:	5.90 g
Total Fat:	1.97 g
Monounsaturat Fat:	0.89 g
Polyunsaturat Fat:	0.62 g
Saturated Fat:	0.38 g
Trans Fat:	0.34 g
Water:	83 ml
Total Sugar:	1.71* g
Total Dietary Fiber:	2.74 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	39.51 mg
Magnesium:	17.69mg
Phosphorus:	26.59 mg
Potassium:	146.23 mg
Sodium:	15.68 mg
Copper:	0.056* mg
Iron:	0.66 mg
Manganese:	0.269* mg
Zinc:	0.224 mg

Vitamins

Vitamin A:	19.07* RE
Vitamin E:	0.16 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.08 mg
Niacin (B3):	0.35 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.00* mcg
Folacin:	21.07 mcg
Pantothenic Acid:	0.05 mg
Vitamin C:	3.72* mg
Vitamin D:	0.00* IU
Vitamin K:	37.28 mcg

Fatty Acids

Linoleic:	0.54 g
Oleic:	0.88 g

Other Information

Calories from Carbohydrates:	44%
Calories from Fat:	43%
Calories from Protein:	13%
Poly/SatFat:	1.63:1
Sodium/Potassium:	0.11:1
Calcium/Phosphorus:	1.49:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Ham Baked f/Pit

Serving Size : 3 Oz (85.05 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	4,393 Kcal
Protein:	645.59 g
Carbohydrates:	261.76 g
Total Fat:	85.33 g
Monounsaturat Fat:	44.65 g
Polyunsaturat Fat:	8.28 g
Saturated Fat:	31.33 g
Trans Fat:	0.00* g
Water:	2,887 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	792 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	227.11 mg
Magnesium:	291.74mg
Phosphorus:	13,826.29 mg
Potassium:	5,944.68 mg
Sodium:	32,416.46 mg
Copper:	1.477 mg
Iron:	14.04 mg
Manganese:	1.080 mg
Zinc:	32.765 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00* mg
Thiamin (B1):	14.40 mg
Riboflavin (B2):	3.60 mg
Niacin (B3):	82.09 mg
Vitamin (B6):	8.28 mg
Vitamin B12:	13.68 mcg
Folacin:	72.01 mcg
Pantothenic Acid:	8.64 mg
Vitamin C:	21.60 mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	7.92 g
Oleic:	42.13 g

Other Information

Calories from Carbohydrates:	24%
Calories from Fat:	17%
Calories from Protein:	59%
Poly/SatFat:	0.26:1
Sodium/Potassium:	5.45:1
Calcium/Phosphorus:	0.02:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Ham Breakfast f/Pit

Serving Size : 1 Oz (28.35 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	58 Kcal
Protein:	8.50 g
Carbohydrates:	3.45 g
Total Fat:	1.12 g
Monounsaturat Fat:	0.59 g
Polyunsaturat Fat:	0.11 g
Saturated Fat:	0.41 g
Trans Fat:	0.00 g
Water:	38 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	10 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	2.99 mg
Magnesium:	3.84mg
Phosphorus:	182.07 mg
Potassium:	78.28 mg
Sodium:	426.87 mg
Copper:	0.019 mg
Iron:	0.18 mg
Manganese:	0.014 mg
Zinc:	0.431 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00 mg
Thiamin (B1):	0.19 mg
Riboflavin (B2):	0.05 mg
Niacin (B3):	1.08 mg
Vitamin (B6):	0.11 mg
Vitamin B12:	0.18 mcg
Folacin:	0.95 mcg
Pantothenic Acid:	0.11 mg
Vitamin C:	0.28 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.10 g
Oleic:	0.55 g

Other Information

Calories from Carbohydrates:	24%
Calories from Fat:	17%
Calories from Protein:	59%
Poly/SatFat:	0.26:1
Sodium/Potassium:	5.45:1
Calcium/Phosphorus:	0.02:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Ice Cream NSA FF Vanilla PC

Serving Size : 1 Each (113.4 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	80 Kcal
Protein:	4.00 g
Carbohydrates:	20.00 g
Total Fat:	0.00 g
Monounsaturat Fat:	0.00 g
Polyunsaturat Fat:	0.00 g
Saturated Fat:	1.00 g
Trans Fat:	0.00 g
Water:	0 ml
Total Sugar:	5.00 g
Total Dietary Fiber:	5.00 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	150.00 mg
Magnesium:	0.00mg
Phosphorus:	0.00 mg
Potassium:	0.00 mg
Sodium:	65.00 mg
Copper:	0.000 mg
Iron:	0.00 mg
Manganese:	0.000 mg
Zinc:	0.000 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00 mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.00 mg
Niacin (B3):	0.00 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	0.00 mcg
Pantothenic Acid:	0.00 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.00 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	80%
Calories from Fat:	0%
Calories from Protein:	20%
Poly/SatFat:	0.00:1
Sodium/Potassium:	0:1
Calcium/Phosphorus:	0:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Ice Cream Vanilla f/Bulk

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	149 Kcal
Protein:	2.52 g
Carbohydrates:	16.99 g
Total Fat:	7.92 g
Monounsaturat Fat:	2.14 g
Polyunsaturat Fat:	0.32 g
Saturated Fat:	4.89 g
Trans Fat:	0.00* g
Water:	44 ml
Total Sugar:	15.28 g
Total Dietary Fiber:	0.50 g
Cholesterol:	32 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	92.16 mg
Magnesium:	10.08mg
Phosphorus:	75.60 mg
Potassium:	143.28 mg
Sodium:	57.60 mg
Copper:	0.014 mg
Iron:	0.06 mg
Manganese:	0.007 mg
Zinc:	0.497 mg

Vitamins

Vitamin A:	84.96 RE
Vitamin E:	0.22 mg
Thiamin (B1):	0.03 mg
Riboflavin (B2):	0.17 mg
Niacin (B3):	0.09 mg
Vitamin (B6):	0.04 mg
Vitamin B12:	0.28 mcg
Folacin:	3.60 mcg
Pantothenic Acid:	0.42 mg
Vitamin C:	0.43 mg
Vitamin D:	5.76 IU
Vitamin K:	0.22 mcg

Fatty Acids

Linoleic:	0.20 g
Oleic:	1.99 g

Other Information

Calories from Carbohydrates:	45%
Calories from Fat:	48%
Calories from Protein:	7%
Poly/SatFat:	0.07:1
Sodium/Potassium:	0.40:1
Calcium/Phosphorus:	1.22:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Jelly Grape PC

Serving Size : 1 Each (4.93 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	19 Kcal
Protein:	0.02 g
Carbohydrates:	4.59 g
Total Fat:	0.00 g
Monounsaturat Fat:	0.00 g
Polyunsaturat Fat:	0.00 g
Saturated Fat:	0.00 g
Trans Fat:	0.00 g
Water:	2 ml
Total Sugar:	3.23 g
Total Dietary Fiber:	0.07 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	1.33 mg
Magnesium:	0.27mg
Phosphorus:	1.27 mg
Potassium:	5.13 mg
Sodium:	2.13 mg
Copper:	0.007 mg
Iron:	0.03 mg
Manganese:	0.003 mg
Zinc:	0.004 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.01 mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.01 mg
Niacin (B3):	0.00 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	0.73 mcg
Pantothenic Acid:	0.00 mg
Vitamin C:	0.59 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.00 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	99%
Calories from Fat:	0%
Calories from Protein:	1%
Poly/SatFat:	0.00:1
Sodium/Potassium:	0.42:1
Calcium/Phosphorus:	1.05:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Jelly LoCal Grape PC

Serving Size : 1 Each (4.93 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	6 Kcal
Protein:	0.01 g
Carbohydrates:	2.49 g
Total Fat:	0.01 g
Monounsaturat Fat:	0.00 g
Polyunsaturat Fat:	0.01 g
Saturated Fat:	0.00 g
Trans Fat:	0.00 g
Water:	2 ml
Total Sugar:	1.76 g
Total Dietary Fiber:	0.12 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	0.42 mg
Magnesium:	0.23mg
Phosphorus:	0.42 mg
Potassium:	3.22 mg
Sodium:	0.00 mg
Copper:	0.001 mg
Iron:	0.02 mg
Manganese:	0.000 mg
Zinc:	0.003 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00 mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.00 mg
Niacin (B3):	0.00 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	0.42 mcg
Pantothenic Acid:	0.00 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.00 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	97%
Calories from Fat:	2%
Calories from Protein:	1%
Poly/SatFat:	7.50:1
Sodium/Potassium:	0.00:1
Calcium/Phosphorus:	1.00:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Juice Apple f/Frz Conc 6 flz

Serving Size : 4 Fl Oz (118.29 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	48 Kcal
Protein:	0.15 g
Carbohydrates:	11.77 g
Total Fat:	0.11 g
Monounsaturat Fat:	0.01 g
Polyunsaturat Fat:	0.03 g
Saturated Fat:	0.02 g
Trans Fat:	0.00 g
Water:	111 ml
Total Sugar:	11.15 g
Total Dietary Fiber:	0.00* g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	8.59 mg
Magnesium:	5.83mg
Phosphorus:	7.18 mg
Potassium:	129.61 mg
Sodium:	10.02 mg
Copper:	0.024 mg
Iron:	0.26 mg
Manganese:	0.066 mg
Zinc:	0.037 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.01 mg
Niacin (B3):	0.04 mg
Vitamin (B6):	0.03 mg
Vitamin B12:	0.00 mcg
Folacin:	0.29 mcg
Pantothenic Acid:	0.06 mg
Vitamin C:	25.53 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.03 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	97%
Calories from Fat:	2%
Calories from Protein:	1%
Poly/SatFat:	1.83:1
Sodium/Potassium:	0.08:1
Calcium/Phosphorus:	1.20:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Juice Apple f/Frz Conc 6 flz

Serving Size : 6 Fl Oz (177.44 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	72 Kcal
Protein:	0.22 g
Carbohydrates:	17.66 g
Total Fat:	0.16 g
Monounsaturat Fat:	0.01 g
Polyunsaturat Fat:	0.05 g
Saturated Fat:	0.03 g
Trans Fat:	0.00 g
Water:	166 ml
Total Sugar:	16.73 g
Total Dietary Fiber:	0.00* g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	12.88 mg
Magnesium:	8.74mg
Phosphorus:	10.77 mg
Potassium:	194.41 mg
Sodium:	15.03 mg
Copper:	0.036 mg
Iron:	0.39 mg
Manganese:	0.099 mg
Zinc:	0.056 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.02 mg
Niacin (B3):	0.06 mg
Vitamin (B6):	0.05 mg
Vitamin B12:	0.00 mcg
Folacin:	0.43 mcg
Pantothenic Acid:	0.09 mg
Vitamin C:	38.30 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.04 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	97%
Calories from Fat:	2%
Calories from Protein:	1%
Poly/SatFat:	1.83:1
Sodium/Potassium:	0.08:1
Calcium/Phosphorus:	1.20:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Juice Grape f/Frz Conc 6 flz

Serving Size : 4 Fl Oz (118.29 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	43 Kcal
Protein:	0.58 g
Carbohydrates:	10.16 g
Total Fat:	0.14 g
Monounsaturat Fat:	0.02 g
Polyunsaturat Fat:	0.03 g
Saturated Fat:	0.02 g
Trans Fat:	0.00 g
Water:	113 ml
Total Sugar:	10.04 g
Total Dietary Fiber:	0.12 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	10.78 mg
Magnesium:	12.12mg
Phosphorus:	14.41 mg
Potassium:	143.24 mg
Sodium:	3.72 mg
Copper:	0.045 mg
Iron:	0.14 mg
Manganese:	0.021 mg
Zinc:	0.053 mg

Vitamins

Vitamin A:	0.59 RE
Vitamin E:	0.04 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.02 mg
Niacin (B3):	0.23 mg
Vitamin (B6):	0.04 mg
Vitamin B12:	0.00 mcg
Folacin:	3.82 mcg
Pantothenic Acid:	0.20 mg
Vitamin C:	35.22 mg
Vitamin D:	0.00 IU
Vitamin K:	0.03 mcg

Fatty Acids

Linoleic:	0.03 g
Oleic:	0.02 g

Other Information

Calories from Carbohydrates:	92%
Calories from Fat:	3%
Calories from Protein:	5%
Poly/SatFat:	1.83:1
Sodium/Potassium:	0.03:1
Calcium/Phosphorus:	0.75:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Juice Grape f/Frz Conc 6 flz

Serving Size : 6 Fl Oz (177.44 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	64 Kcal
Protein:	0.87 g
Carbohydrates:	15.24 g
Total Fat:	0.21 g
Monounsaturat Fat:	0.03 g
Polyunsaturat Fat:	0.05 g
Saturated Fat:	0.03 g
Trans Fat:	0.00 g
Water:	169 ml
Total Sugar:	15.06 g
Total Dietary Fiber:	0.18 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	16.17 mg
Magnesium:	18.18mg
Phosphorus:	21.61 mg
Potassium:	214.86 mg
Sodium:	5.59 mg
Copper:	0.067 mg
Iron:	0.22 mg
Manganese:	0.031 mg
Zinc:	0.079 mg

Vitamins

Vitamin A:	0.88 RE
Vitamin E:	0.06 mg
Thiamin (B1):	0.07 mg
Riboflavin (B2):	0.04 mg
Niacin (B3):	0.34 mg
Vitamin (B6):	0.07 mg
Vitamin B12:	0.00 mcg
Folacin:	5.73 mcg
Pantothenic Acid:	0.30 mg
Vitamin C:	52.83 mg
Vitamin D:	0.00 IU
Vitamin K:	0.04 mcg

Fatty Acids

Linoleic:	0.04 g
Oleic:	0.03 g

Other Information

Calories from Carbohydrates:	92%
Calories from Fat:	3%
Calories from Protein:	5%
Poly/SatFat:	1.83:1
Sodium/Potassium:	0.03:1
Calcium/Phosphorus:	0.75:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Juice Orange f/Frz Conc 6 flz

Serving Size : 4 Fl Oz (118.29 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	49 Kcal
Protein:	0.80 g
Carbohydrates:	11.66 g
Total Fat:	0.08 g
Monounsaturat Fat:	0.02 g
Polyunsaturat Fat:	0.02 g
Saturated Fat:	0.02 g
Trans Fat:	0.00 g
Water:	104 ml
Total Sugar:	9.83 g
Total Dietary Fiber:	0.33 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	15.12 mg
Magnesium:	12.44mg
Phosphorus:	20.21 mg
Potassium:	209.25 mg
Sodium:	4.84 mg
Copper:	0.028 mg
Iron:	0.11 mg
Manganese:	0.040 mg
Zinc:	0.053 mg

Vitamins

Vitamin A:	4.31 RE
Vitamin E:	0.20 mg
Thiamin (B1):	0.09 mg
Riboflavin (B2):	0.06 mg
Niacin (B3):	0.36 mg
Vitamin (B6):	0.09 mg
Vitamin B12:	0.00 mcg
Folacin:	25.51 mcg
Pantothenic Acid:	0.24 mg
Vitamin C:	47.98 mg
Vitamin D:	0.00 IU
Vitamin K:	0.13 mcg

Fatty Acids

Linoleic:	0.02 g
Oleic:	0.01 g

Other Information

Calories from Carbohydrates:	92%
Calories from Fat:	2%
Calories from Protein:	6%
Poly/SatFat:	1.00:1
Sodium/Potassium:	0.02:1
Calcium/Phosphorus:	0.75:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Juice Orange f/Frz Conc 6 flz

Serving Size : 6 Fl Oz (177.44 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	74 Kcal
Protein:	1.19 g
Carbohydrates:	17.49 g
Total Fat:	0.12 g
Monounsaturat Fat:	0.02 g
Polyunsaturat Fat:	0.03 g
Saturated Fat:	0.03 g
Trans Fat:	0.00 g
Water:	156 ml
Total Sugar:	14.75 g
Total Dietary Fiber:	0.50 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	22.67 mg
Magnesium:	18.66mg
Phosphorus:	30.32 mg
Potassium:	313.87 mg
Sodium:	7.27 mg
Copper:	0.042 mg
Iron:	0.16 mg
Manganese:	0.060 mg
Zinc:	0.080 mg

Vitamins

Vitamin A:	6.46 RE
Vitamin E:	0.30 mg
Thiamin (B1):	0.14 mg
Riboflavin (B2):	0.09 mg
Niacin (B3):	0.54 mg
Vitamin (B6):	0.13 mg
Vitamin B12:	0.00 mcg
Folacin:	38.27 mcg
Pantothenic Acid:	0.36 mg
Vitamin C:	71.96 mg
Vitamin D:	0.00 IU
Vitamin K:	0.20 mcg

Fatty Acids

Linoleic:	0.02 g
Oleic:	0.02 g

Other Information

Calories from Carbohydrates:	92%
Calories from Fat:	2%
Calories from Protein:	6%
Poly/SatFat:	1.00:1
Sodium/Potassium:	0.02:1
Calcium/Phosphorus:	0.75:1

* indicates 1 or more Unreported values.

Nutrient Analysis

LS Gravy Brown f/Mix

Serving Size : 2 Fl Oz (59.15 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	3 Kcal
Protein:	0.23 g
Carbohydrates:	0.38 g
Total Fat:	0.15 g
Monounsaturat Fat:	0.07 g
Polyunsaturat Fat:	0.01 g
Saturated Fat:	0.06 g
Trans Fat:	0.00* g
Water:	64 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.02 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	2.14 mg
Magnesium:	0.71mg
Phosphorus:	1.83 mg
Potassium:	5.53 mg
Sodium:	2.87 mg
Copper:	0.012 mg
Iron:	0.04 mg
Manganese:	0.000* mg
Zinc:	0.061 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00 mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.00 mg
Niacin (B3):	0.04 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.01 mcg
Folacin:	1.52 mcg
Pantothenic Acid:	0.00* mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.00 g
Oleic:	0.06 g

Other Information

Calories from Carbohydrates:	31%
Calories from Fat:	41%
Calories from Protein:	29%
Poly/SatFat:	0.10:1
Sodium/Potassium:	0.52:1
Calcium/Phosphorus:	1.17:1

* indicates 1 or more Unreported values.

Nutrient Analysis

LS Soup Broth Beef f/Base

Serving Size : 6 Fl Oz (177.44 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	300 Kcal
Protein:	21.15 g
Carbohydrates:	12.58 g
Total Fat:	130.68 g
Monounsaturat Fat:	3.32 g
Polyunsaturat Fat:	0.57 g
Saturated Fat:	1.00 g
Trans Fat:	0.34 g
Water:	5,088* ml
Total Sugar:	0.57 g
Total Dietary Fiber:	0.69 g
Cholesterol:	13 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	167.66 mg
Magnesium:	50.93*mg
Phosphorus:	1.00* mg
Potassium:	325.32 mg
Sodium:	3,546.07 mg
Copper:	0.509* mg
Iron:	0.34 mg
Manganese:	0.000* mg
Zinc:	0.000* mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.00* mg
Niacin (B3):	0.00* mg
Vitamin (B6):	0.00* mg
Vitamin B12:	0.00* mcg
Folacin:	0.00* mcg
Pantothenic Acid:	0.00* mg
Vitamin C:	0.11 mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.00* g
Oleic:	0.00* g

Other Information

Calories from Carbohydrates:	1%
Calories from Fat:	393%
Calories from Protein:	28%
Poly/SatFat:	0.57:1
Sodium/Potassium:	10.90:1
Calcium/Phosphorus:	167.66:1

* indicates 1 or more Unreported values.

Nutrient Analysis

LS Soup Broth Chicken f/Base

Serving Size : 6 Fl Oz (177.44 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	389 Kcal
Protein:	22.55 g
Carbohydrates:	50.30 g
Total Fat:	10.91 g
Monounsaturat Fat:	0.00* g
Polyunsaturat Fat:	0.00* g
Saturated Fat:	2.89 g
Trans Fat:	0.08 g
Water:	5,088* ml
Total Sugar:	12.46 g
Total Dietary Fiber:	1.83 g
Cholesterol:	54 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	379.17 mg
Magnesium:	50.93*mg
Phosphorus:	1.00* mg
Potassium:	400.35 mg
Sodium:	3,308.26 mg
Copper:	0.509* mg
Iron:	3.29 mg
Manganese:	0.000* mg
Zinc:	0.000* mg

Vitamins

Vitamin A:	5.72 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.00* mg
Niacin (B3):	0.00* mg
Vitamin (B6):	0.00* mg
Vitamin B12:	0.00* mcg
Folacin:	0.00* mcg
Pantothenic Acid:	0.00* mg
Vitamin C:	0.64 mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.00* g
Oleic:	0.00* g

Other Information

Calories from Carbohydrates:	52%
Calories from Fat:	25%
Calories from Protein:	23%

Poly/SatFat:	0.00:1
Sodium/Potassium:	8.26:1
Calcium/Phosphorus:	379.17:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Macaroni & Cheese f/Mix

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	254 Kcal
Protein:	5.94 g
Carbohydrates:	40.03 g
Total Fat:	7.56 g
Monounsaturat Fat:	2.88 g
Polyunsaturat Fat:	0.64 g
Saturated Fat:	3.17 g
Trans Fat:	0.00* g
Water:	357 ml
Total Sugar:	4.37 g
Total Dietary Fiber:	1.14 g
Cholesterol:	8 mg
Alcohol:	0.00 g
Caffeine:	0.00* mg

Minerals

Calcium:	89.72 mg
Magnesium:	29.42mg
Phosphorus:	148.42 mg
Potassium:	212.80 mg
Sodium:	1,173.98 mg
Copper:	0.138 mg
Iron:	0.98 mg
Manganese:	0.241 mg
Zinc:	0.744 mg

Vitamins

Vitamin A:	20.32 RE
Vitamin E:	0.12* mg
Thiamin (B1):	0.29 mg
Riboflavin (B2):	0.34 mg
Niacin (B3):	2.61 mg
Vitamin (B6):	0.10 mg
Vitamin B12:	0.17 mcg
Folacin:	105.97 mcg
Pantothenic Acid:	0.65 mg
Vitamin C:	0.33 mg
Vitamin D:	0.00* IU
Vitamin K:	0.41* mcg

Fatty Acids

Linoleic:	0.54 g
Oleic:	2.74 g

Other Information

Calories from Carbohydrates:	64%
Calories from Fat:	27%
Calories from Protein:	9%
Poly/SatFat:	0.20:1
Sodium/Potassium:	5.52:1
Calcium/Phosphorus:	0.60:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Macaroni Salad Soft Hmd

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	115 Kcal
Protein:	3.05 g
Carbohydrates:	19.38 g
Total Fat:	2.68 g
Monounsaturat Fat:	0.58 g
Polyunsaturat Fat:	1.42 g
Saturated Fat:	0.47 g
Trans Fat:	0.00* g
Water:	11 ml
Total Sugar:	1.68 g
Total Dietary Fiber:	0.83 g
Cholesterol:	3 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	6.62 mg
Magnesium:	12.90mg
Phosphorus:	44.21 mg
Potassium:	60.69 mg
Sodium:	61.69 mg
Copper:	0.070 mg
Iron:	0.82 mg
Manganese:	0.226* mg
Zinc:	0.350 mg

Vitamins

Vitamin A:	5.19 RE
Vitamin E:	0.33 mg
Thiamin (B1):	0.20 mg
Riboflavin (B2):	0.10 mg
Niacin (B3):	1.66 mg
Vitamin (B6):	0.04 mg
Vitamin B12:	0.00 mcg
Folacin:	54.05 mcg
Pantothenic Acid:	0.10 mg
Vitamin C:	0.13 mg
Vitamin D:	0.00 IU
Vitamin K:	6.56 mcg

Fatty Acids

Linoleic:	1.22 g
Oleic:	0.58 g

Other Information

Calories from Carbohydrates:	68%
Calories from Fat:	21%
Calories from Protein:	11%
Poly/SatFat:	3.05:1
Sodium/Potassium:	1.02:1
Calcium/Phosphorus:	0.15:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Margarine Pat PC

Serving Size : 1 Each (5 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	36 Kcal
Protein:	0.01 g
Carbohydrates:	0.04 g
Total Fat:	4.04 g
Monounsaturat Fat:	1.94 g
Polyunsaturat Fat:	1.22 g
Saturated Fat:	0.76 g
Trans Fat:	0.74 g
Water:	1 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	0.15 mg
Magnesium:	0.05mg
Phosphorus:	0.25 mg
Potassium:	0.90 mg
Sodium:	32.70 mg
Copper:	0.000 mg
Iron:	0.01 mg
Manganese:	0.000 mg
Zinc:	0.006 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.26 mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.00 mg
Niacin (B3):	0.00 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	0.05 mcg
Pantothenic Acid:	0.00 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	3.75 mcg

Fatty Acids

Linoleic:	1.11 g
Oleic:	1.93 g

Other Information

Calories from Carbohydrates:	1%
Calories from Fat:	101%
Calories from Protein:	0%
Poly/SatFat:	1.60:1
Sodium/Potassium:	36.33:1
Calcium/Phosphorus:	0.60:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Mayonnaise f/Bulk

Serving Size : 1 Tbsp (14.79 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	1,458 Kcal
Protein:	2.24 g
Carbohydrates:	5.49 g
Total Fat:	161.48 g
Monounsaturat Fat:	26.44 g
Polyunsaturat Fat:	111.85 g
Saturated Fat:	17.49 g
Trans Fat:	0.00* g
Water:	31 ml
Total Sugar:	0.98 g
Total Dietary Fiber:	0.00 g
Cholesterol:	120 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	36.61 mg
Magnesium:	2.03mg
Phosphorus:	56.94 mg
Potassium:	69.15 mg
Sodium:	1,155.14 mg
Copper:	0.000* mg
Iron:	1.02 mg
Manganese:	0.000* mg
Zinc:	0.244 mg

Vitamins

Vitamin A:	170.83 RE
Vitamin E:	44.74 mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.00 mg
Niacin (B3):	0.02 mg
Vitamin (B6):	1.18 mg
Vitamin B12:	0.53 mcg
Folacin:	16.27 mcg
Pantothenic Acid:	0.61 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00* IU
Vitamin K:	50.23 mcg

Fatty Acids

Linoleic:	105.75 g
Oleic:	26.44 g

Other Information

Calories from Carbohydrates:	1%
Calories from Fat:	100%
Calories from Protein:	1%
Poly/SatFat:	6.40:1
Sodium/Potassium:	16.71:1
Calcium/Phosphorus:	0.64:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Meatballs/No Sauce f/Frz .5z

Serving Size : 6 Each (510.3 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	182 Kcal
Protein:	17.01 g
Carbohydrates:	4.86 g
Total Fat:	10.94 g
Monounsaturat Fat:	0.00* g
Polyunsaturat Fat:	0.00* g
Saturated Fat:	4.25 g
Trans Fat:	0.00 g
Water:	0* ml
Total Sugar:	1.22 g
Total Dietary Fiber:	1.22 g
Cholesterol:	43 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	48.60 mg
Magnesium:	0.00*mg
Phosphorus:	1.00* mg
Potassium:	1.00* mg
Sodium:	303.75 mg
Copper:	0.000* mg
Iron:	2.19 mg
Manganese:	0.000* mg
Zinc:	0.000* mg

Vitamins

Vitamin A:	40.10 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.00* mg
Niacin (B3):	0.00* mg
Vitamin (B6):	0.00* mg
Vitamin B12:	0.00* mcg
Folacin:	0.00* mcg
Pantothenic Acid:	0.00* mg
Vitamin C:	1.46 mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.00* g
Oleic:	0.00* g

Other Information

Calories from Carbohydrates:	9%
Calories from Fat:	54%
Calories from Protein:	37%

Poly/SatFat:	0.00:1
Sodium/Potassium:	303.75:1
Calcium/Phosphorus:	48.60:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Milk 2% f/Bulk

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

Macro Nutrients		Vitamins	
Calories:	122 Kcal	Vitamin A:	134.20 RE
Protein:	8.05 g	Vitamin E:	0.07 mg
Carbohydrates:	11.71 g	Thiamin (B1):	0.10 mg
Total Fat:	4.83 g	Riboflavin (B2):	0.46 mg
Monounsaturat Fat:	1.37 g	Niacin (B3):	0.22 mg
Polyunsaturat Fat:	0.17 g	Vitamin (B6):	0.10 mg
Saturated Fat:	3.07 g	Vitamin B12:	1.29 mcg
Trans Fat:	0.22 g	Folacin:	12.20 mcg
Water:	218 ml	Pantothenic Acid:	0.88 mg
Total Sugar:	12.35 g	Vitamin C:	0.49 mg
Total Dietary Fiber:	0.00 g	Vitamin D:	119.56 IU
Cholesterol:	20 mg	Vitamin K:	0.49 mcg
Alcohol:	0.00 g	Fatty Acids	
Caffeine:	0.00 mg	Linoleic:	0.15 g
		Oleic:	1.24 g
Minerals		Other Information	
Calcium:	292.81 mg	Calories from Carbohydrates:	38%
Magnesium:	26.84mg	Calories from Fat:	36%
Phosphorus:	224.49 mg	Calories from Protein:	26%
Potassium:	341.61 mg		
Sodium:	114.68 mg		
Copper:	0.024 mg	Poly/SatFat:	0.06:1
Iron:	0.05 mg	Sodium/Potassium:	0.34:1
Manganese:	0.024 mg	Calcium/Phosphorus:	1.30:1
Zinc:	1.171 mg		

* indicates 1 or more Unreported values.

Nutrient Analysis

Milk 2% f/Bulk L & D

Serving Size : 8 Fl Oz (236.59 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	122 Kcal
Protein:	8.05 g
Carbohydrates:	11.71 g
Total Fat:	4.83 g
Monounsaturat Fat:	1.37 g
Polyunsaturat Fat:	0.17 g
Saturated Fat:	3.07 g
Trans Fat:	0.22 g
Water:	218 ml
Total Sugar:	12.35 g
Total Dietary Fiber:	0.00 g
Cholesterol:	20 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	292.81 mg
Magnesium:	26.84mg
Phosphorus:	224.49 mg
Potassium:	341.61 mg
Sodium:	114.68 mg
Copper:	0.024 mg
Iron:	0.05 mg
Manganese:	0.024 mg
Zinc:	1.171 mg

Vitamins

Vitamin A:	134.20 RE
Vitamin E:	0.07 mg
Thiamin (B1):	0.10 mg
Riboflavin (B2):	0.46 mg
Niacin (B3):	0.22 mg
Vitamin (B6):	0.10 mg
Vitamin B12:	1.29 mcg
Folacin:	12.20 mcg
Pantothenic Acid:	0.88 mg
Vitamin C:	0.49 mg
Vitamin D:	119.56 IU
Vitamin K:	0.49 mcg

Fatty Acids

Linoleic:	0.15 g
Oleic:	1.24 g

Other Information

Calories from Carbohydrates:	38%
Calories from Fat:	36%
Calories from Protein:	26%
Poly/SatFat:	0.06:1
Sodium/Potassium:	0.34:1
Calcium/Phosphorus:	1.30:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Mustard PC

Serving Size : 1 Each (5.5 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	3 Kcal
Protein:	0.21 g
Carbohydrates:	0.32 g
Total Fat:	0.18 g
Monounsaturat Fat:	0.12 g
Polyunsaturat Fat:	0.04 g
Saturated Fat:	0.01 g
Trans Fat:	0.00 g
Water:	5 ml
Total Sugar:	0.05 g
Total Dietary Fiber:	0.22 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	3.47 mg
Magnesium:	2.64mg
Phosphorus:	5.94 mg
Potassium:	8.36 mg
Sodium:	60.72 mg
Copper:	0.004 mg
Iron:	0.09 mg
Manganese:	0.023 mg
Zinc:	0.035 mg

Vitamins

Vitamin A:	0.28 RE
Vitamin E:	0.02 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.00 mg
Niacin (B3):	0.03 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	0.39 mcg
Pantothenic Acid:	0.01 mg
Vitamin C:	0.02 mg
Vitamin D:	0.00 IU
Vitamin K:	0.08 mcg

Fatty Acids

Linoleic:	0.02 g
Oleic:	0.04 g

Other Information

Calories from Carbohydrates:	25%
Calories from Fat:	50%
Calories from Protein:	25%
Poly/SatFat:	3.67:1
Sodium/Potassium:	7.26:1
Calcium/Phosphorus:	0.58:1

* indicates 1 or more Unreported values.

Nutrient Analysis

None

Serving Size : 1 . (1 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	0 Kcal
Protein:	0.00 g
Carbohydrates:	0.00 g
Total Fat:	0.00 g
Monounsaturat Fat:	0.00 g
Polyunsaturat Fat:	0.00 g
Saturated Fat:	1.00 g
Trans Fat:	0.00 g
Water:	1 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	0.03 mg
Magnesium:	0.01mg
Phosphorus:	1.00 mg
Potassium:	0.01 mg
Sodium:	0.03 mg
Copper:	0.000 mg
Iron:	0.00 mg
Manganese:	0.000 mg
Zinc:	0.000 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00 mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.00 mg
Niacin (B3):	0.00 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	0.00 mcg
Pantothenic Acid:	0.00 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.00 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	1%
Calories from Fat:	0%
Calories from Protein:	0%
Poly/SatFat:	0.00:1
Sodium/Potassium:	3.00:1
Calcium/Phosphorus:	0.03:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Noodles Egg Seasoned

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	121* Kcal
Protein:	3.86* g
Carbohydrates:	19.41* g
Total Fat:	3.03* g
Monounsaturat Fat:	1.22* g
Polyunsaturat Fat:	0.91* g
Saturated Fat:	0.66* g
Trans Fat:	0.35* g
Water:	255* ml
Total Sugar:	0.51* g
Total Dietary Fiber:	0.90* g
Cholesterol:	23* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	17.18* mg
Magnesium:	18.33*mg
Phosphorus:	65.70* mg
Potassium:	69.34* mg
Sodium:	37.32 mg
Copper:	0.107* mg
Iron:	1.09 mg
Manganese:	0.234* mg
Zinc:	0.525 mg

Vitamins

Vitamin A:	4.63* RE
Vitamin E:	0.22* mg
Thiamin (B1):	0.31* mg
Riboflavin (B2):	0.12* mg
Niacin (B3):	2.28* mg
Vitamin (B6):	0.06* mg
Vitamin B12:	0.08* mcg
Folacin:	62.62* mcg
Pantothenic Acid:	0.25* mg
Vitamin C:	0.00* mg
Vitamin D:	2.99* IU
Vitamin K:	1.83* mcg

Fatty Acids

Linoleic:	0.83* g
Oleic:	1.19* g

Other Information

Calories from Carbohydrates:	65%
Calories from Fat:	23%
Calories from Protein:	13%
Poly/SatFat:	1.37:1
Sodium/Potassium:	0.54:1
Calcium/Phosphorus:	0.26:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Oranges Mandarin Chilled JcPk Cnd

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	52 Kcal
Protein:	0.86 g
Carbohydrates:	13.34 g
Total Fat:	0.04 g
Monounsaturated Fat:	0.01 g
Polyunsaturated Fat:	0.01 g
Saturated Fat:	1.00 g
Trans Fat:	0.00 g
Water:	125 ml
Total Sugar:	12.37 g
Total Dietary Fiber:	0.98 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	15.34 mg
Magnesium:	15.34 mg
Phosphorus:	13.94 mg
Potassium:	185.46 mg
Sodium:	6.97 mg
Copper:	0.042 mg
Iron:	0.38 mg
Manganese:	0.042 mg
Zinc:	0.711 mg

Vitamins

Vitamin A:	59.96 RE
Vitamin E:	0.14 mg
Thiamin (B1):	0.11 mg
Riboflavin (B2):	0.04 mg
Niacin (B3):	0.63 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.00 mcg
Folacin:	6.97 mcg
Pantothenic Acid:	0.18 mg
Vitamin C:	47.69 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.00 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	93%
Calories from Fat:	1%
Calories from Protein:	7%
Poly/SatFat:	0.01:1
Sodium/Potassium:	0.04:1
Calcium/Phosphorus:	1.10:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P.Sauce Tartar

Serving Size : 1 #60scp (15.77 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	66 Kcal
Protein:	0.31 g
Carbohydrates:	4.16 g
Total Fat:	5.22 g
Monounsaturat Fat:	1.13 g
Polyunsaturat Fat:	2.83 g
Saturated Fat:	1.04 g
Trans Fat:	0.00* g
Water:	21 ml
Total Sugar:	1.33 g
Total Dietary Fiber:	0.16 g
Cholesterol:	2 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	8.13 mg
Magnesium:	1.88mg
Phosphorus:	5.31 mg
Potassium:	21.25 mg
Sodium:	208.48 mg
Copper:	0.006 mg
Iron:	0.08 mg
Manganese:	0.034 mg
Zinc:	0.038 mg

Vitamins

Vitamin A:	3.44 RE
Vitamin E:	0.53 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.01 mg
Niacin (B3):	0.03 mg
Vitamin (B6):	0.01 mg
Vitamin B12:	0.01 mcg
Folacin:	1.56 mcg
Pantothenic Acid:	0.02 mg
Vitamin C:	0.72 mg
Vitamin D:	0.63 IU
Vitamin K:	15.75 mcg

Fatty Acids

Linoleic:	2.49 g
Oleic:	1.12 g

Other Information

Calories from Carbohydrates:	27%
Calories from Fat:	71%
Calories from Protein:	2%
Poly/SatFat:	2.71:1
Sodium/Potassium:	9.81:1
Calcium/Phosphorus:	1.53:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Beans Refried f/Cnd

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	117 Kcal
Protein:	5.88 g
Carbohydrates:	16.23 g
Total Fat:	3.50 g
Monounsaturat Fat:	1.42 g
Polyunsaturat Fat:	0.96 g
Saturated Fat:	0.83 g
Trans Fat:	0.03 g
Water:	123 ml
Total Sugar:	1.00 g
Total Dietary Fiber:	4.34 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	37.41 mg
Magnesium:	41.57mg
Phosphorus:	108.43 mg
Potassium:	377.49 mg
Sodium:	577.81 mg
Copper:	0.155 mg
Iron:	1.72 mg
Manganese:	0.343 mg
Zinc:	0.678 mg

Vitamins

Vitamin A:	0.05 RE
Vitamin E:	0.30 mg
Thiamin (B1):	0.10 mg
Riboflavin (B2):	0.10 mg
Niacin (B3):	0.45 mg
Vitamin (B6):	0.12 mg
Vitamin B12:	0.00 mcg
Folacin:	14.00 mcg
Pantothenic Acid:	0.23 mg
Vitamin C:	7.34 mg
Vitamin D:	0.00 IU
Vitamin K:	3.21 mcg

Fatty Acids

Linoleic:	0.65 g
Oleic:	1.35 g

Other Information

Calories from Carbohydrates:	53%
Calories from Fat:	27%
Calories from Protein:	20%
Poly/SatFat:	1.16:1
Sodium/Potassium:	1.53:1
Calcium/Phosphorus:	0.35:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Beans Wax w/Parsley

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	42 Kcal
Protein:	1.37 g
Carbohydrates:	5.90 g
Total Fat:	1.98 g
Monounsaturat Fat:	0.89 g
Polyunsaturat Fat:	0.62 g
Saturated Fat:	0.38 g
Trans Fat:	0.34 g
Water:	83 ml
Total Sugar:	1.71 g
Total Dietary Fiber:	2.74 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	45.25 mg
Magnesium:	22.05mg
Phosphorus:	28.51 mg
Potassium:	116.43 mg
Sodium:	23.18 mg
Copper:	0.055 mg
Iron:	0.82 mg
Manganese:	0.297 mg
Zinc:	0.441 mg

Vitamins

Vitamin A:	5.51 RE
Vitamin E:	0.16 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.08 mg
Niacin (B3):	0.35 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.00 mcg
Folacin:	21.00 mcg
Pantothenic Acid:	0.05 mg
Vitamin C:	3.80 mg
Vitamin D:	0.00 IU
Vitamin K:	37.12 mcg

Fatty Acids

Linoleic:	0.54 g
Oleic:	0.88 g

Other Information

Calories from Carbohydrates:	44%
Calories from Fat:	43%
Calories from Protein:	13%
Poly/SatFat:	1.64:1
Sodium/Potassium:	0.20:1
Calcium/Phosphorus:	1.59:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Beef Burger w/Cheese

Serving Size : 3 #12scp (236.59 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	604 Kcal
Protein:	25.95 g
Carbohydrates:	29.64 g
Total Fat:	42.08 g
Monounsaturat Fat:	10.73 g
Polyunsaturat Fat:	16.73 g
Saturated Fat:	11.20 g
Trans Fat:	1.02* g
Water:	126 ml
Total Sugar:	5.74 g
Total Dietary Fiber:	0.99 g
Cholesterol:	99 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	292.18 mg
Magnesium:	33.58mg
Phosphorus:	304.58 mg
Potassium:	337.56 mg
Sodium:	1,131.98 mg
Copper:	0.121* mg
Iron:	3.54 mg
Manganese:	0.285* mg
Zinc:	4.848 mg

Vitamins

Vitamin A:	98.00 RE
Vitamin E:	6.69 mg
Thiamin (B1):	0.32 mg
Riboflavin (B2):	0.37 mg
Niacin (B3):	5.34 mg
Vitamin (B6):	0.45 mg
Vitamin B12:	2.20 mcg
Folacin:	59.64 mcg
Pantothenic Acid:	1.03 mg
Vitamin C:	0.69 mg
Vitamin D:	33.74* IU
Vitamin K:	11.31 mcg

Fatty Acids

Linoleic:	15.67 g
Oleic:	9.78 g

Other Information

Calories from Carbohydrates:	20%
Calories from Fat:	63%
Calories from Protein:	17%
Poly/SatFat:	1.49:1
Sodium/Potassium:	3.35:1
Calcium/Phosphorus:	0.96:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Beef Meatloaf Frz

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	185 Kcal
Protein:	22.87 g
Carbohydrates:	0.14 g
Total Fat:	10.91 g
Monounsaturat Fat:	4.01 g
Polyunsaturat Fat:	0.35 g
Saturated Fat:	3.72 g
Trans Fat:	0.32 g
Water:	109 ml
Total Sugar:	0.01 g
Total Dietary Fiber:	0.01 g
Cholesterol:	75 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	12.94 mg
Magnesium:	18.42mg
Phosphorus:	164.05 mg
Potassium:	258.67 mg
Sodium:	91.83 mg
Copper:	0.074 mg
Iron:	2.46 mg
Manganese:	0.009 mg
Zinc:	5.653 mg

Vitamins

Vitamin A:	2.55 RE
Vitamin E:	0.10 mg
Thiamin (B1):	0.03 mg
Riboflavin (B2):	0.14 mg
Niacin (B3):	4.45 mg
Vitamin (B6):	0.30 mg
Vitamin B12:	2.12 mcg
Folacin:	5.10 mcg
Pantothenic Acid:	0.54 mg
Vitamin C:	0.00 mg
Vitamin D:	1.70 IU
Vitamin K:	0.94 mcg

Fatty Acids

Linoleic:	0.24 g
Oleic:	0.31 g

Other Information

Calories from Carbohydrates:	1%
Calories from Fat:	53%
Calories from Protein:	49%
Poly/SatFat:	0.09:1
Sodium/Potassium:	0.36:1
Calcium/Phosphorus:	0.08:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Beef Roast Ckd Sliced

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	152 Kcal
Protein:	24.12 g
Carbohydrates:	0.14 g
Total Fat:	6.63 g
Monounsaturat Fat:	2.22 g
Polyunsaturat Fat:	0.20 g
Saturated Fat:	1.85 g
Trans Fat:	0.00* g
Water:	113 ml
Total Sugar:	0.01 g
Total Dietary Fiber:	0.01 g
Cholesterol:	66 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	7.84 mg
Magnesium:	16.73mg
Phosphorus:	152.24 mg
Potassium:	200.98 mg
Sodium:	71.45 mg
Copper:	0.065 mg
Iron:	1.94 mg
Manganese:	0.009 mg
Zinc:	4.091 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.31 mg
Thiamin (B1):	0.06 mg
Riboflavin (B2):	0.12 mg
Niacin (B3):	4.03 mg
Vitamin (B6):	0.31 mg
Vitamin B12:	1.22 mcg
Folacin:	7.65 mcg
Pantothenic Acid:	0.47 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00* IU
Vitamin K:	1.11 mcg

Fatty Acids

Linoleic:	0.14 g
Oleic:	1.97 g

Other Information

Calories from Carbohydrates:	1%
Calories from Fat:	39%
Calories from Protein:	63%
Poly/SatFat:	0.11:1
Sodium/Potassium:	0.36:1
Calcium/Phosphorus:	0.05:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Beef Taco Filling RTC Cnd

Serving Size : 1 #12scp (78.86 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	122 Kcal
Protein:	8.12 g
Carbohydrates:	2.07 g
Total Fat:	9.74 g
Monounsaturat Fat:	0.02* g
Polyunsaturat Fat:	0.00* g
Saturated Fat:	3.50 g
Trans Fat:	0.00 g
Water:	29* ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	25 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	0.95 mg
Magnesium:	0.29*mg
Phosphorus:	1.00* mg
Potassium:	1.83* mg
Sodium:	279.99 mg
Copper:	0.003* mg
Iron:	1.44 mg
Manganese:	0.000* mg
Zinc:	0.000* mg

Vitamins

Vitamin A:	80.00 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.00* mg
Niacin (B3):	0.00* mg
Vitamin (B6):	0.00* mg
Vitamin B12:	0.00* mcg
Folacin:	0.00* mcg
Pantothenic Acid:	0.00* mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.00* g
Oleic:	0.00* g

Other Information

Calories from Carbohydrates:	1%
Calories from Fat:	72%
Calories from Protein:	27%
Poly/SatFat:	0.00:1
Sodium/Potassium:	152.68:1
Calcium/Phosphorus:	0.95:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Beets Pickle Cnd

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	74 Kcal
Protein:	0.91 g
Carbohydrates:	18.48 g
Total Fat:	0.09 g
Monounsaturat Fat:	0.02 g
Polyunsaturat Fat:	0.03 g
Saturated Fat:	0.01 g
Trans Fat:	0.00 g
Water:	93 ml
Total Sugar:	12.54 g
Total Dietary Fiber:	0.91 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	12.49 mg
Magnesium:	17.03mg
Phosphorus:	19.30 mg
Potassium:	130.53 mg
Sodium:	169.12 mg
Copper:	0.136 mg
Iron:	0.47 mg
Manganese:	0.250 mg
Zinc:	0.295 mg

Vitamins

Vitamin A:	2.27 RE
Vitamin E:	0.07 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.06 mg
Niacin (B3):	0.28 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.00 mcg
Folacin:	30.65 mcg
Pantothenic Acid:	0.16 mg
Vitamin C:	2.61 mg
Vitamin D:	0.00 IU
Vitamin K:	0.34 mcg

Fatty Acids

Linoleic:	0.03 g
Oleic:	0.02 g

Other Information

Calories from Carbohydrates:	94%
Calories from Fat:	1%
Calories from Protein:	5%
Poly/SatFat:	3.00:1
Sodium/Potassium:	1.30:1
Calcium/Phosphorus:	0.65:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Beets Sliced f/Cnd

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	48 Kcal
Protein:	0.93 g
Carbohydrates:	7.35 g
Total Fat:	1.98 g
Monounsaturat Fat:	0.91 g
Polyunsaturat Fat:	0.60 g
Saturated Fat:	0.37 g
Trans Fat:	0.34 g
Water:	93 ml
Total Sugar:	5.59 g
Total Dietary Fiber:	1.83 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	15.36 mg
Magnesium:	17.35mg
Phosphorus:	17.45 mg
Potassium:	150.65 mg
Sodium:	211.46 mg
Copper:	0.061 mg
Iron:	1.85 mg
Manganese:	0.295 mg
Zinc:	0.216 mg

Vitamins

Vitamin A:	1.02 RE
Vitamin E:	0.15 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.04 mg
Niacin (B3):	0.16 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.00 mcg
Folacin:	30.48 mcg
Pantothenic Acid:	0.16 mg
Vitamin C:	4.16 mg
Vitamin D:	0.00 IU
Vitamin K:	1.89 mcg

Fatty Acids

Linoleic:	0.55 g
Oleic:	0.90 g

Other Information

Calories from Carbohydrates:	55%
Calories from Fat:	37%
Calories from Protein:	8%
Poly/SatFat:	1.60:1
Sodium/Potassium:	1.40:1
Calcium/Phosphorus:	0.88:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Broccoli Florets f/Frz

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	42 Kcal
Protein:	2.82 g
Carbohydrates:	4.89 g
Total Fat:	1.92 g
Monounsaturat Fat:	0.88 g
Polyunsaturat Fat:	0.60 g
Saturated Fat:	0.36 g
Trans Fat:	0.34 g
Water:	83 ml
Total Sugar:	1.34 g
Total Dietary Fiber:	2.73 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	46.70 mg
Magnesium:	18.29mg
Phosphorus:	50.15 mg
Potassium:	164.56 mg
Sodium:	36.65 mg
Copper:	0.037 mg
Iron:	0.56 mg
Manganese:	0.303 mg
Zinc:	0.276 mg

Vitamins

Vitamin A:	46.30 RE
Vitamin E:	1.32 mg
Thiamin (B1):	0.05 mg
Riboflavin (B2):	0.07 mg
Niacin (B3):	0.42 mg
Vitamin (B6):	0.12 mg
Vitamin B12:	0.00 mcg
Folacin:	27.30 mcg
Pantothenic Acid:	0.25 mg
Vitamin C:	36.42 mg
Vitamin D:	0.00 IU
Vitamin K:	82.05 mcg

Fatty Acids

Linoleic:	0.51 g
Oleic:	0.88 g

Other Information

Calories from Carbohydrates:	31%
Calories from Fat:	41%
Calories from Protein:	27%
Poly/SatFat:	1.67:1
Sodium/Potassium:	0.22:1
Calcium/Phosphorus:	0.93:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Cake Angel Food RTS

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	7 Kcal
Protein:	0.17 g
Carbohydrates:	1.64 g
Total Fat:	0.02 g
Monounsaturat Fat:	0.00 g
Polyunsaturat Fat:	0.01 g
Saturated Fat:	0.00 g
Trans Fat:	0.00* g
Water:	5 ml
Total Sugar:	0.00* g
Total Dietary Fiber:	0.04 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	4.09 mg
Magnesium:	0.38mg
Phosphorus:	9.19 mg
Potassium:	2.68 mg
Sodium:	21.35 mg
Copper:	0.003 mg
Iron:	0.01 mg
Manganese:	0.003 mg
Zinc:	0.002 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.01 mg
Niacin (B3):	0.02 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	0.99 mcg
Pantothenic Acid:	0.01 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.01 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	88%
Calories from Fat:	3%
Calories from Protein:	9%
Poly/SatFat:	3.08:1
Sodium/Potassium:	7.98:1
Calcium/Phosphorus:	0.44:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Cake Pound RTS 3z

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	331 Kcal
Protein:	4.42 g
Carbohydrates:	44.65 g
Total Fat:	15.22 g
Monounsaturat Fat:	8.45 g
Polyunsaturat Fat:	1.91 g
Saturated Fat:	3.95 g
Trans Fat:	0.00* g
Water:	79 ml
Total Sugar:	0.00* g
Total Dietary Fiber:	0.85 g
Cholesterol:	49 mg
Alcohol:	0.00 g
Caffeine:	0.00* mg

Minerals

Calcium:	56.21 mg
Magnesium:	11.65mg
Phosphorus:	113.97 mg
Potassium:	90.75 mg
Sodium:	341.98 mg
Copper:	0.048 mg
Iron:	1.38 mg
Manganese:	0.077 mg
Zinc:	0.332 mg

Vitamins

Vitamin A:	29.77 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.12 mg
Riboflavin (B2):	0.22 mg
Niacin (B3):	1.15 mg
Vitamin (B6):	0.02 mg
Vitamin B12:	0.12 mcg
Folacin:	30.62 mcg
Pantothenic Acid:	0.25 mg
Vitamin C:	0.09 mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	1.79 g
Oleic:	8.40 g

Other Information

Calories from Carbohydrates:	53%
Calories from Fat:	41%
Calories from Protein:	5%
Poly/SatFat:	0.48:1
Sodium/Potassium:	3.77:1
Calcium/Phosphorus:	0.49:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Carrot Parsley f/Frz

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	51 Kcal
Protein:	0.67 g
Carbohydrates:	7.29 g
Total Fat:	2.46 g
Monounsaturat Fat:	0.91 g
Polyunsaturat Fat:	0.86 g
Saturated Fat:	0.46 g
Trans Fat:	0.34 g
Water:	82 ml
Total Sugar:	3.74 g
Total Dietary Fiber:	3.13 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	37.66 mg
Magnesium:	12.05mg
Phosphorus:	30.47 mg
Potassium:	188.32 mg
Sodium:	70.57 mg
Copper:	0.077 mg
Iron:	0.60 mg
Manganese:	0.204 mg
Zinc:	0.348 mg

Vitamins

Vitamin A:	767.97 RE
Vitamin E:	1.08 mg
Thiamin (B1):	0.03 mg
Riboflavin (B2):	0.05 mg
Niacin (B3):	0.43 mg
Vitamin (B6):	0.08 mg
Vitamin B12:	0.00 mcg
Folacin:	10.92 mcg
Pantothenic Acid:	0.16 mg
Vitamin C:	2.73 mg
Vitamin D:	0.00 IU
Vitamin K:	20.99 mcg

Fatty Acids

Linoleic:	0.77 g
Oleic:	0.90 g

Other Information

Calories from Carbohydrates:	52%
Calories from Fat:	43%
Calories from Protein:	5%
Poly/SatFat:	1.88:1
Sodium/Potassium:	0.37:1
Calcium/Phosphorus:	1.24:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Cauliflower Parsley f/Frz

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	34 Kcal
Protein:	1.48 g
Carbohydrates:	3.45 g
Total Fat:	2.02 g
Monounsaturat Fat:	0.89 g
Polyunsaturat Fat:	0.65 g
Saturated Fat:	0.37 g
Trans Fat:	0.34 g
Water:	86 ml
Total Sugar:	0.96 g
Total Dietary Fiber:	2.47 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	16.22 mg
Magnesium:	8.44mg
Phosphorus:	22.16 mg
Potassium:	128.22 mg
Sodium:	31.35 mg
Copper:	0.019 mg
Iron:	0.39 mg
Manganese:	0.142 mg
Zinc:	0.124 mg

Vitamins

Vitamin A:	0.06 RE
Vitamin E:	0.18 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.05 mg
Niacin (B3):	0.29 mg
Vitamin (B6):	0.08 mg
Vitamin B12:	0.00 mcg
Folacin:	37.33 mcg
Pantothenic Acid:	0.09 mg
Vitamin C:	28.47 mg
Vitamin D:	0.00 IU
Vitamin K:	13.35 mcg

Fatty Acids

Linoleic:	0.52 g
Oleic:	0.89 g

Other Information

Calories from Carbohydrates:	28%
Calories from Fat:	54%
Calories from Protein:	18%
Poly/SatFat:	1.75:1
Sodium/Potassium:	0.24:1
Calcium/Phosphorus:	0.73:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Cereal Cheerios

Serving Size : 1 #12scp (78.86 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	102 Kcal
Protein:	4.05 g
Carbohydrates:	17.58 g
Total Fat:	2.32 g
Monounsaturat Fat:	0.76 g
Polyunsaturat Fat:	0.54 g
Saturated Fat:	0.89 g
Trans Fat:	0.05 g
Water:	42 ml
Total Sugar:	3.23 g
Total Dietary Fiber:	1.97 g
Cholesterol:	4 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	139.12 mg
Magnesium:	28.97mg
Phosphorus:	143.11 mg
Potassium:	198.68 mg
Sodium:	125.88 mg
Copper:	0.086 mg
Iron:	6.98 mg
Manganese:	0.750 mg
Zinc:	3.733 mg

Vitamins

Vitamin A:	233.07 RE
Vitamin E:	0.15 mg
Thiamin (B1):	0.30 mg
Riboflavin (B2):	0.11 mg
Niacin (B3):	4.45 mg
Vitamin (B6):	0.52 mg
Vitamin B12:	1.66 mcg
Folacin:	152.23 mcg
Pantothenic Acid:	0.39 mg
Vitamin C:	4.63 mg
Vitamin D:	50.98 IU
Vitamin K:	0.47 mcg

Fatty Acids

Linoleic:	0.52 g
Oleic:	0.72 g

Other Information

Calories from Carbohydrates:	64%
Calories from Fat:	20%
Calories from Protein:	16%
Poly/SatFat:	0.61:1
Sodium/Potassium:	0.63:1
Calcium/Phosphorus:	0.97:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Cereal Corn Flakes

Serving Size : 1 #12scp (78.86 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	83 Kcal
Protein:	2.78 g
Carbohydrates:	16.42 g
Total Fat:	0.97 g
Monounsaturat Fat:	0.27 g
Polyunsaturat Fat:	0.07 g
Saturated Fat:	0.60 g
Trans Fat:	0.04 g
Water:	41 ml
Total Sugar:	3.92 g
Total Dietary Fiber:	0.56 g
Cholesterol:	4 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	55.76 mg
Magnesium:	11.63mg
Phosphorus:	59.35 mg
Potassium:	92.49 mg
Sodium:	144.84 mg
Copper:	0.038 mg
Iron:	4.90 mg
Manganese:	0.033 mg
Zinc:	0.389 mg

Vitamins

Vitamin A:	108.07 RE
Vitamin E:	0.03 mg
Thiamin (B1):	0.25 mg
Riboflavin (B2):	0.34 mg
Niacin (B3):	3.07 mg
Vitamin (B6):	0.32 mg
Vitamin B12:	1.09 mcg
Folacin:	62.68 mcg
Pantothenic Acid:	0.20 mg
Vitamin C:	3.64 mg
Vitamin D:	46.61 IU
Vitamin K:	0.09 mcg

Fatty Acids

Linoleic:	0.06 g
Oleic:	0.25 g

Other Information

Calories from Carbohydrates:	76%
Calories from Fat:	11%
Calories from Protein:	13%
Poly/SatFat:	0.11:1
Sodium/Potassium:	1.57:1
Calcium/Phosphorus:	0.94:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Cereal Oatmeal

Serving Size : 1 #8scp (118.29 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	77 Kcal
Protein:	2.68 g
Carbohydrates:	13.82 g
Total Fat:	1.33 g
Monounsaturat Fat:	0.40 g
Polyunsaturat Fat:	0.47 g
Saturated Fat:	0.23 g
Trans Fat:	0.00 g
Water:	175 ml
Total Sugar:	0.20 g
Total Dietary Fiber:	2.06 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	15.82 mg
Magnesium:	29.90mg
Phosphorus:	83.69 mg
Potassium:	75.62 mg
Sodium:	29.99 mg
Copper:	0.097 mg
Iron:	0.87 mg
Manganese:	0.741 mg
Zinc:	0.743 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.09 mg
Thiamin (B1):	0.09 mg
Riboflavin (B2):	0.03 mg
Niacin (B3):	0.23 mg
Vitamin (B6):	0.02 mg
Vitamin B12:	0.00 mcg
Folacin:	6.53 mcg
Pantothenic Acid:	0.23 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.41 mcg

Fatty Acids

Linoleic:	0.45 g
Oleic:	0.40 g

Other Information

Calories from Carbohydrates:	71%
Calories from Fat:	15%
Calories from Protein:	14%
Poly/SatFat:	2.07:1
Sodium/Potassium:	0.40:1
Calcium/Phosphorus:	0.19:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Cereal Oatmeal Cinnamon

Serving Size : 1 #8scp (118.29 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	86 Kcal
Protein:	2.25 g
Carbohydrates:	17.07 g
Total Fat:	1.11 g
Monounsaturat Fat:	0.34 g
Polyunsaturat Fat:	0.39 g
Saturated Fat:	0.19 g
Trans Fat:	0.00 g
Water:	165 ml
Total Sugar:	5.51 g
Total Dietary Fiber:	1.82 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	20.27 mg
Magnesium:	25.72mg
Phosphorus:	70.08 mg
Potassium:	71.37 mg
Sodium:	19.27 mg
Copper:	0.086 mg
Iron:	0.78 mg
Manganese:	0.655 mg
Zinc:	0.624 mg

Vitamins

Vitamin A:	0.03 RE
Vitamin E:	0.08 mg
Thiamin (B1):	0.08 mg
Riboflavin (B2):	0.03 mg
Niacin (B3):	0.20 mg
Vitamin (B6):	0.02 mg
Vitamin B12:	0.00 mcg
Folacin:	5.51 mcg
Pantothenic Acid:	0.20 mg
Vitamin C:	0.01 mg
Vitamin D:	0.00 IU
Vitamin K:	0.40 mcg

Fatty Acids

Linoleic:	0.37 g
Oleic:	0.34 g

Other Information

Calories from Carbohydrates:	78%
Calories from Fat:	12%
Calories from Protein:	10%
Poly/SatFat:	2.07:1
Sodium/Potassium:	0.27:1
Calcium/Phosphorus:	0.29:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Cereal Rice Krispies

Serving Size : 1 #12scp (78.86 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	106 Kcal
Protein:	2.92 g
Carbohydrates:	20.30 g
Total Fat:	1.17 g
Monounsaturat Fat:	0.31 g
Polyunsaturat Fat:	0.09 g
Saturated Fat:	0.65 g
Trans Fat:	0.04 g
Water:	42 ml
Total Sugar:	4.86 g
Total Dietary Fiber:	0.15 g
Cholesterol:	4 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	55.96 mg
Magnesium:	9.86mg
Phosphorus:	62.68 mg
Potassium:	86.32 mg
Sodium:	135.96 mg
Copper:	0.036 mg
Iron:	6.88 mg
Manganese:	0.236 mg
Zinc:	0.493 mg

Vitamins

Vitamin A:	263.74 RE
Vitamin E:	0.03 mg
Thiamin (B1):	0.45 mg
Riboflavin (B2):	0.36 mg
Niacin (B3):	6.13 mg
Vitamin (B6):	0.43 mg
Vitamin B12:	1.39 mcg
Folacin:	129.55 mcg
Pantothenic Acid:	0.23 mg
Vitamin C:	13.64 mg
Vitamin D:	86.05 IU
Vitamin K:	0.09 mcg

Fatty Acids

Linoleic:	0.09 g
Oleic:	0.28 g

Other Information

Calories from Carbohydrates:	79%
Calories from Fat:	10%
Calories from Protein:	11%
Poly/SatFat:	0.14:1
Sodium/Potassium:	1.58:1
Calcium/Phosphorus:	0.89:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Chicken Breast Grilled RTB 3z

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	170 Kcal
Protein:	21.18 g
Carbohydrates:	4.65 g
Total Fat:	6.97 g
Monounsaturat Fat:	2.77 g
Polyunsaturat Fat:	1.47 g
Saturated Fat:	1.97 g
Trans Fat:	0.00 g
Water:	108 ml
Total Sugar:	0.14 g
Total Dietary Fiber:	1.04 g
Cholesterol:	52 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	34.04 mg
Magnesium:	35.44mg
Phosphorus:	289.17 mg
Potassium:	279.23 mg
Sodium:	492.31 mg
Copper:	0.144 mg
Iron:	1.56 mg
Manganese:	0.000 mg
Zinc:	2.858 mg

Vitamins

Vitamin A:	0.06 RE
Vitamin E:	0.12 mg
Thiamin (B1):	0.15 mg
Riboflavin (B2):	0.11 mg
Niacin (B3):	8.54 mg
Vitamin (B6):	0.46 mg
Vitamin B12:	0.64 mcg
Folacin:	2.55 mcg
Pantothenic Acid:	0.74 mg
Vitamin C:	0.01 mg
Vitamin D:	7.65 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.00 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	13%
Calories from Fat:	37%
Calories from Protein:	50%
Poly/SatFat:	0.75:1
Sodium/Potassium:	1.76:1
Calcium/Phosphorus:	0.12:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Chicken Breast Teriyaki Glz Ckd

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	125 Kcal
Protein:	23.98 g
Carbohydrates:	0.28 g
Total Fat:	3.10 g
Monounsaturat Fat:	1.22 g
Polyunsaturat Fat:	0.42 g
Saturated Fat:	0.75 g
Trans Fat:	0.00* g
Water:	86 ml
Total Sugar:	0.07 g
Total Dietary Fiber:	0.01 g
Cholesterol:	73 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	13.19 mg
Magnesium:	21.55mg
Phosphorus:	209.22 mg
Potassium:	243.80 mg
Sodium:	297.61 mg
Copper:	0.037 mg
Iron:	0.41 mg
Manganese:	0.000* mg
Zinc:	0.740 mg

Vitamins

Vitamin A:	4.28 RE
Vitamin E:	0.27 mg
Thiamin (B1):	0.07 mg
Riboflavin (B2):	0.11 mg
Niacin (B3):	8.19 mg
Vitamin (B6):	0.26 mg
Vitamin B12:	0.23 mcg
Folacin:	9.36 mcg
Pantothenic Acid:	0.00* mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.38 g
Oleic:	1.01 g

Other Information

Calories from Carbohydrates:	1%
Calories from Fat:	22%
Calories from Protein:	77%
Poly/SatFat:	0.56:1
Sodium/Potassium:	1.22:1
Calcium/Phosphorus:	0.06:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Chicken Salad Soft Sndw Wheat

Serving Size : 3 #12scp (236.59 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	322 Kcal
Protein:	20.21 g
Carbohydrates:	31.95 g
Total Fat:	12.35 g
Monounsaturat Fat:	3.21 g
Polyunsaturat Fat:	4.80 g
Saturated Fat:	2.57 g
Trans Fat:	0.02* g
Water:	134 ml
Total Sugar:	5.09 g
Total Dietary Fiber:	2.27 g
Cholesterol:	89 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	87.49 mg
Magnesium:	35.32mg
Phosphorus:	164.16 mg
Potassium:	185.60 mg
Sodium:	868.84 mg
Copper:	0.122 mg
Iron:	2.74 mg
Manganese:	0.604* mg
Zinc:	1.652 mg

Vitamins

Vitamin A:	24.46 RE
Vitamin E:	0.92 mg
Thiamin (B1):	0.27 mg
Riboflavin (B2):	0.28 mg
Niacin (B3):	6.01 mg
Vitamin (B6):	0.20 mg
Vitamin B12:	0.24 mcg
Folacin:	56.65 mcg
Pantothenic Acid:	0.98 mg
Vitamin C:	0.32 mg
Vitamin D:	12.57 IU
Vitamin K:	15.84 mcg

Fatty Acids

Linoleic:	4.09 g
Oleic:	2.97 g

Other Information

Calories from Carbohydrates:	40%
Calories from Fat:	34%
Calories from Protein:	25%
Poly/SatFat:	1.87:1
Sodium/Potassium:	4.68:1
Calcium/Phosphorus:	0.53:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Chicken Tenders Brd f/RTB

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	229 Kcal
Protein:	13.24 g
Carbohydrates:	16.78 g
Total Fat:	12.14 g
Monounsaturat Fat:	3.67 g
Polyunsaturat Fat:	5.51 g
Saturated Fat:	2.22 g
Trans Fat:	0.05 g
Water:	109 ml
Total Sugar:	0.49 g
Total Dietary Fiber:	1.47 g
Cholesterol:	32 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	44.36 mg
Magnesium:	28.29mg
Phosphorus:	187.85 mg
Potassium:	268.88 mg
Sodium:	723.79 mg
Copper:	0.092 mg
Iron:	0.92 mg
Manganese:	0.281 mg
Zinc:	0.603 mg

Vitamins

Vitamin A:	6.52 RE
Vitamin E:	1.91 mg
Thiamin (B1):	0.12 mg
Riboflavin (B2):	0.08 mg
Niacin (B3):	5.27 mg
Vitamin (B6):	0.31 mg
Vitamin B12:	0.19 mcg
Folacin:	29.13 mcg
Pantothenic Acid:	0.62 mg
Vitamin C:	0.44 mg
Vitamin D:	2.59 IU
Vitamin K:	15.25 mcg

Fatty Acids

Linoleic:	5.13 g
Oleic:	3.43 g

Other Information

Calories from Carbohydrates:	29%
Calories from Fat:	48%
Calories from Protein:	23%
Poly/SatFat:	2.48:1
Sodium/Potassium:	2.69:1
Calcium/Phosphorus:	0.24:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Cookies Snickerdoodle f/Dough

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	183 Kcal
Protein:	1.68 g
Carbohydrates:	25.69 g
Total Fat:	8.17 g
Monounsaturat Fat:	4.65 g
Polyunsaturat Fat:	1.04 g
Saturated Fat:	2.08 g
Trans Fat:	0.00 g
Water:	35 ml
Total Sugar:	15.32 g
Total Dietary Fiber:	0.38 g
Cholesterol:	5 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	4.24 mg
Magnesium:	3.23mg
Phosphorus:	70.91 mg
Potassium:	61.97 mg
Sodium:	138.51 mg
Copper:	0.020 mg
Iron:	0.78 mg
Manganese:	0.130 mg
Zinc:	0.101 mg

Vitamins

Vitamin A:	4.62 RE
Vitamin E:	0.08 mg
Thiamin (B1):	0.09 mg
Riboflavin (B2):	0.05 mg
Niacin (B3):	1.01 mg
Vitamin (B6):	0.01 mg
Vitamin B12:	0.01 mcg
Folacin:	26.43 mcg
Pantothenic Acid:	0.10 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	3.69 mcg

Fatty Acids

Linoleic:	0.98 g
Oleic:	4.64 g

Other Information

Calories from Carbohydrates:	56%
Calories from Fat:	40%
Calories from Protein:	4%
Poly/SatFat:	0.50:1
Sodium/Potassium:	2.23:1
Calcium/Phosphorus:	0.06:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Cookies Snickerdoodle f/Dough

Serving Size : 2 #10scp (189.27 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	366 Kcal
Protein:	3.36 g
Carbohydrates:	51.37 g
Total Fat:	16.35 g
Monounsaturat Fat:	9.30 g
Polyunsaturat Fat:	2.07 g
Saturated Fat:	4.16 g
Trans Fat:	0.00 g
Water:	71 ml
Total Sugar:	30.64 g
Total Dietary Fiber:	0.76 g
Cholesterol:	9 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	8.49 mg
Magnesium:	6.47mg
Phosphorus:	141.81 mg
Potassium:	123.95 mg
Sodium:	277.01 mg
Copper:	0.039 mg
Iron:	1.55 mg
Manganese:	0.260 mg
Zinc:	0.201 mg

Vitamins

Vitamin A:	9.23 RE
Vitamin E:	0.16 mg
Thiamin (B1):	0.18 mg
Riboflavin (B2):	0.10 mg
Niacin (B3):	2.02 mg
Vitamin (B6):	0.02 mg
Vitamin B12:	0.02 mcg
Folacin:	52.87 mcg
Pantothenic Acid:	0.21 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	7.38 mcg

Fatty Acids

Linoleic:	1.96 g
Oleic:	9.29 g

Other Information

Calories from Carbohydrates:	56%
Calories from Fat:	40%
Calories from Protein:	4%
Poly/SatFat:	0.50:1
Sodium/Potassium:	2.23:1
Calcium/Phosphorus:	0.06:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Cookies Sugar f/Dough

Serving Size : 1/2 #10scp (47.32 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	91 Kcal
Protein:	0.84 g
Carbohydrates:	12.84 g
Total Fat:	4.09 g
Monounsaturat Fat:	2.32 g
Polyunsaturat Fat:	0.52 g
Saturated Fat:	1.04 g
Trans Fat:	0.00 g
Water:	33 ml
Total Sugar:	7.66 g
Total Dietary Fiber:	0.19 g
Cholesterol:	2 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	2.57 mg
Magnesium:	1.76mg
Phosphorus:	35.45 mg
Potassium:	31.13 mg
Sodium:	69.70 mg
Copper:	0.011 mg
Iron:	0.39 mg
Manganese:	0.065 mg
Zinc:	0.050 mg

Vitamins

Vitamin A:	2.31 RE
Vitamin E:	0.04 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.03 mg
Niacin (B3):	0.51 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	13.22 mcg
Pantothenic Acid:	0.05 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	1.85 mcg

Fatty Acids

Linoleic:	0.49 g
Oleic:	2.32 g

Other Information

Calories from Carbohydrates:	56%
Calories from Fat:	40%
Calories from Protein:	4%
Poly/SatFat:	0.50:1
Sodium/Potassium:	2.24:1
Calcium/Phosphorus:	0.07:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Cookies Sugar f/Dough

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	183 Kcal
Protein:	1.68 g
Carbohydrates:	25.69 g
Total Fat:	8.17 g
Monounsaturat Fat:	4.65 g
Polyunsaturat Fat:	1.04 g
Saturated Fat:	2.08 g
Trans Fat:	0.00 g
Water:	65 ml
Total Sugar:	15.32 g
Total Dietary Fiber:	0.38 g
Cholesterol:	5 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	5.13 mg
Magnesium:	3.53mg
Phosphorus:	70.91 mg
Potassium:	62.27 mg
Sodium:	139.40 mg
Copper:	0.023 mg
Iron:	0.78 mg
Manganese:	0.130 mg
Zinc:	0.101 mg

Vitamins

Vitamin A:	4.62 RE
Vitamin E:	0.08 mg
Thiamin (B1):	0.09 mg
Riboflavin (B2):	0.05 mg
Niacin (B3):	1.01 mg
Vitamin (B6):	0.01 mg
Vitamin B12:	0.01 mcg
Folacin:	26.43 mcg
Pantothenic Acid:	0.10 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	3.69 mcg

Fatty Acids

Linoleic:	0.98 g
Oleic:	4.64 g

Other Information

Calories from Carbohydrates:	56%
Calories from Fat:	40%
Calories from Protein:	4%
Poly/SatFat:	0.50:1
Sodium/Potassium:	2.24:1
Calcium/Phosphorus:	0.07:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Egg Boiled Hard

Serving Size : 1 #16scp (59.15 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	73 Kcal
Protein:	6.37 g
Carbohydrates:	0.51 g
Total Fat:	4.79 g
Monounsaturat Fat:	1.84 g
Polyunsaturat Fat:	0.97 g
Saturated Fat:	1.57 g
Trans Fat:	0.02 g
Water:	66 ml
Total Sugar:	0.19 g
Total Dietary Fiber:	0.00 g
Cholesterol:	186 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	30.09 mg
Magnesium:	6.65mg
Phosphorus:	100.24 mg
Potassium:	71.71 mg
Sodium:	227.81 mg
Copper:	0.038 mg
Iron:	0.89 mg
Manganese:	0.017 mg
Zinc:	0.646 mg

Vitamins

Vitamin A:	80.00 RE
Vitamin E:	0.53 mg
Thiamin (B1):	0.02 mg
Riboflavin (B2):	0.23 mg
Niacin (B3):	0.07 mg
Vitamin (B6):	0.09 mg
Vitamin B12:	0.45 mcg
Folacin:	23.71 mcg
Pantothenic Acid:	0.77 mg
Vitamin C:	0.01 mg
Vitamin D:	41.00 IU
Vitamin K:	0.15 mcg

Fatty Acids

Linoleic:	0.79 g
Oleic:	1.72 g

Other Information

Calories from Carbohydrates:	6%
Calories from Fat:	59%
Calories from Protein:	35%
Poly/SatFat:	0.61:1
Sodium/Potassium:	3.18:1
Calcium/Phosphorus:	0.30:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Egg Scrambled & Cheese f/Frz

Serving Size : 1 #16scp (59.15 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	130 Kcal
Protein:	9.36 g
Carbohydrates:	1.33 g
Total Fat:	9.52 g
Monounsaturat Fat:	3.20 g
Polyunsaturat Fat:	1.12 g
Saturated Fat:	4.31 g
Trans Fat:	0.16 g
Water:	49 ml
Total Sugar:	0.57 g
Total Dietary Fiber:	0.02 g
Cholesterol:	195 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	136.15 mg
Magnesium:	9.02mg
Phosphorus:	162.77 mg
Potassium:	87.62 mg
Sodium:	154.62 mg
Copper:	0.030 mg
Iron:	0.87 mg
Manganese:	0.030 mg
Zinc:	1.174 mg

Vitamins

Vitamin A:	132.17 RE
Vitamin E:	0.45 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.33 mg
Niacin (B3):	0.06 mg
Vitamin (B6):	0.11 mg
Vitamin B12:	0.68 mcg
Folacin:	46.34 mcg
Pantothenic Acid:	0.85 mg
Vitamin C:	0.02 mg
Vitamin D:	57.98 IU
Vitamin K:	0.63 mcg

Fatty Acids

Linoleic:	0.92 g
Oleic:	2.82 g

Other Information

Calories from Carbohydrates:	6%
Calories from Fat:	66%
Calories from Protein:	29%
Poly/SatFat:	0.26:1
Sodium/Potassium:	1.76:1
Calcium/Phosphorus:	0.84:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Egg Scrambled f/Frz

Serving Size : 1 #16scp (59.15 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	97 Kcal
Protein:	7.43 g
Carbohydrates:	0.95 g
Total Fat:	6.86 g
Monounsaturat Fat:	2.76 g
Polyunsaturat Fat:	1.38 g
Saturated Fat:	2.23 g
Trans Fat:	0.20 g
Water:	81 ml
Total Sugar:	0.52 g
Total Dietary Fiber:	0.00 g
Cholesterol:	218 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	45.86 mg
Magnesium:	6.36mg
Phosphorus:	119.34 mg
Potassium:	89.48 mg
Sodium:	86.34 mg
Copper:	0.033 mg
Iron:	1.02 mg
Manganese:	0.018 mg
Zinc:	0.806 mg

Vitamins

Vitamin A:	103.75 RE
Vitamin E:	0.48 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.32 mg
Niacin (B3):	0.06 mg
Vitamin (B6):	0.11 mg
Vitamin B12:	0.62 mcg
Folacin:	51.11 mcg
Pantothenic Acid:	0.94 mg
Vitamin C:	0.01 mg
Vitamin D:	64.82 IU
Vitamin K:	1.03 mcg

Fatty Acids

Linoleic:	1.16 g
Oleic:	2.60 g

Other Information

Calories from Carbohydrates:	6%
Calories from Fat:	63%
Calories from Protein:	31%
Poly/SatFat:	0.62:1
Sodium/Potassium:	0.96:1
Calcium/Phosphorus:	0.38:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Fish Fillet Brd on Bun f/RTB

Serving Size : 3 #12scp (236.59 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	283 Kcal
Protein:	9.52 g
Carbohydrates:	35.55 g
Total Fat:	11.09 g
Monounsaturat Fat:	2.37 g
Polyunsaturat Fat:	5.65 g
Saturated Fat:	2.17 g
Trans Fat:	0.05 g
Water:	113 ml
Total Sugar:	5.50 g
Total Dietary Fiber:	1.38 g
Cholesterol:	13 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	91.43 mg
Magnesium:	22.29mg
Phosphorus:	111.50 mg
Potassium:	164.10 mg
Sodium:	929.43 mg
Copper:	0.084 mg
Iron:	1.99 mg
Manganese:	0.348 mg
Zinc:	0.545 mg

Vitamins

Vitamin A:	19.22 RE
Vitamin E:	0.98 mg
Thiamin (B1):	0.31 mg
Riboflavin (B2):	0.20 mg
Niacin (B3):	2.99 mg
Vitamin (B6):	0.12 mg
Vitamin B12:	0.43 mcg
Folacin:	55.74 mcg
Pantothenic Acid:	0.41 mg
Vitamin C:	1.44 mg
Vitamin D:	0.65 IU
Vitamin K:	18.88 mcg

Fatty Acids

Linoleic:	4.96 g
Oleic:	2.31 g

Other Information

Calories from Carbohydrates:	51%
Calories from Fat:	35%
Calories from Protein:	13%
Poly/SatFat:	2.61:1
Sodium/Potassium:	5.66:1
Calcium/Phosphorus:	0.82:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Green Beans Cut f/Frz

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	42 Kcal
Protein:	1.37 g
Carbohydrates:	5.90 g
Total Fat:	1.97 g
Monounsaturat Fat:	0.89 g
Polyunsaturat Fat:	0.62 g
Saturated Fat:	0.38 g
Trans Fat:	0.34 g
Water:	83 ml
Total Sugar:	1.71 g
Total Dietary Fiber:	2.74 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	39.51 mg
Magnesium:	17.69mg
Phosphorus:	26.59 mg
Potassium:	146.23 mg
Sodium:	15.68 mg
Copper:	0.056 mg
Iron:	0.66 mg
Manganese:	0.269 mg
Zinc:	0.224 mg

Vitamins

Vitamin A:	19.07 RE
Vitamin E:	0.16 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.08 mg
Niacin (B3):	0.35 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.00 mcg
Folacin:	21.07 mcg
Pantothenic Acid:	0.05 mg
Vitamin C:	3.72 mg
Vitamin D:	0.00 IU
Vitamin K:	37.28 mcg

Fatty Acids

Linoleic:	0.54 g
Oleic:	0.88 g

Other Information

Calories from Carbohydrates:	44%
Calories from Fat:	43%
Calories from Protein:	13%
Poly/SatFat:	1.63:1
Sodium/Potassium:	0.11:1
Calcium/Phosphorus:	1.49:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Ham Breakfast f/Pit

Serving Size : 1 #16scp (59.15 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	81 Kcal
Protein:	9.19 g
Carbohydrates:	7.23 g
Total Fat:	1.72 g
Monounsaturat Fat:	0.87 g
Polyunsaturat Fat:	0.22 g
Saturated Fat:	0.59 g
Trans Fat:	0.00 g
Water:	97 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	12 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	13.67 mg
Magnesium:	6.87mg
Phosphorus:	197.25 mg
Potassium:	103.50 mg
Sodium:	681.78 mg
Copper:	0.032 mg
Iron:	0.27 mg
Manganese:	0.028 mg
Zinc:	0.516 mg

Vitamins

Vitamin A:	2.32 RE
Vitamin E:	0.00 mg
Thiamin (B1):	0.20 mg
Riboflavin (B2):	0.09 mg
Niacin (B3):	1.33 mg
Vitamin (B6):	0.12 mg
Vitamin B12:	0.21 mcg
Folacin:	8.57 mcg
Pantothenic Acid:	0.19 mg
Vitamin C:	0.32 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.11 g
Oleic:	0.58 g

Other Information

Calories from Carbohydrates:	36%
Calories from Fat:	19%
Calories from Protein:	45%
Poly/SatFat:	0.38:1
Sodium/Potassium:	6.59:1
Calcium/Phosphorus:	0.07:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Macaroni & Cheese f/Mix

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	261 Kcal
Protein:	6.45 g
Carbohydrates:	40.76 g
Total Fat:	7.86 g
Monounsaturat Fat:	2.96 g
Polyunsaturat Fat:	0.66 g
Saturated Fat:	3.36 g
Trans Fat:	0.02 g
Water:	371 ml
Total Sugar:	5.14 g
Total Dietary Fiber:	1.14 g
Cholesterol:	10 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	108.02 mg
Magnesium:	31.10mg
Phosphorus:	162.45 mg
Potassium:	234.15 mg
Sodium:	1,181.15 mg
Copper:	0.140 mg
Iron:	0.98 mg
Manganese:	0.242 mg
Zinc:	0.817 mg

Vitamins

Vitamin A:	28.71 RE
Vitamin E:	0.13 mg
Thiamin (B1):	0.30 mg
Riboflavin (B2):	0.37 mg
Niacin (B3):	2.62 mg
Vitamin (B6):	0.11 mg
Vitamin B12:	0.25 mcg
Folacin:	106.73 mcg
Pantothenic Acid:	0.70 mg
Vitamin C:	0.36 mg
Vitamin D:	7.47 IU
Vitamin K:	0.44 mcg

Fatty Acids

Linoleic:	0.54 g
Oleic:	2.81 g

Other Information

Calories from Carbohydrates:	63%
Calories from Fat:	27%
Calories from Protein:	10%
Poly/SatFat:	0.19:1
Sodium/Potassium:	5.04:1
Calcium/Phosphorus:	0.66:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Macaroni Salad Soft Hmd

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	115 Kcal
Protein:	3.11 g
Carbohydrates:	19.44 g
Total Fat:	2.72 g
Monounsaturat Fat:	0.60 g
Polyunsaturat Fat:	1.43 g
Saturated Fat:	0.48 g
Trans Fat:	0.00 g
Water:	26 ml
Total Sugar:	1.73 g
Total Dietary Fiber:	0.83 g
Cholesterol:	3 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	7.66 mg
Magnesium:	13.23mg
Phosphorus:	44.74 mg
Potassium:	61.83 mg
Sodium:	139.05 mg
Copper:	0.071 mg
Iron:	0.82 mg
Manganese:	0.226 mg
Zinc:	0.350 mg

Vitamins

Vitamin A:	5.19 RE
Vitamin E:	0.34 mg
Thiamin (B1):	0.20 mg
Riboflavin (B2):	0.10 mg
Niacin (B3):	1.67 mg
Vitamin (B6):	0.04 mg
Vitamin B12:	0.00 mcg
Folacin:	54.16 mcg
Pantothenic Acid:	0.11 mg
Vitamin C:	0.14 mg
Vitamin D:	0.00 IU
Vitamin K:	6.56 mcg

Fatty Acids

Linoleic:	1.23 g
Oleic:	0.60 g

Other Information

Calories from Carbohydrates:	68%
Calories from Fat:	21%
Calories from Protein:	11%
Poly/SatFat:	3.01:1
Sodium/Potassium:	2.25:1
Calcium/Phosphorus:	0.17:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Meatballs/No Sauce f/Frz .5z

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	205 Kcal
Protein:	17.66 g
Carbohydrates:	8.48 g
Total Fat:	11.52 g
Monounsaturat Fat:	0.27 g
Polyunsaturat Fat:	0.02 g
Saturated Fat:	4.45 g
Trans Fat:	0.00 g
Water:	59 ml
Total Sugar:	1.22 g
Total Dietary Fiber:	1.34 g
Cholesterol:	43 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	58.42 mg
Magnesium:	2.66mg
Phosphorus:	12.38 mg
Potassium:	16.57 mg
Sodium:	600.78 mg
Copper:	0.018 mg
Iron:	2.29 mg
Manganese:	0.025 mg
Zinc:	0.068 mg

Vitamins

Vitamin A:	40.58 RE
Vitamin E:	0.00 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.02 mg
Niacin (B3):	0.23 mg
Vitamin (B6):	0.01 mg
Vitamin B12:	0.04 mcg
Folacin:	1.89 mcg
Pantothenic Acid:	0.01 mg
Vitamin C:	1.48 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.02 g
Oleic:	0.25 g

Other Information

Calories from Carbohydrates:	15%
Calories from Fat:	51%
Calories from Protein:	35%
Poly/SatFat:	0.01:1
Sodium/Potassium:	36.27:1
Calcium/Phosphorus:	4.72:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Noodles Egg Seasoned

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	124 Kcal
Protein:	4.07 g
Carbohydrates:	19.64 g
Total Fat:	3.21 g
Monounsaturat Fat:	1.28 g
Polyunsaturat Fat:	0.97 g
Saturated Fat:	0.71 g
Trans Fat:	0.35 g
Water:	313 ml
Total Sugar:	0.74 g
Total Dietary Fiber:	0.90 g
Cholesterol:	23 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	21.31 mg
Magnesium:	19.63mg
Phosphorus:	67.84 mg
Potassium:	73.89 mg
Sodium:	346.76 mg
Copper:	0.113 mg
Iron:	1.11 mg
Manganese:	0.236 mg
Zinc:	0.526 mg

Vitamins

Vitamin A:	4.63 RE
Vitamin E:	0.22 mg
Thiamin (B1):	0.31 mg
Riboflavin (B2):	0.12 mg
Niacin (B3):	2.32 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.08 mcg
Folacin:	63.03 mcg
Pantothenic Acid:	0.26 mg
Vitamin C:	0.01 mg
Vitamin D:	2.99 IU
Vitamin K:	1.83 mcg

Fatty Acids

Linoleic:	0.89 g
Oleic:	1.25 g

Other Information

Calories from Carbohydrates:	64%
Calories from Fat:	23%
Calories from Protein:	13%
Poly/SatFat:	1.37:1
Sodium/Potassium:	4.69:1
Calcium/Phosphorus:	0.31:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Oranges Mandarin Chilled JcPk Cnd

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	52 Kcal
Protein:	0.86 g
Carbohydrates:	13.34 g
Total Fat:	0.04 g
Monounsaturat Fat:	0.01 g
Polyunsaturat Fat:	0.01 g
Saturated Fat:	1.00 g
Trans Fat:	0.00 g
Water:	125 ml
Total Sugar:	12.37 g
Total Dietary Fiber:	0.98 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	15.34 mg
Magnesium:	15.34mg
Phosphorus:	13.94 mg
Potassium:	185.46 mg
Sodium:	6.97 mg
Copper:	0.042 mg
Iron:	0.38 mg
Manganese:	0.042 mg
Zinc:	0.711 mg

Vitamins

Vitamin A:	59.96 RE
Vitamin E:	0.14 mg
Thiamin (B1):	0.11 mg
Riboflavin (B2):	0.04 mg
Niacin (B3):	0.63 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.00 mcg
Folacin:	6.97 mcg
Pantothenic Acid:	0.18 mg
Vitamin C:	47.69 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.00 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	93%
Calories from Fat:	1%
Calories from Protein:	7%
Poly/SatFat:	0.01:1
Sodium/Potassium:	0.04:1
Calcium/Phosphorus:	1.10:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Peaches Sliced Chilled JcPk Cnd

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	53 Kcal
Protein:	0.76 g
Carbohydrates:	13.88 g
Total Fat:	0.04 g
Monounsaturat Fat:	0.01 g
Polyunsaturat Fat:	0.02 g
Saturated Fat:	1.00 g
Trans Fat:	0.00 g
Water:	105 ml
Total Sugar:	12.32 g
Total Dietary Fiber:	1.56 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	7.20 mg
Magnesium:	8.40mg
Phosphorus:	20.40 mg
Potassium:	153.61 mg
Sodium:	4.80 mg
Copper:	0.060 mg
Iron:	0.32 mg
Manganese:	0.060 mg
Zinc:	0.132 mg

Vitamins

Vitamin A:	22.80 RE
Vitamin E:	0.59 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.02 mg
Niacin (B3):	0.70 mg
Vitamin (B6):	0.02 mg
Vitamin B12:	0.00 mcg
Folacin:	3.60 mcg
Pantothenic Acid:	0.06 mg
Vitamin C:	4.32 mg
Vitamin D:	0.00 IU
Vitamin K:	2.04 mcg

Fatty Acids

Linoleic:	0.02 g
Oleic:	0.01 g

Other Information

Calories from Carbohydrates:	94%
Calories from Fat:	1%
Calories from Protein:	6%
Poly/SatFat:	0.02:1
Sodium/Potassium:	0.03:1
Calcium/Phosphorus:	0.35:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Pear Slices JcPk

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	63 Kcal
Protein:	0.43 g
Carbohydrates:	16.43 g
Total Fat:	0.09 g
Monounsaturat Fat:	0.01 g
Polyunsaturat Fat:	0.03 g
Saturated Fat:	1.00 g
Trans Fat:	0.00 g
Water:	110 ml
Total Sugar:	12.32 g
Total Dietary Fiber:	2.03 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	11.43 mg
Magnesium:	8.89mg
Phosphorus:	15.24 mg
Potassium:	121.90 mg
Sodium:	5.08 mg
Copper:	0.063 mg
Iron:	0.37 mg
Manganese:	0.038 mg
Zinc:	0.114 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.10 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.01 mg
Niacin (B3):	0.25 mg
Vitamin (B6):	0.01 mg
Vitamin B12:	0.00 mcg
Folacin:	1.27 mcg
Pantothenic Acid:	0.03 mg
Vitamin C:	2.03 mg
Vitamin D:	0.00 IU
Vitamin K:	0.38 mcg

Fatty Acids

Linoleic:	0.03 g
Oleic:	0.01 g

Other Information

Calories from Carbohydrates:	96%
Calories from Fat:	1%
Calories from Protein:	3%
Poly/SatFat:	0.03:1
Sodium/Potassium:	0.04:1
Calcium/Phosphorus:	0.75:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Pork Roast Ckd

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	192 Kcal
Protein:	23.18 g
Carbohydrates:	3.62 g
Total Fat:	9.36 g
Monounsaturat Fat:	4.06 g
Polyunsaturat Fat:	1.39 g
Saturated Fat:	3.36 g
Trans Fat:	0.06 g
Water:	113 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.12 g
Cholesterol:	65 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	20.03 mg
Magnesium:	22.23mg
Phosphorus:	240.31 mg
Potassium:	389.93 mg
Sodium:	354.02 mg
Copper:	0.086 mg
Iron:	0.86 mg
Manganese:	0.042 mg
Zinc:	2.117 mg

Vitamins

Vitamin A:	2.19 RE
Vitamin E:	0.19 mg
Thiamin (B1):	0.52 mg
Riboflavin (B2):	0.25 mg
Niacin (B3):	6.55 mg
Vitamin (B6):	0.41 mg
Vitamin B12:	0.76 mcg
Folacin:	1.89 mcg
Pantothenic Acid:	1.24 mg
Vitamin C:	0.02 mg
Vitamin D:	18.71 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	1.23 g
Oleic:	3.78 g

Other Information

Calories from Carbohydrates:	8%
Calories from Fat:	44%
Calories from Protein:	48%
Poly/SatFat:	0.42:1
Sodium/Potassium:	0.91:1
Calcium/Phosphorus:	0.08:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Potato Au Gratin f/Mix

Serving Size : 1 #8scp (118.29 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	134 Kcal
Protein:	3.23 g
Carbohydrates:	26.98 g
Total Fat:	3.63 g
Monounsaturat Fat:	1.49 g
Polyunsaturat Fat:	0.73 g
Saturated Fat:	1.27 g
Trans Fat:	0.42 g
Water:	121 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	1.49 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	116.49 mg
Magnesium:	24.44mg
Phosphorus:	146.74 mg
Potassium:	360.94 mg
Sodium:	782.31 mg
Copper:	0.099 mg
Iron:	0.59 mg
Manganese:	0.214 mg
Zinc:	0.330 mg

Vitamins

Vitamin A:	19.60 RE
Vitamin E:	0.15 mg
Thiamin (B1):	0.03 mg
Riboflavin (B2):	0.09 mg
Niacin (B3):	1.47 mg
Vitamin (B6):	0.05 mg
Vitamin B12:	0.00 mcg
Folacin:	14.54 mcg
Pantothenic Acid:	0.33 mg
Vitamin C:	5.62 mg
Vitamin D:	0.00 IU
Vitamin K:	2.13 mcg

Fatty Acids

Linoleic:	0.66 g
Oleic:	1.42 g

Other Information

Calories from Carbohydrates:	66%
Calories from Fat:	24%
Calories from Protein:	10%
Poly/SatFat:	0.58:1
Sodium/Potassium:	2.17:1
Calcium/Phosphorus:	0.79:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Potato Salad RTS

Serving Size : 1 #8scp (118.29 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	177 Kcal
Protein:	1.96 g
Carbohydrates:	19.31 g
Total Fat:	10.42 g
Monounsaturat Fat:	2.79 g
Polyunsaturat Fat:	5.37 g
Saturated Fat:	1.78 g
Trans Fat:	0.00* g
Water:	108 ml
Total Sugar:	0.90* g
Total Dietary Fiber:	0.00* g
Cholesterol:	79 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	17.50 mg
Magnesium:	10.00mg
Phosphorus:	70.00 mg
Potassium:	339.01 mg
Sodium:	484.58 mg
Copper:	0.102 mg
Iron:	0.91 mg
Manganese:	0.088* mg
Zinc:	0.267 mg

Vitamins

Vitamin A:	37.50 RE
Vitamin E:	0.30* mg
Thiamin (B1):	0.09 mg
Riboflavin (B2):	0.14 mg
Niacin (B3):	0.34 mg
Vitamin (B6):	0.19 mg
Vitamin B12:	0.15 mcg
Folacin:	31.25 mcg
Pantothenic Acid:	0.46 mg
Vitamin C:	1.38 mg
Vitamin D:	0.00* IU
Vitamin K:	6.33* mcg

Fatty Acids

Linoleic:	4.75 g
Oleic:	2.61 g

Other Information

Calories from Carbohydrates:	43%
Calories from Fat:	53%
Calories from Protein:	4%
Poly/SatFat:	3.01:1
Sodium/Potassium:	1.43:1
Calcium/Phosphorus:	0.25:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Potato Sweet Cinnamon f/Cnd

Serving Size : 1 # 8 Scoop (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	177 Kcal
Protein:	1.82 g
Carbohydrates:	35.94 g
Total Fat:	3.20 g
Monounsaturat Fat:	1.34 g
Polyunsaturat Fat:	1.02 g
Saturated Fat:	0.62 g
Trans Fat:	0.51 g
Water:	132 ml
Total Sugar:	8.10 g
Total Dietary Fiber:	4.32 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	26.54 mg
Magnesium:	17.36mg
Phosphorus:	35.55 mg
Potassium:	273.95 mg
Sodium:	78.19 mg
Copper:	0.243 mg
Iron:	1.36 mg
Manganese:	0.902 mg
Zinc:	0.232 mg

Vitamins

Vitamin A:	646.37 RE
Vitamin E:	1.80 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.06 mg
Niacin (B3):	0.48 mg
Vitamin (B6):	0.08 mg
Vitamin B12:	0.00 mcg
Folacin:	11.33 mcg
Pantothenic Acid:	0.57 mg
Vitamin C:	15.25 mg
Vitamin D:	0.00 IU
Vitamin K:	6.27 mcg

Fatty Acids

Linoleic:	0.93 g
Oleic:	1.33 g

Other Information

Calories from Carbohydrates:	80%
Calories from Fat:	16%
Calories from Protein:	4%
Poly/SatFat:	1.66:1
Sodium/Potassium:	0.29:1
Calcium/Phosphorus:	0.75:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Rice Fluffy

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	126 Kcal
Protein:	2.11 g
Carbohydrates:	23.94 g
Total Fat:	2.11 g
Monounsaturat Fat:	0.98 g
Polyunsaturat Fat:	0.63 g
Saturated Fat:	0.42 g
Trans Fat:	0.34 g
Water:	104 ml
Total Sugar:	0.17 g
Total Dietary Fiber:	0.84 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	5.80 mg
Magnesium:	8.46mg
Phosphorus:	30.22 mg
Potassium:	27.20 mg
Sodium:	295.98 mg
Copper:	0.073 mg
Iron:	1.28 mg
Manganese:	0.314 mg
Zinc:	0.333 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.12 mg
Thiamin (B1):	0.17 mg
Riboflavin (B2):	0.02 mg
Niacin (B3):	1.26 mg
Vitamin (B6):	0.05 mg
Vitamin B12:	0.00 mcg
Folacin:	69.63 mcg
Pantothenic Acid:	0.39 mg
Vitamin C:	0.01 mg
Vitamin D:	0.00 IU
Vitamin K:	1.69 mcg

Fatty Acids

Linoleic:	0.58 g
Oleic:	0.96 g

Other Information

Calories from Carbohydrates:	78%
Calories from Fat:	15%
Calories from Protein:	7%
Poly/SatFat:	1.52:1
Sodium/Potassium:	10.88:1
Calcium/Phosphorus:	0.19:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Roll Cinnamon f/RTB Dough

Serving Size : 1/2 #10scp (47.32 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	103 Kcal
Protein:	0.95 g
Carbohydrates:	16.76 g
Total Fat:	3.68 g
Monounsaturat Fat:	0.36 g
Polyunsaturat Fat:	0.59 g
Saturated Fat:	0.93 g
Trans Fat:	0.94 g
Water:	37 ml
Total Sugar:	9.35 g
Total Dietary Fiber:	0.31 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	7.27 mg
Magnesium:	0.37mg
Phosphorus:	1.33 mg
Potassium:	2.80 mg
Sodium:	186.05 mg
Copper:	0.003 mg
Iron:	0.44 mg
Manganese:	0.000 mg
Zinc:	0.005 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.11 mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.02 mg
Niacin (B3):	0.02 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	0.59 mcg
Pantothenic Acid:	0.00 mg
Vitamin C:	0.02 mg
Vitamin D:	0.00 IU
Vitamin K:	0.96 mcg

Fatty Acids

Linoleic:	0.52 g
Oleic:	0.34 g

Other Information

Calories from Carbohydrates:	64%
Calories from Fat:	32%
Calories from Protein:	4%
Poly/SatFat:	0.63:1
Sodium/Potassium:	66.40:1
Calcium/Phosphorus:	5.48:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Roll Cinnamon f/RTB Dough

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	207 Kcal
Protein:	1.91 g
Carbohydrates:	33.51 g
Total Fat:	7.35 g
Monounsaturat Fat:	0.72 g
Polyunsaturat Fat:	1.17 g
Saturated Fat:	1.87 g
Trans Fat:	1.89 g
Water:	74 ml
Total Sugar:	18.69 g
Total Dietary Fiber:	0.62 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	14.54 mg
Magnesium:	0.74mg
Phosphorus:	2.65 mg
Potassium:	5.60 mg
Sodium:	372.10 mg
Copper:	0.006 mg
Iron:	0.87 mg
Manganese:	0.000 mg
Zinc:	0.010 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.23 mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.04 mg
Niacin (B3):	0.03 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	1.18 mcg
Pantothenic Acid:	0.01 mg
Vitamin C:	0.04 mg
Vitamin D:	0.00 IU
Vitamin K:	1.92 mcg

Fatty Acids

Linoleic:	1.04 g
Oleic:	0.69 g

Other Information

Calories from Carbohydrates:	64%
Calories from Fat:	32%
Calories from Protein:	4%
Poly/SatFat:	0.63:1
Sodium/Potassium:	66.40:1
Calcium/Phosphorus:	5.48:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Roll Wheat f/RTB Dough

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	113 Kcal
Protein:	3.70 g
Carbohydrates:	21.73 g
Total Fat:	2.00 g
Monounsaturat Fat:	0.51 g
Polyunsaturat Fat:	0.92 g
Saturated Fat:	0.36 g
Trans Fat:	0.00 g
Water:	73 ml
Total Sugar:	3.60 g
Total Dietary Fiber:	3.19 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	46.85 mg
Magnesium:	36.74mg
Phosphorus:	95.26 mg
Potassium:	116.26 mg
Sodium:	223.33 mg
Copper:	0.108 mg
Iron:	1.03 mg
Manganese:	0.978 mg
Zinc:	0.855 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.38 mg
Thiamin (B1):	0.11 mg
Riboflavin (B2):	0.06 mg
Niacin (B3):	1.56 mg
Vitamin (B6):	0.09 mg
Vitamin B12:	0.00 mcg
Folacin:	12.76 mcg
Pantothenic Acid:	0.21 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.85 mcg

Fatty Acids

Linoleic:	0.87 g
Oleic:	0.50 g

Other Information

Calories from Carbohydrates:	71%
Calories from Fat:	16%
Calories from Protein:	13%
Poly/SatFat:	2.57:1
Sodium/Potassium:	1.92:1
Calcium/Phosphorus:	0.49:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Sausage Patty Breakfast 2z

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	150 Kcal
Protein:	8.59 g
Carbohydrates:	0.95 g
Total Fat:	12.42 g
Monounsaturat Fat:	5.26 g
Polyunsaturat Fat:	2.34 g
Saturated Fat:	4.02 g
Trans Fat:	0.05 g
Water:	80 ml
Total Sugar:	0.49 g
Total Dietary Fiber:	0.00 g
Cholesterol:	39 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	8.26 mg
Magnesium:	8.55mg
Phosphorus:	70.07 mg
Potassium:	160.56 mg
Sodium:	682.85 mg
Copper:	0.037 mg
Iron:	0.57 mg
Manganese:	0.014 mg
Zinc:	1.114 mg

Vitamins

Vitamin A:	12.70 RE
Vitamin E:	0.41 mg
Thiamin (B1):	0.12 mg
Riboflavin (B2):	0.09 mg
Niacin (B3):	2.83 mg
Vitamin (B6):	0.09 mg
Vitamin B12:	0.45 mcg
Folacin:	0.87 mcg
Pantothenic Acid:	0.38 mg
Vitamin C:	0.01 mg
Vitamin D:	26.31 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	2.04 g
Oleic:	4.82 g

Other Information

Calories from Carbohydrates:	3%
Calories from Fat:	75%
Calories from Protein:	23%
Poly/SatFat:	0.58:1
Sodium/Potassium:	4.25:1
Calcium/Phosphorus:	0.12:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Soup Minestrone f/Cnd

Serving Size : 6 Fl Oz (177.44 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	59 Kcal
Protein:	3.02 g
Carbohydrates:	7.96 g
Total Fat:	1.78 g
Monounsaturat Fat:	0.49 g
Polyunsaturat Fat:	0.79 g
Saturated Fat:	0.38 g
Trans Fat:	0.00 g
Water:	156 ml
Total Sugar:	1.30 g
Total Dietary Fiber:	0.69 g
Cholesterol:	1 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	26.82 mg
Magnesium:	6.05mg
Phosphorus:	39.94 mg
Potassium:	222.24 mg
Sodium:	450.53 mg
Copper:	0.095 mg
Iron:	0.65 mg
Manganese:	0.260 mg
Zinc:	0.521 mg

Vitamins

Vitamin A:	73.80 RE
Vitamin E:	0.40 mg
Thiamin (B1):	0.03 mg
Riboflavin (B2):	0.03 mg
Niacin (B3):	0.67 mg
Vitamin (B6):	0.07 mg
Vitamin B12:	0.00 mcg
Folacin:	25.18 mcg
Pantothenic Acid:	0.24 mg
Vitamin C:	0.78 mg
Vitamin D:	0.00 IU
Vitamin K:	6.77 mcg

Fatty Acids

Linoleic:	0.69 g
Oleic:	0.47 g

Other Information

Calories from Carbohydrates:	52%
Calories from Fat:	27%
Calories from Protein:	20%
Poly/SatFat:	2.07:1
Sodium/Potassium:	2.03:1
Calcium/Phosphorus:	0.67:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Soup Pea Split f/Cnd

Serving Size : 6 Fl Oz (177.44 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	171 Kcal
Protein:	9.33 g
Carbohydrates:	25.29 g
Total Fat:	3.99 g
Monounsaturat Fat:	1.63 g
Polyunsaturat Fat:	0.57 g
Saturated Fat:	1.59 g
Trans Fat:	0.00 g
Water:	186 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	2.07 g
Cholesterol:	7 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	22.64 mg
Magnesium:	44.81mg
Phosphorus:	193.19 mg
Potassium:	361.93 mg
Sodium:	768.67 mg
Copper:	0.351 mg
Iron:	2.07 mg
Manganese:	0.608 mg
Zinc:	1.203 mg

Vitamins

Vitamin A:	20.66 RE
Vitamin E:	0.00 mg
Thiamin (B1):	0.13 mg
Riboflavin (B2):	0.07 mg
Niacin (B3):	1.34 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.24 mcg
Folacin:	2.43 mcg
Pantothenic Acid:	0.24 mg
Vitamin C:	1.34 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.52 g
Oleic:	1.52 g

Other Information

Calories from Carbohydrates:	57%
Calories from Fat:	21%
Calories from Protein:	22%
Poly/SatFat:	0.36:1
Sodium/Potassium:	2.12:1
Calcium/Phosphorus:	0.12:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Soup Veg f/Cnd

Serving Size : 6 Fl Oz (177.44 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	58 Kcal
Protein:	1.69 g
Carbohydrates:	9.62 g
Total Fat:	1.55 g
Monounsaturat Fat:	0.67 g
Polyunsaturat Fat:	0.58 g
Saturated Fat:	0.24 g
Trans Fat:	0.00 g
Water:	178 ml
Total Sugar:	3.08 g
Total Dietary Fiber:	0.49 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	19.57 mg
Magnesium:	6.85mg
Phosphorus:	27.55 mg
Potassium:	169.22 mg
Sodium:	510.60 mg
Copper:	0.108 mg
Iron:	0.87 mg
Manganese:	0.374 mg
Zinc:	0.374 mg

Vitamins

Vitamin A:	139.73 RE
Vitamin E:	1.15 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.04 mg
Niacin (B3):	0.74 mg
Vitamin (B6):	0.05 mg
Vitamin B12:	0.00 mcg
Folacin:	8.86 mcg
Pantothenic Acid:	0.28 mg
Vitamin C:	1.18 mg
Vitamin D:	0.00 IU
Vitamin K:	4.13 mcg

Fatty Acids

Linoleic:	0.54 g
Oleic:	0.66 g

Other Information

Calories from Carbohydrates:	64%
Calories from Fat:	24%
Calories from Protein:	12%
Poly/SatFat:	2.46:1
Sodium/Potassium:	3.02:1
Calcium/Phosphorus:	0.71:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Toast Cinnamon Wheat

Serving Size : 1 #12scp (78.86 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	112 Kcal
Protein:	2.72 g
Carbohydrates:	14.92 g
Total Fat:	4.78 g
Monounsaturat Fat:	1.91 g
Polyunsaturat Fat:	1.50 g
Saturated Fat:	0.86 g
Trans Fat:	0.68 g
Water:	39 ml
Total Sugar:	3.46 g
Total Dietary Fiber:	1.66 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	44.80 mg
Magnesium:	11.34mg
Phosphorus:	33.27 mg
Potassium:	41.78 mg
Sodium:	148.74 mg
Copper:	0.045 mg
Iron:	1.01 mg
Manganese:	0.476 mg
Zinc:	0.288 mg

Vitamins

Vitamin A:	0.19 RE
Vitamin E:	0.31 mg
Thiamin (B1):	0.10 mg
Riboflavin (B2):	0.06 mg
Niacin (B3):	1.41 mg
Vitamin (B6):	0.03 mg
Vitamin B12:	0.00 mcg
Folacin:	21.37 mcg
Pantothenic Acid:	0.21 mg
Vitamin C:	0.10 mg
Vitamin D:	0.00 IU
Vitamin K:	4.99 mcg

Fatty Acids

Linoleic:	1.37 g
Oleic:	1.89 g

Other Information

Calories from Carbohydrates:	52%
Calories from Fat:	39%
Calories from Protein:	10%
Poly/SatFat:	1.74:1
Sodium/Potassium:	3.56:1
Calcium/Phosphorus:	1.35:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Toast Wheat

Serving Size : 1 #12scp (78.86 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	69 Kcal
Protein:	2.67 g
Carbohydrates:	11.89 g
Total Fat:	1.13 g
Monounsaturat Fat:	0.15 g
Polyunsaturat Fat:	0.41 g
Saturated Fat:	0.18 g
Trans Fat:	0.01 g
Water:	38 ml
Total Sugar:	1.43 g
Total Dietary Fiber:	1.00 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	32.14 mg
Magnesium:	10.55mg
Phosphorus:	32.25 mg
Potassium:	35.55 mg
Sodium:	119.14 mg
Copper:	0.040 mg
Iron:	0.90 mg
Manganese:	0.258 mg
Zinc:	0.260 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.05 mg
Thiamin (B1):	0.10 mg
Riboflavin (B2):	0.06 mg
Niacin (B3):	1.40 mg
Vitamin (B6):	0.03 mg
Vitamin B12:	0.00 mcg
Folacin:	21.25 mcg
Pantothenic Acid:	0.21 mg
Vitamin C:	0.05 mg
Vitamin D:	0.00 IU
Vitamin K:	1.23 mcg

Fatty Acids

Linoleic:	0.36 g
Oleic:	0.15 g

Other Information

Calories from Carbohydrates:	70%
Calories from Fat:	15%
Calories from Protein:	16%
Poly/SatFat:	2.31:1
Sodium/Potassium:	3.35:1
Calcium/Phosphorus:	1.00:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Toast White

Serving Size : 1 #12scp (78.86 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	77 Kcal
Protein:	2.56 g
Carbohydrates:	14.29 g
Total Fat:	0.96 g
Monounsaturat Fat:	0.17 g
Polyunsaturat Fat:	0.46 g
Saturated Fat:	0.20 g
Trans Fat:	0.01 g
Water:	40 ml
Total Sugar:	1.64 g
Total Dietary Fiber:	0.78 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	42.53 mg
Magnesium:	6.95mg
Phosphorus:	28.34 mg
Potassium:	36.74 mg
Sodium:	142.60 mg
Copper:	0.032 mg
Iron:	1.04 mg
Manganese:	0.156 mg
Zinc:	0.214 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.06 mg
Thiamin (B1):	0.15 mg
Riboflavin (B2):	0.07 mg
Niacin (B3):	1.38 mg
Vitamin (B6):	0.03 mg
Vitamin B12:	0.00 mcg
Folacin:	32.10 mcg
Pantothenic Acid:	0.16 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.06 mcg

Fatty Acids

Linoleic:	0.41 g
Oleic:	0.16 g

Other Information

Calories from Carbohydrates:	75%
Calories from Fat:	11%
Calories from Protein:	13%
Poly/SatFat:	2.29:1
Sodium/Potassium:	3.88:1
Calcium/Phosphorus:	1.50:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Tortilla Flour

Serving Size : 1 #12scp (78.86 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	141 Kcal
Protein:	3.48 g
Carbohydrates:	17.26 g
Total Fat:	6.40 g
Monounsaturat Fat:	3.06 g
Polyunsaturat Fat:	1.46 g
Saturated Fat:	1.59 g
Trans Fat:	0.73* g
Water:	36 ml
Total Sugar:	1.54* g
Total Dietary Fiber:	0.94 g
Cholesterol:	2 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	47.80 mg
Magnesium:	10.77mg
Phosphorus:	63.45 mg
Potassium:	80.68 mg
Sodium:	180.54 mg
Copper:	0.080* mg
Iron:	0.95 mg
Manganese:	0.133* mg
Zinc:	0.353 mg

Vitamins

Vitamin A:	16.78* RE
Vitamin E:	0.25* mg
Thiamin (B1):	0.16 mg
Riboflavin (B2):	0.14 mg
Niacin (B3):	1.04 mg
Vitamin (B6):	0.03 mg
Vitamin B12:	0.16* mcg
Folacin:	36.44 mcg
Pantothenic Acid:	0.27 mg
Vitamin C:	0.06* mg
Vitamin D:	14.95* IU
Vitamin K:	3.58* mcg

Fatty Acids

Linoleic:	1.35 g
Oleic:	3.04 g

Other Information

Calories from Carbohydrates:	49%
Calories from Fat:	41%
Calories from Protein:	10%
Poly/SatFat:	0.92:1
Sodium/Potassium:	2.24:1
Calcium/Phosphorus:	0.75:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Tuna Salad Soft Sndw Wheat

Serving Size : 3 #12scp (236.59 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	271 Kcal
Protein:	15.44 g
Carbohydrates:	31.83 g
Total Fat:	9.22 g
Monounsaturat Fat:	1.99 g
Polyunsaturat Fat:	4.14 g
Saturated Fat:	1.67 g
Trans Fat:	0.02* g
Water:	134 ml
Total Sugar:	5.25 g
Total Dietary Fiber:	2.28 g
Cholesterol:	47 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	85.83 mg
Magnesium:	35.08mg
Phosphorus:	146.04 mg
Potassium:	173.13 mg
Sodium:	828.84 mg
Copper:	0.116 mg
Iron:	2.83 mg
Manganese:	0.598* mg
Zinc:	0.987 mg

Vitamins

Vitamin A:	17.33 RE
Vitamin E:	0.88 mg
Thiamin (B1):	0.25 mg
Riboflavin (B2):	0.22 mg
Niacin (B3):	7.50 mg
Vitamin (B6):	0.21 mg
Vitamin B12:	1.16 mcg
Folacin:	53.56 mcg
Pantothenic Acid:	0.63 mg
Vitamin C:	0.61 mg
Vitamin D:	25.82 IU
Vitamin K:	14.62 mcg

Fatty Acids

Linoleic:	3.47 g
Oleic:	1.93 g

Other Information

Calories from Carbohydrates:	47%
Calories from Fat:	31%
Calories from Protein:	23%
Poly/SatFat:	2.48:1
Sodium/Potassium:	4.79:1
Calcium/Phosphorus:	0.59:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Turkey Roast Ckd RTS

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	173 Kcal
Protein:	25.77 g
Carbohydrates:	4.01 g
Total Fat:	5.18 g
Monounsaturat Fat:	1.84 g
Polyunsaturat Fat:	1.49 g
Saturated Fat:	1.48 g
Trans Fat:	0.07 g
Water:	117 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	77 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	20.10 mg
Magnesium:	30.51mg
Phosphorus:	211.10 mg
Potassium:	237.63 mg
Sodium:	355.51 mg
Copper:	0.074 mg
Iron:	0.88 mg
Manganese:	0.022 mg
Zinc:	1.574 mg

Vitamins

Vitamin A:	8.99 RE
Vitamin E:	0.06 mg
Thiamin (B1):	0.05 mg
Riboflavin (B2):	0.21 mg
Niacin (B3):	10.04 mg
Vitamin (B6):	0.67 mg
Vitamin B12:	0.46 mcg
Folacin:	12.65 mcg
Pantothenic Acid:	0.83 mg
Vitamin C:	0.01 mg
Vitamin D:	11.91 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	1.32 g
Oleic:	1.63 g

Other Information

Calories from Carbohydrates:	13%
Calories from Fat:	27%
Calories from Protein:	60%
Poly/SatFat:	1.01:1
Sodium/Potassium:	1.50:1
Calcium/Phosphorus:	0.10:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Turkey Sndw on Wheat

Serving Size : 3 #12scp (236.59 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	255 Kcal
Protein:	18.65 g
Carbohydrates:	31.65 g
Total Fat:	5.98 g
Monounsaturat Fat:	1.19 g
Polyunsaturat Fat:	2.63 g
Saturated Fat:	1.02 g
Trans Fat:	0.02* g
Water:	127 ml
Total Sugar:	6.14 g
Total Dietary Fiber:	2.55 g
Cholesterol:	29 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	79.59 mg
Magnesium:	36.45mg
Phosphorus:	167.48 mg
Potassium:	206.51 mg
Sodium:	1,094.10 mg
Copper:	0.126 mg
Iron:	2.42 mg
Manganese:	0.600* mg
Zinc:	1.363 mg

Vitamins

Vitamin A:	5.67 RE
Vitamin E:	0.46 mg
Thiamin (B1):	0.31 mg
Riboflavin (B2):	0.33 mg
Niacin (B3):	3.28 mg
Vitamin (B6):	0.14 mg
Vitamin B12:	0.05 mcg
Folacin:	50.88 mcg
Pantothenic Acid:	0.57 mg
Vitamin C:	3.36 mg
Vitamin D:	1.13 IU
Vitamin K:	9.11 mcg

Fatty Acids

Linoleic:	2.28 g
Oleic:	1.15 g

Other Information

Calories from Carbohydrates:	50%
Calories from Fat:	21%
Calories from Protein:	29%
Poly/SatFat:	2.58:1
Sodium/Potassium:	5.30:1
Calcium/Phosphorus:	0.48:1

* indicates 1 or more Unreported values.

Nutrient Analysis

P/PU4 Vegetable Mix California Blend f/Frz

Serving Size : 1 #10scp (94.64 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	43 Kcal
Protein:	1.07 g
Carbohydrates:	5.35 g
Total Fat:	1.82 g
Monounsaturat Fat:	0.88 g
Polyunsaturat Fat:	0.55 g
Saturated Fat:	0.34 g
Trans Fat:	0.34 g
Water:	0 ml
Total Sugar:	2.13 g
Total Dietary Fiber:	2.13 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	21.41 mg
Magnesium:	0.02mg
Phosphorus:	0.11 mg
Potassium:	0.41 mg
Sodium:	41.41 mg
Copper:	0.000 mg
Iron:	0.39 mg
Manganese:	0.000 mg
Zinc:	0.002 mg

Vitamins

Vitamin A:	95.09 RE
Vitamin E:	0.12 mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.00 mg
Niacin (B3):	0.00 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	0.02 mcg
Pantothenic Acid:	0.00 mg
Vitamin C:	28.82 mg
Vitamin D:	0.00 IU
Vitamin K:	1.69 mcg

Fatty Acids

Linoleic:	0.50 g
Oleic:	0.87 g

Other Information

Calories from Carbohydrates:	52%
Calories from Fat:	38%
Calories from Protein:	10%
Poly/SatFat:	1.60:1
Sodium/Potassium:	102.15:1
Calcium/Phosphorus:	190.15:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Peaches Sliced Chilled JcPk Cnd

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	53 Kcal
Protein:	0.76 g
Carbohydrates:	13.88 g
Total Fat:	0.04 g
Monounsaturat Fat:	0.01 g
Polyunsaturat Fat:	0.02 g
Saturated Fat:	1.00 g
Trans Fat:	0.00 g
Water:	105 ml
Total Sugar:	12.32 g
Total Dietary Fiber:	1.56 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	7.20 mg
Magnesium:	8.40mg
Phosphorus:	20.40 mg
Potassium:	153.61 mg
Sodium:	4.80 mg
Copper:	0.060 mg
Iron:	0.32 mg
Manganese:	0.060 mg
Zinc:	0.132 mg

Vitamins

Vitamin A:	22.80 RE
Vitamin E:	0.59 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.02 mg
Niacin (B3):	0.70 mg
Vitamin (B6):	0.02 mg
Vitamin B12:	0.00 mcg
Folacin:	3.60 mcg
Pantothenic Acid:	0.06 mg
Vitamin C:	4.32 mg
Vitamin D:	0.00 IU
Vitamin K:	2.04 mcg

Fatty Acids

Linoleic:	0.02 g
Oleic:	0.01 g

Other Information

Calories from Carbohydrates:	94%
Calories from Fat:	1%
Calories from Protein:	6%
Poly/SatFat:	0.02:1
Sodium/Potassium:	0.03:1
Calcium/Phosphorus:	0.35:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Pear Slices JcPk Cnd

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	63 Kcal
Protein:	0.43 g
Carbohydrates:	16.43 g
Total Fat:	0.09 g
Monounsaturat Fat:	0.01 g
Polyunsaturat Fat:	0.03 g
Saturated Fat:	1.00 g
Trans Fat:	0.00 g
Water:	110 ml
Total Sugar:	12.32 g
Total Dietary Fiber:	2.03 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	11.43 mg
Magnesium:	8.89mg
Phosphorus:	15.24 mg
Potassium:	121.90 mg
Sodium:	5.08 mg
Copper:	0.063 mg
Iron:	0.37 mg
Manganese:	0.038 mg
Zinc:	0.114 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.10 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.01 mg
Niacin (B3):	0.25 mg
Vitamin (B6):	0.01 mg
Vitamin B12:	0.00 mcg
Folacin:	1.27 mcg
Pantothenic Acid:	0.03 mg
Vitamin C:	2.03 mg
Vitamin D:	0.00 IU
Vitamin K:	0.38 mcg

Fatty Acids

Linoleic:	0.03 g
Oleic:	0.01 g

Other Information

Calories from Carbohydrates:	96%
Calories from Fat:	1%
Calories from Protein:	3%
Poly/SatFat:	0.03:1
Sodium/Potassium:	0.04:1
Calcium/Phosphorus:	0.75:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Pork Roast Ckd

Serving Size : 3 Oz (85.05 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	169 Kcal
Protein:	22.52 g
Carbohydrates:	0.00 g
Total Fat:	8.78 g
Monounsaturat Fat:	3.79 g
Polyunsaturat Fat:	1.37 g
Saturated Fat:	3.16 g
Trans Fat:	0.06 g
Water:	53 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	65 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	10.21 mg
Magnesium:	19.56mg
Phosphorus:	227.93 mg
Potassium:	373.37 mg
Sodium:	56.98 mg
Copper:	0.068 mg
Iron:	0.76 mg
Manganese:	0.017 mg
Zinc:	2.050 mg

Vitamins

Vitamin A:	1.70 RE
Vitamin E:	0.19 mg
Thiamin (B1):	0.51 mg
Riboflavin (B2):	0.23 mg
Niacin (B3):	6.33 mg
Vitamin (B6):	0.41 mg
Vitamin B12:	0.71 mcg
Folacin:	0.00 mcg
Pantothenic Acid:	1.23 mg
Vitamin C:	0.00 mg
Vitamin D:	18.71 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	1.21 g
Oleic:	3.53 g

Other Information

Calories from Carbohydrates:	0%
Calories from Fat:	47%
Calories from Protein:	53%
Poly/SatFat:	0.43:1
Sodium/Potassium:	0.15:1
Calcium/Phosphorus:	0.04:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Potato Au Gratin f/Mix

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	134 Kcal
Protein:	3.23 g
Carbohydrates:	26.98 g
Total Fat:	3.63 g
Monounsaturat Fat:	1.49 g
Polyunsaturat Fat:	0.73 g
Saturated Fat:	1.27 g
Trans Fat:	0.42* g
Water:	121 ml
Total Sugar:	0.00* g
Total Dietary Fiber:	1.49 g
Cholesterol:	0* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	116.49 mg
Magnesium:	24.44mg
Phosphorus:	146.74 mg
Potassium:	360.94 mg
Sodium:	782.31 mg
Copper:	0.099* mg
Iron:	0.59 mg
Manganese:	0.214* mg
Zinc:	0.330 mg

Vitamins

Vitamin A:	19.60* RE
Vitamin E:	0.15* mg
Thiamin (B1):	0.03 mg
Riboflavin (B2):	0.09 mg
Niacin (B3):	1.47 mg
Vitamin (B6):	0.05 mg
Vitamin B12:	0.00* mcg
Folacin:	14.54 mcg
Pantothenic Acid:	0.33 mg
Vitamin C:	5.62* mg
Vitamin D:	0.00* IU
Vitamin K:	2.13* mcg

Fatty Acids

Linoleic:	0.66 g
Oleic:	1.42 g

Other Information

Calories from Carbohydrates:	66%
Calories from Fat:	24%
Calories from Protein:	10%
Poly/SatFat:	0.58:1
Sodium/Potassium:	2.17:1
Calcium/Phosphorus:	0.79:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Potato Fries French f/Prepared

Serving Size : 4 Oz (113.4 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	247 Kcal
Protein:	3.90 g
Carbohydrates:	38.59 g
Total Fat:	9.30 g
Monounsaturat Fat:	3.78 g
Polyunsaturat Fat:	0.70 g
Saturated Fat:	4.41 g
Trans Fat:	0.00* g
Water:	60 ml
Total Sugar:	0.00* g
Total Dietary Fiber:	3.63 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	11.34 mg
Magnesium:	24.95mg
Phosphorus:	73.71 mg
Potassium:	544.31 mg
Sodium:	51.03 mg
Copper:	0.227 mg
Iron:	1.69 mg
Manganese:	0.340 mg
Zinc:	0.465 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.14 mg
Riboflavin (B2):	0.03 mg
Niacin (B3):	2.73 mg
Vitamin (B6):	0.27 mg
Vitamin B12:	0.00 mcg
Folacin:	19.28 mcg
Pantothenic Acid:	0.78 mg
Vitamin C:	10.77 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.70 g
Oleic:	3.78 g

Other Information

Calories from Carbohydrates:	60%
Calories from Fat:	34%
Calories from Protein:	6%
Poly/SatFat:	0.16:1
Sodium/Potassium:	0.09:1
Calcium/Phosphorus:	0.15:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Potato Mashed f/Pearls

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	107 Kcal
Protein:	2.27 g
Carbohydrates:	22.10 g
Total Fat:	1.26 g
Monounsaturat Fat:	0.55 g
Polyunsaturat Fat:	0.38 g
Saturated Fat:	0.26 g
Trans Fat:	0.21* g
Water:	68 ml
Total Sugar:	0.91* g
Total Dietary Fiber:	1.80 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	9.44 mg
Magnesium:	18.64mg
Phosphorus:	42.53 mg
Potassium:	299.76 mg
Sodium:	126.55 mg
Copper:	0.050* mg
Iron:	0.33 mg
Manganese:	0.044* mg
Zinc:	0.192 mg

Vitamins

Vitamin A:	0.27* RE
Vitamin E:	0.08 mg
Thiamin (B1):	0.27 mg
Riboflavin (B2):	0.03 mg
Niacin (B3):	1.70 mg
Vitamin (B6):	0.20 mg
Vitamin B12:	0.00* mcg
Folacin:	12.53 mcg
Pantothenic Acid:	0.57 mg
Vitamin C:	22.04* mg
Vitamin D:	0.00* IU
Vitamin K:	3.43 mcg

Fatty Acids

Linoleic:	0.34 g
Oleic:	0.55 g

Other Information

Calories from Carbohydrates:	81%
Calories from Fat:	11%
Calories from Protein:	9%

Poly/SatFat:	1.46:1
Sodium/Potassium:	0.42:1
Calcium/Phosphorus:	0.22:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Potato Mashed Garlic f/Pearls

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	107 Kcal
Protein:	2.28 g
Carbohydrates:	22.14 g
Total Fat:	1.26 g
Monounsaturat Fat:	0.55 g
Polyunsaturat Fat:	0.38 g
Saturated Fat:	0.26 g
Trans Fat:	0.21* g
Water:	68 ml
Total Sugar:	0.92* g
Total Dietary Fiber:	1.80 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	9.48 mg
Magnesium:	18.68mg
Phosphorus:	42.73 mg
Potassium:	300.34 mg
Sodium:	126.57 mg
Copper:	0.051* mg
Iron:	0.33 mg
Manganese:	0.044* mg
Zinc:	0.194 mg

Vitamins

Vitamin A:	0.27* RE
Vitamin E:	0.08 mg
Thiamin (B1):	0.27 mg
Riboflavin (B2):	0.03 mg
Niacin (B3):	1.70 mg
Vitamin (B6):	0.20 mg
Vitamin B12:	0.00* mcg
Folacin:	12.56 mcg
Pantothenic Acid:	0.57 mg
Vitamin C:	22.05* mg
Vitamin D:	0.00* IU
Vitamin K:	3.43 mcg

Fatty Acids

Linoleic:	0.34 g
Oleic:	0.55 g

Other Information

Calories from Carbohydrates:	81%
Calories from Fat:	11%
Calories from Protein:	9%

Poly/SatFat:	1.46:1
Sodium/Potassium:	0.42:1
Calcium/Phosphorus:	0.22:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Potato Salad RTS

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	143 Kcal
Protein:	1.91 g
Carbohydrates:	16.91 g
Total Fat:	7.54 g
Monounsaturat Fat:	2.11 g
Polyunsaturat Fat:	3.78 g
Saturated Fat:	1.29 g
Trans Fat:	0.00 g
Water:	98 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	75 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	17.50 mg
Magnesium:	10.00mg
Phosphorus:	70.00 mg
Potassium:	337.51 mg
Sodium:	410.01 mg
Copper:	0.100 mg
Iron:	0.91 mg
Manganese:	0.088 mg
Zinc:	0.250 mg

Vitamins

Vitamin A:	37.50 RE
Vitamin E:	0.00 mg
Thiamin (B1):	0.09 mg
Riboflavin (B2):	0.14 mg
Niacin (B3):	0.34 mg
Vitamin (B6):	0.19 mg
Vitamin B12:	0.15 mcg
Folacin:	31.25 mcg
Pantothenic Acid:	0.46 mg
Vitamin C:	1.38 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	3.40 g
Oleic:	1.94 g

Other Information

Calories from Carbohydrates:	47%
Calories from Fat:	48%
Calories from Protein:	5%
Poly/SatFat:	2.93:1
Sodium/Potassium:	1.21:1
Calcium/Phosphorus:	0.25:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Potato Sweet Cinnamon f/Cnd

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	177 Kcal
Protein:	1.82 g
Carbohydrates:	35.94 g
Total Fat:	3.20 g
Monounsaturat Fat:	1.34 g
Polyunsaturat Fat:	1.02 g
Saturated Fat:	0.62 g
Trans Fat:	0.51 g
Water:	103 ml
Total Sugar:	8.10* g
Total Dietary Fiber:	4.32 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	25.66 mg
Magnesium:	17.06mg
Phosphorus:	35.55 mg
Potassium:	273.66 mg
Sodium:	77.30 mg
Copper:	0.240* mg
Iron:	1.36 mg
Manganese:	0.902* mg
Zinc:	0.232 mg

Vitamins

Vitamin A:	646.37* RE
Vitamin E:	1.80 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.06 mg
Niacin (B3):	0.48 mg
Vitamin (B6):	0.08 mg
Vitamin B12:	0.00* mcg
Folacin:	11.33 mcg
Pantothenic Acid:	0.57 mg
Vitamin C:	15.25* mg
Vitamin D:	0.00* IU
Vitamin K:	6.27 mcg

Fatty Acids

Linoleic:	0.93 g
Oleic:	1.33 g

Other Information

Calories from Carbohydrates:	80%
Calories from Fat:	16%
Calories from Protein:	4%
Poly/SatFat:	1.66:1
Sodium/Potassium:	0.28:1
Calcium/Phosphorus:	0.72:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Potato Wedges f/RTB

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	117 Kcal
Protein:	2.04 g
Carbohydrates:	20.68 g
Total Fat:	2.91 g
Monounsaturat Fat:	0.00* g
Polyunsaturat Fat:	0.00* g
Saturated Fat:	0.75 g
Trans Fat:	0.06 g
Water:	59 ml
Total Sugar:	0.18 g
Total Dietary Fiber:	2.04 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	11.06 mg
Magnesium:	0.00*mg
Phosphorus:	1.00* mg
Potassium:	306.17 mg
Sodium:	25.51 mg
Copper:	0.000* mg
Iron:	0.71 mg
Manganese:	0.000* mg
Zinc:	0.000* mg

Vitamins

Vitamin A:	0.00* RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.00* mg
Niacin (B3):	0.00* mg
Vitamin (B6):	0.00* mg
Vitamin B12:	0.00* mcg
Folacin:	0.00* mcg
Pantothenic Acid:	0.00* mg
Vitamin C:	5.87 mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.00* g
Oleic:	0.00* g

Other Information

Calories from Carbohydrates:	71%
Calories from Fat:	22%
Calories from Protein:	7%
Poly/SatFat:	0.00:1
Sodium/Potassium:	0.08:1
Calcium/Phosphorus:	11.06:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Pudding Chocolate f/Inst

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	121 Kcal
Protein:	3.74 g
Carbohydrates:	22.41 g
Total Fat:	2.35 g
Monounsaturat Fat:	0.69 g
Polyunsaturat Fat:	0.08 g
Saturated Fat:	1.47 g
Trans Fat:	0.09* g
Water:	88 ml
Total Sugar:	13.45 g
Total Dietary Fiber:	0.89 g
Cholesterol:	8 mg
Alcohol:	0.00 g
Caffeine:	2.18 mg

Minerals

Calcium:	127.64 mg
Magnesium:	24.03mg
Phosphorus:	107.26 mg
Potassium:	178.12 mg
Sodium:	140.93 mg
Copper:	0.113 mg
Iron:	0.38 mg
Manganese:	0.117 mg
Zinc:	0.647 mg

Vitamins

Vitamin A:	53.68 RE
Vitamin E:	0.03 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.20 mg
Niacin (B3):	0.15 mg
Vitamin (B6):	0.04 mg
Vitamin B12:	0.52 mcg
Folacin:	5.67 mcg
Pantothenic Acid:	0.36 mg
Vitamin C:	0.20 mg
Vitamin D:	47.83 IU
Vitamin K:	0.25 mcg

Fatty Acids

Linoleic:	0.07 g
Oleic:	0.64 g

Other Information

Calories from Carbohydrates:	70%
Calories from Fat:	18%
Calories from Protein:	12%
Poly/SatFat:	0.06:1
Sodium/Potassium:	0.79:1
Calcium/Phosphorus:	1.19:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Pudding LoCal Chocolate f/Mix

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	76 Kcal
Protein:	4.99 g
Carbohydrates:	14.41 g
Total Fat:	0.09 g
Monounsaturat Fat:	0.02* g
Polyunsaturat Fat:	0.00* g
Saturated Fat:	0.07 g
Trans Fat:	0.00* g
Water:	100* ml
Total Sugar:	6.89 g
Total Dietary Fiber:	0.00 g
Cholesterol:	2 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	134.51 mg
Magnesium:	12.13*mg
Phosphorus:	111.36* mg
Potassium:	280.60 mg
Sodium:	103.80 mg
Copper:	0.011* mg
Iron:	0.03 mg
Manganese:	0.000* mg
Zinc:	0.463* mg

Vitamins

Vitamin A:	67.25 RE
Vitamin E:	0.01* mg
Thiamin (B1):	0.06* mg
Riboflavin (B2):	0.20* mg
Niacin (B3):	0.10* mg
Vitamin (B6):	0.04* mg
Vitamin B12:	0.55* mcg
Folacin:	5.51* mcg
Pantothenic Acid:	0.40* mg
Vitamin C:	0.00 mg
Vitamin D:	51.82* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.00* g
Oleic:	0.02* g

Other Information

Calories from Carbohydrates:	73%
Calories from Fat:	1%
Calories from Protein:	26%
Poly/SatFat:	0.00:1
Sodium/Potassium:	0.37:1
Calcium/Phosphorus:	1.21:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Pudding Vanilla f/Inst

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	126 Kcal
Protein:	3.28 g
Carbohydrates:	23.77 g
Total Fat:	2.01 g
Monounsaturat Fat:	0.55 g
Polyunsaturat Fat:	0.10 g
Saturated Fat:	1.25 g
Trans Fat:	0.09* g
Water:	88 ml
Total Sugar:	21.13 g
Total Dietary Fiber:	0.12 g
Cholesterol:	8 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	118.14 mg
Magnesium:	10.74mg
Phosphorus:	90.20 mg
Potassium:	140.73 mg
Sodium:	175.49 mg
Copper:	0.014 mg
Iron:	0.04 mg
Manganese:	0.012 mg
Zinc:	0.473 mg

Vitamins

Vitamin A:	53.68 RE
Vitamin E:	0.03 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.19 mg
Niacin (B3):	0.09 mg
Vitamin (B6):	0.04 mg
Vitamin B12:	0.52 mcg
Folacin:	4.88 mcg
Pantothenic Acid:	0.35 mg
Vitamin C:	0.20 mg
Vitamin D:	47.83 IU
Vitamin K:	0.20 mcg

Fatty Acids

Linoleic:	0.09 g
Oleic:	0.50 g

Other Information

Calories from Carbohydrates:	75%
Calories from Fat:	14%
Calories from Protein:	10%
Poly/SatFat:	0.08:1
Sodium/Potassium:	1.25:1
Calcium/Phosphorus:	1.31:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Rice Fluffy

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	124 Kcal
Protein:	1.95 g
Carbohydrates:	23.76 g
Total Fat:	1.97 g
Monounsaturat Fat:	0.92 g
Polyunsaturat Fat:	0.59 g
Saturated Fat:	0.38 g
Trans Fat:	0.34* g
Water:	61 ml
Total Sugar:	0.00* g
Total Dietary Fiber:	0.84 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	2.70 mg
Magnesium:	7.49mg
Phosphorus:	28.61 mg
Potassium:	23.78 mg
Sodium:	63.90 mg
Copper:	0.069* mg
Iron:	1.27 mg
Manganese:	0.312* mg
Zinc:	0.333 mg

Vitamins

Vitamin A:	0.00* RE
Vitamin E:	0.12* mg
Thiamin (B1):	0.17 mg
Riboflavin (B2):	0.02 mg
Niacin (B3):	1.23 mg
Vitamin (B6):	0.05 mg
Vitamin B12:	0.00* mcg
Folacin:	69.32 mcg
Pantothenic Acid:	0.39 mg
Vitamin C:	0.00* mg
Vitamin D:	0.00* IU
Vitamin K:	1.69* mcg

Fatty Acids

Linoleic:	0.53 g
Oleic:	0.92 g

Other Information

Calories from Carbohydrates:	79%
Calories from Fat:	14%
Calories from Protein:	6%
Poly/SatFat:	1.53:1
Sodium/Potassium:	2.69:1
Calcium/Phosphorus:	0.09:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Roll Cinnamon f/RTB Dough

Serving Size : 1/2 Each (42.52 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	103 Kcal
Protein:	0.95 g
Carbohydrates:	16.76 g
Total Fat:	3.68 g
Monounsaturat Fat:	0.36* g
Polyunsaturat Fat:	0.59* g
Saturated Fat:	0.93 g
Trans Fat:	0.94 g
Water:	7 ml
Total Sugar:	9.35 g
Total Dietary Fiber:	0.31 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	6.38 mg
Magnesium:	0.07*mg
Phosphorus:	1.33* mg
Potassium:	2.51* mg
Sodium:	185.16 mg
Copper:	0.000* mg
Iron:	0.44 mg
Manganese:	0.000* mg
Zinc:	0.005* mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.11* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.02* mg
Niacin (B3):	0.02* mg
Vitamin (B6):	0.00* mg
Vitamin B12:	0.00* mcg
Folacin:	0.59* mcg
Pantothenic Acid:	0.00* mg
Vitamin C:	0.02 mg
Vitamin D:	0.00* IU
Vitamin K:	0.96* mcg

Fatty Acids

Linoleic:	0.52* g
Oleic:	0.34* g

Other Information

Calories from Carbohydrates:	64%
Calories from Fat:	32%
Calories from Protein:	4%
Poly/SatFat:	0.63:1
Sodium/Potassium:	73.89:1
Calcium/Phosphorus:	4.81:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Roll Cinnamon f/RTB Dough

Serving Size : 1 Each (85.05 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	207 Kcal
Protein:	1.91 g
Carbohydrates:	33.51 g
Total Fat:	7.35 g
Monounsaturat Fat:	0.72* g
Polyunsaturat Fat:	1.17* g
Saturated Fat:	1.87 g
Trans Fat:	1.89 g
Water:	14 ml
Total Sugar:	18.69 g
Total Dietary Fiber:	0.62 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	12.76 mg
Magnesium:	0.15*mg
Phosphorus:	2.65* mg
Potassium:	5.01* mg
Sodium:	370.32 mg
Copper:	0.000* mg
Iron:	0.87 mg
Manganese:	0.000* mg
Zinc:	0.010* mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.23* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.04* mg
Niacin (B3):	0.03* mg
Vitamin (B6):	0.00* mg
Vitamin B12:	0.00* mcg
Folacin:	1.18* mcg
Pantothenic Acid:	0.01* mg
Vitamin C:	0.04 mg
Vitamin D:	0.00* IU
Vitamin K:	1.92* mcg

Fatty Acids

Linoleic:	1.04* g
Oleic:	0.69* g

Other Information

Calories from Carbohydrates:	64%
Calories from Fat:	32%
Calories from Protein:	4%
Poly/SatFat:	0.63:1
Sodium/Potassium:	73.89:1
Calcium/Phosphorus:	4.81:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Roll Wheat f/RTB Dough

Serving Size : 1 Each (42.52 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	113 Kcal
Protein:	3.70 g
Carbohydrates:	21.73 g
Total Fat:	2.00 g
Monounsaturat Fat:	0.51 g
Polyunsaturat Fat:	0.92 g
Saturated Fat:	0.36 g
Trans Fat:	0.00* g
Water:	14 ml
Total Sugar:	3.60 g
Total Dietary Fiber:	3.19 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	45.08 mg
Magnesium:	36.15mg
Phosphorus:	95.26 mg
Potassium:	115.67 mg
Sodium:	221.56 mg
Copper:	0.102 mg
Iron:	1.03 mg
Manganese:	0.978 mg
Zinc:	0.855 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.38 mg
Thiamin (B1):	0.11 mg
Riboflavin (B2):	0.06 mg
Niacin (B3):	1.56 mg
Vitamin (B6):	0.09 mg
Vitamin B12:	0.00 mcg
Folacin:	12.76 mcg
Pantothenic Acid:	0.21 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.85 mcg

Fatty Acids

Linoleic:	0.87 g
Oleic:	0.50 g

Other Information

Calories from Carbohydrates:	71%
Calories from Fat:	16%
Calories from Protein:	13%
Poly/SatFat:	2.57:1
Sodium/Potassium:	1.92:1
Calcium/Phosphorus:	0.47:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Sauce Mustard Honey Hmd

Serving Size : 1 Fl Oz (29.57 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	58 Kcal
Protein:	0.23 g
Carbohydrates:	6.25 g
Total Fat:	3.83 g
Monounsaturat Fat:	0.96 g
Polyunsaturat Fat:	2.07 g
Saturated Fat:	0.64 g
Trans Fat:	0.00* g
Water:	16 ml
Total Sugar:	4.10 g
Total Dietary Fiber:	0.18 g
Cholesterol:	5 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	2.96 mg
Magnesium:	2.16mg
Phosphorus:	4.85 mg
Potassium:	10.39 mg
Sodium:	143.68 mg
Copper:	0.006 mg
Iron:	0.09 mg
Manganese:	0.021* mg
Zinc:	0.057 mg

Vitamins

Vitamin A:	0.22 RE
Vitamin E:	0.40 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.00 mg
Niacin (B3):	0.03 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	0.38 mcg
Pantothenic Acid:	0.01 mg
Vitamin C:	0.03 mg
Vitamin D:	0.00 IU
Vitamin K:	8.16 mcg

Fatty Acids

Linoleic:	1.74 g
Oleic:	0.90 g

Other Information

Calories from Carbohydrates:	39%
Calories from Fat:	60%
Calories from Protein:	2%
Poly/SatFat:	3.22:1
Sodium/Potassium:	13.83:1
Calcium/Phosphorus:	0.61:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Sauce Tartar f/Bulk

Serving Size : 1 Fl Oz (29.57 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	2,028 Kcal
Protein:	9.61 g
Carbohydrates:	127.84 g
Total Fat:	160.52 g
Monounsaturat Fat:	34.70 g
Polyunsaturat Fat:	86.89 g
Saturated Fat:	32.01 g
Trans Fat:	0.00* g
Water:	644 ml
Total Sugar:	40.85 g
Total Dietary Fiber:	4.81 g
Cholesterol:	67 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	249.90 mg
Magnesium:	57.67mg
Phosphorus:	163.40 mg
Potassium:	653.60 mg
Sodium:	6,411.01 mg
Copper:	0.192 mg
Iron:	2.40 mg
Manganese:	1.057 mg
Zinc:	1.153 mg

Vitamins

Vitamin A:	105.73 RE
Vitamin E:	16.15 mg
Thiamin (B1):	0.19 mg
Riboflavin (B2):	0.29 mg
Niacin (B3):	0.87 mg
Vitamin (B6):	0.38 mg
Vitamin B12:	0.19 mcg
Folacin:	48.06 mcg
Pantothenic Acid:	0.67 mg
Vitamin C:	22.11 mg
Vitamin D:	19.22 IU
Vitamin K:	484.43 mcg

Fatty Acids

Linoleic:	76.51 g
Oleic:	34.31 g

Other Information

Calories from Carbohydrates:	27%
Calories from Fat:	71%
Calories from Protein:	2%
Poly/SatFat:	2.71:1
Sodium/Potassium:	9.81:1
Calcium/Phosphorus:	1.53:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Sauce Tartar PC

Serving Size : 1 Each (12 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	25 Kcal
Protein:	0.12 g
Carbohydrates:	1.60 g
Total Fat:	2.00 g
Monounsaturat Fat:	0.43 g
Polyunsaturat Fat:	1.08 g
Saturated Fat:	0.40 g
Trans Fat:	0.00 g
Water:	8 ml
Total Sugar:	0.51 g
Total Dietary Fiber:	0.06 g
Cholesterol:	1 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	3.12 mg
Magnesium:	0.72mg
Phosphorus:	2.04 mg
Potassium:	8.16 mg
Sodium:	80.04 mg
Copper:	0.002 mg
Iron:	0.03 mg
Manganese:	0.013 mg
Zinc:	0.014 mg

Vitamins

Vitamin A:	1.32 RE
Vitamin E:	0.20 mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.00 mg
Niacin (B3):	0.01 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	0.60 mcg
Pantothenic Acid:	0.01 mg
Vitamin C:	0.28 mg
Vitamin D:	0.24 IU
Vitamin K:	6.05 mcg

Fatty Acids

Linoleic:	0.96 g
Oleic:	0.43 g

Other Information

Calories from Carbohydrates:	27%
Calories from Fat:	71%
Calories from Protein:	2%
Poly/SatFat:	2.71:1
Sodium/Potassium:	9.81:1
Calcium/Phosphorus:	1.53:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Sausage Patty Breakfast 2z

Serving Size : 1 Each (56.7 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	147 Kcal
Protein:	8.41 g
Carbohydrates:	0.64 g
Total Fat:	12.36 g
Monounsaturat Fat:	5.23 g
Polyunsaturat Fat:	2.32 g
Saturated Fat:	4.01 g
Trans Fat:	0.05 g
Water:	23 ml
Total Sugar:	0.49 g
Total Dietary Fiber:	0.00* g
Cholesterol:	39 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	4.08 mg
Magnesium:	7.26mg
Phosphorus:	67.59 mg
Potassium:	155.13 mg
Sodium:	369.23 mg
Copper:	0.032 mg
Iron:	0.54 mg
Manganese:	0.009 mg
Zinc:	1.111 mg

Vitamins

Vitamin A:	12.70 RE
Vitamin E:	0.41 mg
Thiamin (B1):	0.12 mg
Riboflavin (B2):	0.08 mg
Niacin (B3):	2.78 mg
Vitamin (B6):	0.09 mg
Vitamin B12:	0.44 mcg
Folacin:	0.45 mcg
Pantothenic Acid:	0.37 mg
Vitamin C:	0.00* mg
Vitamin D:	26.31 IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	2.02 g
Oleic:	4.80 g

Other Information

Calories from Carbohydrates:	2%
Calories from Fat:	75%
Calories from Protein:	23%
Poly/SatFat:	0.58:1
Sodium/Potassium:	2.38:1
Calcium/Phosphorus:	0.06:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Soup Broth Chicken f/Base

Serving Size : 6 Fl Oz (177.44 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	228 Kcal
Protein:	16.83 g
Carbohydrates:	27.09 g
Total Fat:	5.42 g
Monounsaturat Fat:	2.21 g
Polyunsaturat Fat:	1.87 g
Saturated Fat:	1.38 g
Trans Fat:	0.00* g
Water:	5,040 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	15 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	370.30 mg
Magnesium:	114.98mg
Phosphorus:	220.19 mg
Potassium:	481.58 mg
Sodium:	27,818.76 mg
Copper:	0.504 mg
Iron:	2.16 mg
Manganese:	0.438 mg
Zinc:	0.231 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.10 mg
Thiamin (B1):	0.22 mg
Riboflavin (B2):	0.44 mg
Niacin (B3):	4.50 mg
Vitamin (B6):	0.12 mg
Vitamin B12:	0.35 mcg
Folacin:	36.89 mcg
Pantothenic Acid:	0.69 mg
Vitamin C:	1.15 mg
Vitamin D:	0.00* IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	1.81 g
Oleic:	1.94 g

Other Information

Calories from Carbohydrates:	49%
Calories from Fat:	21%
Calories from Protein:	29%
Poly/SatFat:	1.35:1
Sodium/Potassium:	57.77:1
Calcium/Phosphorus:	1.68:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Soup Broth Vegetable f/Base

Serving Size : 6 Fl Oz (177.45 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	305 Kcal
Protein:	19.05 g
Carbohydrates:	20.59 g
Total Fat:	15.87 g
Monounsaturat Fat:	6.13 g
Polyunsaturat Fat:	5.12 g
Saturated Fat:	3.92 g
Trans Fat:	0.00* g
Water:	5,091 ml
Total Sugar:	19.85 g
Total Dietary Fiber:	0.00 g
Cholesterol:	15 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	366.61 mg
Magnesium:	114.96mg
Phosphorus:	189.79 mg
Potassium:	404.23 mg
Sodium:	27,450.11 mg
Copper:	0.509 mg
Iron:	1.18 mg
Manganese:	0.172 mg
Zinc:	0.103 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.53 mg
Thiamin (B1):	0.11 mg
Riboflavin (B2):	0.49 mg
Niacin (B3):	2.81 mg
Vitamin (B6):	0.11 mg
Vitamin B12:	0.34 mcg
Folacin:	36.59 mcg
Pantothenic Acid:	0.69 mg
Vitamin C:	1.26 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	4.94 g
Oleic:	5.31 g

Other Information

Calories from Carbohydrates:	28%
Calories from Fat:	47%
Calories from Protein:	25%

Poly/SatFat:	1.31:1
Sodium/Potassium:	67.91:1
Calcium/Phosphorus:	1.93:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Soup Minestrone f/Cnd

Serving Size : 6 Fl Oz (177.44 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	59 Kcal
Protein:	3.02 g
Carbohydrates:	7.96 g
Total Fat:	1.78 g
Monounsaturat Fat:	0.49 g
Polyunsaturat Fat:	0.79 g
Saturated Fat:	0.38 g
Trans Fat:	0.00* g
Water:	156 ml
Total Sugar:	1.30 g
Total Dietary Fiber:	0.69 g
Cholesterol:	1 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	26.82 mg
Magnesium:	6.05mg
Phosphorus:	39.94 mg
Potassium:	222.24 mg
Sodium:	450.53 mg
Copper:	0.095 mg
Iron:	0.65 mg
Manganese:	0.260 mg
Zinc:	0.521 mg

Vitamins

Vitamin A:	73.80 RE
Vitamin E:	0.40 mg
Thiamin (B1):	0.03 mg
Riboflavin (B2):	0.03 mg
Niacin (B3):	0.67 mg
Vitamin (B6):	0.07 mg
Vitamin B12:	0.00 mcg
Folacin:	25.18 mcg
Pantothenic Acid:	0.24 mg
Vitamin C:	0.78 mg
Vitamin D:	0.00 IU
Vitamin K:	6.77 mcg

Fatty Acids

Linoleic:	0.69 g
Oleic:	0.47 g

Other Information

Calories from Carbohydrates:	52%
Calories from Fat:	27%
Calories from Protein:	20%
Poly/SatFat:	2.07:1
Sodium/Potassium:	2.03:1
Calcium/Phosphorus:	0.67:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Soup Pea Split f/Cnd

Serving Size : 6 Fl Oz (177.44 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	171 Kcal
Protein:	9.33 g
Carbohydrates:	25.29 g
Total Fat:	3.99 g
Monounsaturat Fat:	1.63 g
Polyunsaturat Fat:	0.57 g
Saturated Fat:	1.59 g
Trans Fat:	0.00* g
Water:	186 ml
Total Sugar:	0.00* g
Total Dietary Fiber:	2.07 g
Cholesterol:	7 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	22.64 mg
Magnesium:	44.81mg
Phosphorus:	193.19 mg
Potassium:	361.93 mg
Sodium:	768.67 mg
Copper:	0.351 mg
Iron:	2.07 mg
Manganese:	0.608 mg
Zinc:	1.203 mg

Vitamins

Vitamin A:	20.66 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.13 mg
Riboflavin (B2):	0.07 mg
Niacin (B3):	1.34 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.24 mcg
Folacin:	2.43 mcg
Pantothenic Acid:	0.24 mg
Vitamin C:	1.34 mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.52 g
Oleic:	1.52 g

Other Information

Calories from Carbohydrates:	57%
Calories from Fat:	21%
Calories from Protein:	22%
Poly/SatFat:	0.36:1
Sodium/Potassium:	2.12:1
Calcium/Phosphorus:	0.12:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Soup Vegetable f/Cnd

Serving Size : 6 Fl Oz (177.44 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	58 Kcal
Protein:	1.69 g
Carbohydrates:	9.62 g
Total Fat:	1.55 g
Monounsaturat Fat:	0.67 g
Polyunsaturat Fat:	0.58 g
Saturated Fat:	0.24 g
Trans Fat:	0.00* g
Water:	178 ml
Total Sugar:	3.08 g
Total Dietary Fiber:	0.49 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	19.57 mg
Magnesium:	6.85mg
Phosphorus:	27.55 mg
Potassium:	169.22 mg
Sodium:	510.60 mg
Copper:	0.108 mg
Iron:	0.87 mg
Manganese:	0.374 mg
Zinc:	0.374 mg

Vitamins

Vitamin A:	139.73 RE
Vitamin E:	1.15 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.04 mg
Niacin (B3):	0.74 mg
Vitamin (B6):	0.05 mg
Vitamin B12:	0.00 mcg
Folacin:	8.86 mcg
Pantothenic Acid:	0.28 mg
Vitamin C:	1.18 mg
Vitamin D:	0.00 IU
Vitamin K:	4.13 mcg

Fatty Acids

Linoleic:	0.54 g
Oleic:	0.66 g

Other Information

Calories from Carbohydrates:	64%
Calories from Fat:	24%
Calories from Protein:	12%
Poly/SatFat:	2.46:1
Sodium/Potassium:	3.02:1
Calcium/Phosphorus:	0.71:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Toast Cinnamon Wheat

Serving Size : 1 Slice (20 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	112 Kcal
Protein:	2.72 g
Carbohydrates:	14.92 g
Total Fat:	4.78 g
Monounsaturat Fat:	1.91 g
Polyunsaturat Fat:	1.50 g
Saturated Fat:	0.86 g
Trans Fat:	0.68* g
Water:	10 ml
Total Sugar:	3.46* g
Total Dietary Fiber:	1.66 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	43.91 mg
Magnesium:	11.04mg
Phosphorus:	33.27 mg
Potassium:	41.48 mg
Sodium:	147.85 mg
Copper:	0.042* mg
Iron:	1.01 mg
Manganese:	0.476* mg
Zinc:	0.288 mg

Vitamins

Vitamin A:	0.19* RE
Vitamin E:	0.31 mg
Thiamin (B1):	0.10 mg
Riboflavin (B2):	0.06 mg
Niacin (B3):	1.41 mg
Vitamin (B6):	0.03 mg
Vitamin B12:	0.00* mcg
Folacin:	21.37 mcg
Pantothenic Acid:	0.21 mg
Vitamin C:	0.10* mg
Vitamin D:	0.00* IU
Vitamin K:	4.99 mcg

Fatty Acids

Linoleic:	1.37 g
Oleic:	1.89 g

Other Information

Calories from Carbohydrates:	52%
Calories from Fat:	39%
Calories from Protein:	10%
Poly/SatFat:	1.74:1
Sodium/Potassium:	3.56:1
Calcium/Phosphorus:	1.32:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Toast Wheat Dry

Serving Size : 1 Slice (28 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	69 Kcal
Protein:	2.67 g
Carbohydrates:	11.89 g
Total Fat:	1.13 g
Monounsaturat Fat:	0.15 g
Polyunsaturat Fat:	0.41 g
Saturated Fat:	0.18 g
Trans Fat:	0.01 g
Water:	9 ml
Total Sugar:	1.43 g
Total Dietary Fiber:	1.00 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	31.25 mg
Magnesium:	10.25mg
Phosphorus:	32.25 mg
Potassium:	35.25 mg
Sodium:	118.25 mg
Copper:	0.038 mg
Iron:	0.90 mg
Manganese:	0.258 mg
Zinc:	0.260 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.05 mg
Thiamin (B1):	0.10 mg
Riboflavin (B2):	0.06 mg
Niacin (B3):	1.40 mg
Vitamin (B6):	0.03 mg
Vitamin B12:	0.00 mcg
Folacin:	21.25 mcg
Pantothenic Acid:	0.21 mg
Vitamin C:	0.05 mg
Vitamin D:	0.00 IU
Vitamin K:	1.23 mcg

Fatty Acids

Linoleic:	0.36 g
Oleic:	0.15 g

Other Information

Calories from Carbohydrates:	70%
Calories from Fat:	15%
Calories from Protein:	16%
Poly/SatFat:	2.31:1
Sodium/Potassium:	3.35:1
Calcium/Phosphorus:	0.97:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Toast White Dry

Serving Size : 1 Slice (28 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	77 Kcal
Protein:	2.56 g
Carbohydrates:	14.29 g
Total Fat:	0.96 g
Monounsaturat Fat:	0.17 g
Polyunsaturat Fat:	0.46 g
Saturated Fat:	0.20 g
Trans Fat:	0.01 g
Water:	11 ml
Total Sugar:	1.64 g
Total Dietary Fiber:	0.78 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	41.64 mg
Magnesium:	6.65mg
Phosphorus:	28.34 mg
Potassium:	36.44 mg
Sodium:	141.71 mg
Copper:	0.029 mg
Iron:	1.04 mg
Manganese:	0.156 mg
Zinc:	0.214 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.06 mg
Thiamin (B1):	0.15 mg
Riboflavin (B2):	0.07 mg
Niacin (B3):	1.38 mg
Vitamin (B6):	0.03 mg
Vitamin B12:	0.00 mcg
Folacin:	32.10 mcg
Pantothenic Acid:	0.16 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.06 mcg

Fatty Acids

Linoleic:	0.41 g
Oleic:	0.16 g

Other Information

Calories from Carbohydrates:	75%
Calories from Fat:	11%
Calories from Protein:	13%
Poly/SatFat:	2.29:1
Sodium/Potassium:	3.89:1
Calcium/Phosphorus:	1.47:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Tortilla Flour

Serving Size : 1 Each (28.35 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	92 Kcal
Protein:	2.47 g
Carbohydrates:	15.76 g
Total Fat:	2.01 g
Monounsaturat Fat:	1.07 g
Polyunsaturat Fat:	0.30 g
Saturated Fat:	0.50 g
Trans Fat:	0.00 g
Water:	8 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.94 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	11.06 mg
Magnesium:	7.37mg
Phosphorus:	35.15 mg
Potassium:	37.14 mg
Sodium:	135.51 mg
Copper:	0.077 mg
Iron:	0.94 mg
Manganese:	0.130 mg
Zinc:	0.201 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00 mg
Thiamin (B1):	0.15 mg
Riboflavin (B2):	0.08 mg
Niacin (B3):	1.01 mg
Vitamin (B6):	0.01 mg
Vitamin B12:	0.00 mcg
Folacin:	34.87 mcg
Pantothenic Acid:	0.16 mg
Vitamin C:	0.00 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	0.29 g
Oleic:	1.07 g

Other Information

Calories from Carbohydrates:	70%
Calories from Fat:	20%
Calories from Protein:	11%
Poly/SatFat:	0.61:1
Sodium/Potassium:	3.65:1
Calcium/Phosphorus:	0.31:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Tuna Salad Soft

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	27,352 Kcal
Protein:	3,241.45 g
Carbohydrates:	796.01 g
Total Fat:	1,273.98 g
Monounsaturat Fat:	319.60 g
Polyunsaturat Fat:	557.83 g
Saturated Fat:	260.67 g
Trans Fat:	0.00* g
Water:	16,792 ml
Total Sugar:	311.07* g
Total Dietary Fiber:	4.74 g
Cholesterol:	15,506 mg
Alcohol:	0.00 g
Caffeine:	0.00* mg

Minerals

Calcium:	3,841.17 mg
Magnesium:	3,739.93mg
Phosphorus:	25,113.42 mg
Potassium:	30,923.64 mg
Sodium:	62,694.13 mg
Copper:	8.419 mg
Iron:	275.51 mg
Manganese:	4.240* mg
Zinc:	134.665 mg

Vitamins

Vitamin A:	6,152.16 RE
Vitamin E:	165.98* mg
Thiamin (B1):	6.32 mg
Riboflavin (B2):	24.44 mg
Niacin (B3):	1,525.39 mg
Vitamin (B6):	51.26 mg
Vitamin B12:	409.93 mcg
Folacin:	1,756.14 mcg
Pantothenic Acid:	56.97* mg
Vitamin C:	171.24 mg
Vitamin D:	9,162.44 IU
Vitamin K:	1,954.72* mcg

Fatty Acids

Linoleic:	439.16* g
Oleic:	306.54* g

Other Information

Calories from Carbohydrates:	11%
Calories from Fat:	42%
Calories from Protein:	47%
Poly/SatFat:	2.14:1
Sodium/Potassium:	2.03:1
Calcium/Phosphorus:	0.15:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Tuna Salad Soft Sndw Wheat

Serving Size : 1 Each (148 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	211 Kcal
Protein:	14.10 g
Carbohydrates:	25.92 g
Total Fat:	5.71 g
Monounsaturat Fat:	1.17 g
Polyunsaturat Fat:	2.32 g
Saturated Fat:	1.06 g
Trans Fat:	0.02 g
Water:	63 ml
Total Sugar:	3.71 g
Total Dietary Fiber:	2.01 g
Cholesterol:	42 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	72.89 mg
Magnesium:	30.62mg
Phosphorus:	132.43 mg
Potassium:	154.15 mg
Sodium:	406.09 mg
Copper:	0.098 mg
Iron:	2.55 mg
Manganese:	0.526 mg
Zinc:	0.884 mg

Vitamins

Vitamin A:	16.64 RE
Vitamin E:	0.54 mg
Thiamin (B1):	0.22 mg
Riboflavin (B2):	0.19 mg
Niacin (B3):	6.92 mg
Vitamin (B6):	0.19 mg
Vitamin B12:	1.11 mcg
Folacin:	47.25 mcg
Pantothenic Acid:	0.56 mg
Vitamin C:	0.56 mg
Vitamin D:	24.78 IU
Vitamin K:	7.74 mcg

Fatty Acids

Linoleic:	1.91 g
Oleic:	1.12 g

Other Information

Calories from Carbohydrates:	49%
Calories from Fat:	24%
Calories from Protein:	27%
Poly/SatFat:	2.20:1
Sodium/Potassium:	2.63:1
Calcium/Phosphorus:	0.55:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Turkey Roast Ckd RTS

Serving Size : 3 Oz (85.05 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	151 Kcal
Protein:	25.13 g
Carbohydrates:	0.04 g
Total Fat:	4.74 g
Monounsaturat Fat:	1.68 g
Polyunsaturat Fat:	1.36 g
Saturated Fat:	1.36 g
Trans Fat:	0.07 g
Water:	55 ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	76 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	9.36 mg
Magnesium:	27.22mg
Phosphorus:	195.62 mg
Potassium:	210.92 mg
Sodium:	85.90 mg
Copper:	0.060 mg
Iron:	0.68 mg
Manganese:	0.009 mg
Zinc:	1.497 mg

Vitamins

Vitamin A:	8.51 RE
Vitamin E:	0.06 mg
Thiamin (B1):	0.03 mg
Riboflavin (B2):	0.18 mg
Niacin (B3):	9.87 mg
Vitamin (B6):	0.65 mg
Vitamin B12:	0.43 mcg
Folacin:	7.65 mcg
Pantothenic Acid:	0.77 mg
Vitamin C:	0.00 mg
Vitamin D:	11.91 IU
Vitamin K:	0.00 mcg

Fatty Acids

Linoleic:	1.20 g
Oleic:	1.49 g

Other Information

Calories from Carbohydrates:	5%
Calories from Fat:	28%
Calories from Protein:	67%
Poly/SatFat:	1.00:1
Sodium/Potassium:	0.41:1
Calcium/Phosphorus:	0.05:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Turkey Sndw on Wheat

Serving Size : 1 Each (106 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	217 Kcal
Protein:	18.42 g
Carbohydrates:	28.95 g
Total Fat:	3.04 g
Monounsaturat Fat:	0.49 g
Polyunsaturat Fat:	1.02 g
Saturated Fat:	0.51 g
Trans Fat:	0.02 g
Water:	60 ml
Total Sugar:	5.24 g
Total Dietary Fiber:	2.55 g
Cholesterol:	25 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	75.41 mg
Magnesium:	35.15mg
Phosphorus:	165.00 mg
Potassium:	199.58 mg
Sodium:	705.91 mg
Copper:	0.119 mg
Iron:	2.40 mg
Manganese:	0.595 mg
Zinc:	1.344 mg

Vitamins

Vitamin A:	5.67 RE
Vitamin E:	0.16 mg
Thiamin (B1):	0.31 mg
Riboflavin (B2):	0.32 mg
Niacin (B3):	3.23 mg
Vitamin (B6):	0.14 mg
Vitamin B12:	0.05 mcg
Folacin:	50.46 mcg
Pantothenic Acid:	0.56 mg
Vitamin C:	3.35 mg
Vitamin D:	1.13 IU
Vitamin K:	2.78 mcg

Fatty Acids

Linoleic:	0.91 g
Oleic:	0.45 g

Other Information

Calories from Carbohydrates:	53%
Calories from Fat:	13%
Calories from Protein:	34%
Poly/SatFat:	2.00:1
Sodium/Potassium:	3.54:1
Calcium/Phosphorus:	0.46:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Vegetable Mix California Blend f/Frz

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description : Mix of Broccoli Cuts, Cauliflower Cuts and Carrots

Macro Nutrients

Calories:	43 Kcal
Protein:	1.07 g
Carbohydrates:	5.35 g
Total Fat:	1.82 g
Monounsaturat Fat:	0.88* g
Polyunsaturat Fat:	0.55* g
Saturated Fat:	0.34 g
Trans Fat:	0.34 g
Water:	0* ml
Total Sugar:	2.13* g
Total Dietary Fiber:	2.13 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	21.41 mg
Magnesium:	0.02*mg
Phosphorus:	0.11* mg
Potassium:	0.41* mg
Sodium:	41.41 mg
Copper:	0.000* mg
Iron:	0.39 mg
Manganese:	0.000* mg
Zinc:	0.002* mg

Vitamins

Vitamin A:	95.09* RE
Vitamin E:	0.12* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.00* mg
Niacin (B3):	0.00* mg
Vitamin (B6):	0.00* mg
Vitamin B12:	0.00* mcg
Folacin:	0.02* mcg
Pantothenic Acid:	0.00* mg
Vitamin C:	28.82* mg
Vitamin D:	0.00* IU
Vitamin K:	1.69* mcg

Fatty Acids

Linoleic:	0.50* g
Oleic:	0.87* g

Other Information

Calories from Carbohydrates:	52%
Calories from Fat:	38%
Calories from Protein:	10%
Poly/SatFat:	1.60:1
Sodium/Potassium:	102.15:1
Calcium/Phosphorus:	190.15:1

* indicates 1 or more Unreported values.

Nutrient Analysis

Yogurt Vanilla f/Bulk

Serving Size : 1/2 Cup (118.3 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	104 Kcal
Protein:	6.01 g
Carbohydrates:	16.83 g
Total Fat:	1.52 g
Monounsaturat Fat:	0.41 g
Polyunsaturat Fat:	0.05 g
Saturated Fat:	0.99 g
Trans Fat:	0.00* g
Water:	96 ml
Total Sugar:	16.83 g
Total Dietary Fiber:	0.00 g
Cholesterol:	6 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	208.52 mg
Magnesium:	19.51mg
Phosphorus:	164.62 mg
Potassium:	267.05 mg
Sodium:	80.48 mg
Copper:	0.012 mg
Iron:	0.09 mg
Manganese:	0.000 mg
Zinc:	1.012 mg

Vitamins

Vitamin A:	14.63 RE
Vitamin E:	0.02 mg
Thiamin (B1):	0.05 mg
Riboflavin (B2):	0.24 mg
Niacin (B3):	0.13 mg
Vitamin (B6):	0.06 mg
Vitamin B12:	0.65 mcg
Folacin:	13.41 mcg
Pantothenic Acid:	0.67 mg
Vitamin C:	0.98 mg
Vitamin D:	1.22 IU
Vitamin K:	0.12 mcg

Fatty Acids

Linoleic:	0.04 g
Oleic:	0.35 g

Other Information

Calories from Carbohydrates:	64%
Calories from Fat:	13%
Calories from Protein:	23%
Poly/SatFat:	0.05:1
Sodium/Potassium:	0.30:1
Calcium/Phosphorus:	1.27:1

* indicates 1 or more Unreported values.