

BBQ Chicken Sandwich

| Nutrition Information Serving Size: Serving (153 grams) | | | |
|---|---|--|-------------------------------------|
| Amount Per Serving | | | |
| Calories: 234 | | Calories from Fat: 38 | |
| | | % Daily Value* | |
| Concentrate (Water and Tomato Paste | 4 GM 0 GM 0 GM 0 GM 0 GM 0 GM 0.5 GM 55 MG 560 MG 310 MG 25 GM 2 GM 5 GM 2 GM 5 GM 21 GM Vitamin C: 4% Iron: 8% WKOCH, Bun White Whole Grain Skinny("), Bbq Sauce Smo | 18% 24% 9% 8% 8% 8% key Traditional (Tomato o, Sugar, Hickory Smoke | PRO - 38% CHO - 45% FAT - 17% |
| | 2000 calorie diet. Your daily values may be higher or lower depen | · | |
| | Calories | 2000 | 250 |
| Total Fat | Less Than | 65g | 81 |
| Sat Fat | Less Than | 20g | 25 |
| Cholesterol | Less Than | 300mg | 375m |
| Sodium | Less Than | 2400mg | 3000m |
| Fotal Carbohydrate | | 300g | 375 |
| Dietary Fiber | | 25g | 31 |
| Calories per gram: | | | |

LEGAL DISCLAIMER



Bean & Cheese Burrito Lg

| Amount Per Serving | | | |
|--|--|---|---|
| Calories: 305 | Ca | alories from Fat: 81 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: | 9 GM 3.5 GM | 14% 18% | |
| Trans Fat: Polyunsaturated Fat: | 0 GM | | |
| Monounsaturated Fat: | 0 GM 0 GM | | |
| Cholesterol: | 15 MG | 5% | Calaria |
| Sodium: | 610 MG | 25% | Calorie |
| Potassium: | 140 MG | 4% | Percentages |
| Total Carbohydrate: | 43 GM | 14% | |
| Dietary Fiber: | 6 GM | 23% | |
| Sugars: | 2 GM | | |
| Protein: | 12 GM | | <u> </u> |
| | | | |
| itamin A: 4% | Vitamin C: 2% | | |
| alcium: 30% Ingredients: | lron: 15% | ad wheat flour (wheat | |
| alcium: 30% ngredients: Pinto Beans, Canned, Tortilla Flour He our, niacin, reduced iron, thiamine mo ydrogenated soybean oil), sugar, com hloride, leavening (sodium bicarbonat arbonate, antioxidants (tocopherols, a odium metabisulfite), preservatives (co hredded (Mild Cheddar Cheese (Cultur Cultured pastuerized milk, salt, enzym | earty Grai 10" (Water, whole grain wheat flour, enriched bleache connitrate, riboflavin, folic acid), vegetable shortening (intereste tains 2% or less of each of the following: vital wheat gluten, sare, sodium acid pyrophosphate), distilled monoglycerides, enzy escorbic acid, citric acid, cellulose gum, guar gum, dough conductium propionate, sorbic acid). Allergens: Wheat.), Cheddar Jred pasteurized milk, salt, enzymes, annatto (color)), Monterey es), potato starch, corn starch and calcium sulfate (to prevent | erified soybean oil, elt, potassium mes, calcium itioners (fumaric acid, ack Cheese Jack Cheese | № PRO - 16% ■ CHO - 57% ※ FAT - 27% |
| Ingredients: Pinto Beans, Canned, Tortilla Flour Helour, niacin, reduced iron, thiamine monydrogenated soybean oil), sugar, combinate, leavening (sodium bicarbonate arbonate, antioxidants (tocopherols, a odium metabisulfite), preservatives (cultured pastuerized milk, salt, enzymattlergen information.) | earty Grai 10" (Water, whole grain wheat flour, enriched bleache connitrate, riboflavin, folic acid), vegetable shortening (intereste tains 2% or less of each of the following: vital wheat gluten, sare, sodium acid pyrophosphate), distilled monoglycerides, enzy escorbic acid, citric acid, cellulose gum, guar gum, dough conductium propionate, sorbic acid). Allergens: Wheat.), Cheddar Jred pasteurized milk, salt, enzymes, annatto (color)), Monterey es), potato starch, corn starch and calcium sulfate (to prevent | erified soybean oil, elt, potassium mes, calcium itioners (fumaric acid, ack Cheese Jack Cheese caking), natamycin. | ■ CHO - 57% |
| alcium: 30% Ingredients: Pinto Beans, Canned, Tortilla Flour He our, niacin, reduced iron, thiamine mo ydrogenated soybean oil), sugar, com hloride, leavening (sodium bicarbonate arbonate, antioxidants (tocopherols, a odium metabisulfite), preservatives (c hredded (Mild Cheddar Cheese (Cultur Cultured pastuerized milk, salt, enzym LLERGEN INFORMATION: CONTAINS * Percent Daily Values are based on a 2 | earty Grai 10" (Water, whole grain wheat flour, enriched bleached pronitrate, riboflavin, folic acid), vegetable shortening (intereste tains 2% or less of each of the following: vital wheat gluten, sare, sodium acid pyrophosphate), distilled monoglycerides, enzy scorbic acid, citric acid, cellulose gum, guar gum, dough conductium propionate, sorbic acid). Allergens: Wheat.), Cheddar Jred pasteurized milk, salt, enzymes, annatto (color)), Monterey es), potato starch, corn starch and calcium sulfate (to prevent MILK.) | erified soybean oil, elt, potassium mes, calcium itioners (fumaric acid, ack Cheese Jack Cheese caking), natamycin. | ■ CHO - 57% |
| alcium: 30% ngredients: Pinto Beans, Canned, Tortilla Flour He our, niacin, reduced iron, thiamine mo ydrogenated soybean oil), sugar, cont hloride, leavening (sodium bicarbonate arbonate, antioxidants (tocopherols, a odium metabisulfite), preservatives (co hredded (Mild Cheddar Cheese (Cultur Cultured pastuerized milk, salt, enzym LLERGEN INFORMATION: CONTAINS * Percent Daily Values are based on a 2 | earty Grai 10" (Water, whole grain wheat flour, enriched bleache monitrate, riboflavin, folic acid), vegetable shortening (intereste tains 2% or less of each of the following: vital wheat gluten, sare, sodium acid pyrophosphate), distilled monoglycerides, enzy secorbic acid, citric acid, cellulose gum, guar gum, dough conducted palcium propionate, sorbic acid). Allergens: Wheat.), Cheddar Jared pasteurized milk, salt, enzymes, annatto (color)), Monterey es), potato starch, corn starch and calcium sulfate (to prevent MILK.) | erified soybean oil, elt, potassium mes, calcium itioners (fumaric acid, ack Cheese Jack Cheese caking), natamycin. ng on your calorie needs: 2000 | ☐ CHO - 57%※ FAT - 27% |
| alcium: 30% Ingredients: Into Beans, Canned, Tortilla Flour He Dur, niacin, reduced iron, thiamine mo Ordrogenated soybean oil), sugar, com Inloride, leavening (sodium bicarbonate Interpretation of the superior of the supe | earty Grai 10" (Water, whole grain wheat flour, enriched bleached pronitrate, riboflavin, folic acid), vegetable shortening (interested tains 2% or less of each of the following: vital wheat gluten, safe, sodium acid pyrophosphate), distilled monoglycerides, enzy scorbic acid, citric acid, cellulose gum, guar gum, dough conduction propionate, sorbic acid). Allergens: Wheat.), Cheddar Jared pasteurized milk, salt, enzymes, annatto (color)), Monterey es), potato starch, corn starch and calcium sulfate (to prevent MILK.) 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than | erified soybean oil, elt, potassium mes, calcium itioners (fumaric acid, ack Cheese Jack Cheese caking), natamycin. ng on your calorie needs: 2000 65g | E CHO - 57% FAT - 27% 250 |
| alcium: 30% Ingredients: Into Beans, Canned, Tortilla Flour He Dur, niacin, reduced iron, thiamine mo Varogenated soybean oil), sugar, com Inloride, leavening (sodium bicarbonate Intonate, antioxidants (tocopherols, a Indium metabisulfite), preservatives (con Intedded (Mild Cheddar Cheese (Cultur Intultured pastuerized milk, salt, enzym ILLERGEN INFORMATION: CONTAINS The Percent Daily Values are based on a 2 Intultion of the Cheese (Chesterol Total Fat Sat Fat Cholesterol | earty Grai 10" (Water, whole grain wheat flour, enriched bleacher pronitrate, riboflavin, folic acid), vegetable shortening (intereste tains 2% or less of each of the following: vital wheat gluten, saile, sodium acid pyrophosphate), distilled monoglycerides, enzy escorbic acid, citric acid, cellulose gum, guar gum, dough conditional propionate, sorbic acid). Allergens: Wheat.), Cheddar Jared pasteurized milk, salt, enzymes, annatto (color)), Monterey es), potato starch, corn starch and calcium sulfate (to prevent MILK.) 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | erified soybean oil, elt, potassium mes, calcium itioners (fumaric acid, ack Cheese Jack Cheese caking), natamycin. ag on your calorie needs: 2000 65g 20g | E CHO - 57% FAT - 27% 250 87 275 |
| our, niacin, reduced iron, thiamine monydrogenated soybean oil), sugar, combloride, leavening (sodium bicarbonate arbonate, antioxidants (tocopherols, a odium metabisulfite), preservatives (cultured pastuerized milk, salt, enzymallergen INFORMATION: CONTAINS * Percent Daily Values are based on a 2 | earty Grai 10" (Water, whole grain wheat flour, enriched bleached pronitrate, riboflavin, folic acid), vegetable shortening (interested tains 2% or less of each of the following: vital wheat gluten, safe, sodium acid pyrophosphate), distilled monoglycerides, enzy scorbic acid, citric acid, cellulose gum, guar gum, dough conduction propionate, sorbic acid). Allergens: Wheat.), Cheddar Jared pasteurized milk, salt, enzymes, annatto (color)), Monterey es), potato starch, corn starch and calcium sulfate (to prevent MILK.) 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than Less Than | erified soybean oil, elt, potassium mes, calcium itioners (fumaric acid, ack Cheese Jack Cheese caking), natamycin. ag on your calorie needs: 2000 65g 20g 300mg | E CHO - 57% |

LEGAL DISCLAIMER

Fat 9

The nutritional information listed on our site is provided solely for the purpose of giving you as much information as possible regarding the nutritional content of analyzed recipes. While we have taken extreme care in compiling the nutritional information, the basic food item data comes from the USDA as well as various manufacturers, and therefore the information is approximate and may vary based on the specific product used, the cooking method and time, and your adherence to the recipe. As such, the nutritional information is not intended for medical nutrition therapy. If you are following a strict diet for medical or dietary reasons, it is important that you consult your physician or registered dietitian and remain under appropriate medical supervision while using the nutritional information contained in our site. The recipes were analyzed using software provided by The CBORD Group, Inc.

Protein 4

Carbohydrate 4



Broccoli Beef

| American Desir Commission | | | |
|---|---|--------------------------|--|
| Amount Per Serving | | | |
| Calories: 317 | Ca | lories from Fat: 88 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: | 10 GM 3.5 GM <mark>0 GM</mark> 0.5 GM | 15% 18% | Calorie Percentages |
| Monounsaturated Fat: | 4 GM | 2007 | ====================================== |
| Cholesterol: | 60 MG | 20% | |
| Sodium: | 720 MG | 30% | |
| Potassium: | 640 MG | 18% | |
| Total Carbohydrate: Dietary Fiber: | 32 GM 4 GM | 11% 16% | |
| Sugars: | 1 GM | 1070 | |
| Protein: | 25 GM | = | |
| /itamin A: 10% | Vitamin C: 130% | | |
| Calcium: 8% | ■ Iron: 15% | | |
| hiamin: 15% | Riboflavin: 15% | | Million. |
| liacin: 35% | ● Vitamin B-6: 35% | | PRO - 31% |
| folate: 20% | ● Vitamin B-12: 15% | | CHO - 41% |
| Phosphorus: 30% Ingredients: Rice Brown, Cooked, Beef Top Sirlo | Zinc: 30% bin Butt, Broccoli Floret Iceless Fresh Packer, Light Soy Sauce, | | FAT - 28% |
| <u> </u> | a 2000 calorie diet. Your daily values may be higher or lower dependin | g on your calorie needs: | |
| | Calories | 2000 | 2500 |
| Total Fat | Less Than | 65g | 819 |
| Sat Fat | Less Than | 20g | 25 |
| Cholesterol | Less Than | 300mg | 375m |
| Sodium | Less Than | 2400mg | 3000m |
| Total Carbohydrate | | 300g | 375 |
| | | | |

LEGAL DISCLAIMER



Black Bean & Vegetable Burrito

| Amount Per Serving | | | |
|--|--|---|---|
| Calories: 416 | Са | lories from Fat: 85 | |
| | | % Daily Value* | |
| Fotal Fat: Saturated Fat: Trans Fat: | 9 GM 3.5 GM <mark>0 GM</mark> | 14% 19% | |
| Polyunsaturated Fat: Monounsaturated Fat: | 0 GM 0 GM | | |
| Cholesterol: | 15 MG | 5% | |
| Sodium: | 460 MG | 19% | Calorie |
| Potassium: | 510 MG | 15% | Percentages |
| Total Carbohydrate: Dietary Fiber: Sugars: | 67 GM 10 GM 6 GM | 22% 41% | 1 creentages |
| Protein: | 16 GM | | |
| itamin A: 110% | Vitamin C: 90% | | |
| Calcium: 30% | Iron: 20% | | |
| Ingredients: | uuhala arain whaat flaur, anrichad blaachad whaat flaur (whaat fla | our niggin roduced | |
| Tortilla Flour Hearty Grai 10" (Water, v ron, thiamine mononitrate, riboflavin, nil), sugar, contains 2% or less of eac nicarbonate, sodium acid pyrophosph tocopherols, ascorbic acid, citric acid preservatives (calcium propionate, son carrots, Fresh Red Bell Peppers, Fre Cheddar Cheese (Cultured pasteurized nilk, salt, enzymes), potato starch, co | whole grain wheat flour, enriched bleached wheat flour (wheat floic acid), vegetable shortening (interesterified soybean oil, hyder of the following: vital wheat gluten, salt, potassium chloride, leate), distilled monoglycerides, enzymes, calcium carbonate, antid, cellulose gum, guar gum, dough conditioners (fumaric acid, so trbic acid). Allergens: Wheat.), Cooked Black Beans, Rice Brown ish Yellow Onions, Fresh Zucchini Squash, Cheddar Jack Cheed milk, salt, enzymes, annatto (color)), Monterey Jack Cheese (Corn starch and calcium sulfate (to prevent caking), natamycin. All | Irogenated soybean eavening (sodium oxidants dium metabisulfite), n, Cooked, Fresh se Shredded (Mild ultured pastuerized | № PRO - 16% ■ CHO - 64% ※ FAT - 20% |
| Tortilla Flour Hearty Grai 10" (Water, vicon, thiamine mononitrate, riboflavin, il), sugar, contains 2% or less of eacticarbonate, sodium acid pyrophosphetocopherols, ascorbic acid, citric acid reservatives (calcium propionate, sofiarrots, Fresh Red Bell Peppers, Fresheddar Cheese (Cultured pasteurized pilk, salt, enzymes), potato starch, conformation: CONTAINS MILK.) | folic acid), vegetable shortening (interesterified soybean oil, hyden of the following: vital wheat gluten, salt, potassium chloride, leate), distilled monoglycerides, enzymes, calcium carbonate, antid, cellulose gum, guar gum, dough conditioners (fumaric acid, sorbic acid). Allergens: Wheat.), Cooked Black Beans, Rice Brownesh Yellow Onions, Fresh Zucchini Squash, Cheddar Jack Cheed milk, salt, enzymes, annatto (color)), Monterey Jack Cheese (C | Irogenated soybean eavening (sodium oxidants dium metabisulfite), n, Cooked, Fresh se Shredded (Mild ultured pastuerized LERGEN | ■ CHO - 64%※ FAT - 20% |
| ortilla Flour Hearty Grai 10" (Water, von, thiamine mononitrate, riboflavin, il), sugar, contains 2% or less of eacticarbonate, sodium acid pyrophosphocopherols, ascorbic acid, citric acid reservatives (calcium propionate, sof arrots, Fresh Red Bell Peppers, Fresheddar Cheese (Cultured pasteurized ilk, salt, enzymes), potato starch, conformation: Contains MILK.) * Percent Daily Values are based on a | folic acid), vegetable shortening (interesterified soybean oil, hydeh of the following: vital wheat gluten, salt, potassium chloride, leate), distilled monoglycerides, enzymes, calcium carbonate, antid, cellulose gum, guar gum, dough conditioners (fumaric acid, sorbic acid). Allergens: Wheat.), Cooked Black Beans, Rice Brownesh Yellow Onions, Fresh Zucchini Squash, Cheddar Jack Cheed milk, salt, enzymes, annatto (color)), Monterey Jack Cheese (Corn starch and calcium sulfate (to prevent caking), natamycin. AL | drogenated soybean eavening (sodium oxidants dium metabisulfite), n, Cooked, Fresh se Shredded (Mild ultured pastuerized LERGEN | ■ CHO - 64%※ FAT - 20% |
| ortilla Flour Hearty Grai 10" (Water, von, thiamine mononitrate, riboflavin, il), sugar, contains 2% or less of eac carbonate, sodium acid pyrophosphocopherols, ascorbic acid, citric acid reservatives (calcium propionate, sof arrots, Fresh Red Bell Peppers, Fresh Red Be | folic acid), vegetable shortening (interesterified soybean oil, hyden of the following: vital wheat gluten, salt, potassium chloride, leate), distilled monoglycerides, enzymes, calcium carbonate, antid, cellulose gum, guar gum, dough conditioners (fumaric acid, sorbic acid). Allergens: Wheat.), Cooked Black Beans, Rice Brownesh Yellow Onions, Fresh Zucchini Squash, Cheddar Jack Cheed milk, salt, enzymes, annatto (color)), Monterey Jack Cheese (Corn starch and calcium sulfate (to prevent caking), natamycin. AL | drogenated soybean eavening (sodium poxidants dium metabisulfite), n, Cooked, Fresh se Shredded (Mild ultured pastuerized LERGEN g on your calorie needs: | E CHO - 64% FAT - 20% |
| Tortilla Flour Hearty Grai 10" (Water, von, thiamine mononitrate, riboflavin, il), sugar, contains 2% or less of eacticarbonate, sodium acid pyrophosphocopherols, ascorbic acid, citric acid reservatives (calcium propionate, sodiarrots, Fresh Red Bell Peppers, Fresheddar Cheese (Cultured pasteurized hilk, salt, enzymes), potato starch, conformation: Contains Milk.) * Percent Daily Values are based on a | folic acid), vegetable shortening (interesterified soybean oil, hydeh of the following: vital wheat gluten, salt, potassium chloride, leate), distilled monoglycerides, enzymes, calcium carbonate, antid, cellulose gum, guar gum, dough conditioners (fumaric acid, sorbic acid). Allergens: Wheat.), Cooked Black Beans, Rice Brownesh Yellow Onions, Fresh Zucchini Squash, Cheddar Jack Cheed milk, salt, enzymes, annatto (color)), Monterey Jack Cheese (Corn starch and calcium sulfate (to prevent caking), natamycin. AL | drogenated soybean eavening (sodium poxidants dium metabisulfite), n, Cooked, Fresh se Shredded (Mild ultured pastuerized LERGEN g on your calorie needs: 2000 65g | ECHO - 64% FAT - 20% |
| Tortilla Flour Hearty Grai 10" (Water, viron, thiamine mononitrate, riboflavin, bil), sugar, contains 2% or less of each bicarbonate, sodium acid pyrophosphotocopherols, ascorbic acid, citric acid preservatives (calcium propionate, sodicarrots, Fresh Red Bell Peppers, Frecheddar Cheese (Cultured pasteurized milk, salt, enzymes), potato starch, con NFORMATION: CONTAINS MILK.) * Percent Daily Values are based on a | folic acid), vegetable shortening (interesterified soybean oil, hydeh of the following: vital wheat gluten, salt, potassium chloride, leate), distilled monoglycerides, enzymes, calcium carbonate, antid, cellulose gum, guar gum, dough conditioners (fumaric acid, sorbic acid). Allergens: Wheat.), Cooked Black Beans, Rice Brownesh Yellow Onions, Fresh Zucchini Squash, Cheddar Jack Cheed milk, salt, enzymes, annatto (color)), Monterey Jack Cheese (Corn starch and calcium sulfate (to prevent caking), natamycin. AL | drogenated soybean eavening (sodium poxidants dium metabisulfite), n, Cooked, Fresh se Shredded (Mild ultured pastuerized LERGEN g on your calorie needs: 2000 65g 20g | ■ CHO - 64%※ FAT - 20% |
| Tortilla Flour Hearty Grai 10" (Water, viron, thiamine mononitrate, riboflavin, bil), sugar, contains 2% or less of each bicarbonate, sodium acid pyrophosphotocopherols, ascorbic acid, citric acid preservatives (calcium propionate, sof Carrots, Fresh Red Bell Peppers, Frecheddar Cheese (Cultured pasteurized milk, salt, enzymes), potato starch, con NFORMATION: CONTAINS MILK.) * Percent Daily Values are based on a Total Fat Sat Fat Cholesterol | folic acid), vegetable shortening (interesterified soybean oil, hydeh of the following: vital wheat gluten, salt, potassium chloride, leate), distilled monoglycerides, enzymes, calcium carbonate, antid, cellulose gum, guar gum, dough conditioners (fumaric acid, sorbic acid). Allergens: Wheat.), Cooked Black Beans, Rice Brownesh Yellow Onions, Fresh Zucchini Squash, Cheddar Jack Cheed milk, salt, enzymes, annatto (color)), Monterey Jack Cheese (Corn starch and calcium sulfate (to prevent caking), natamycin. AL | drogenated soybean eavening (sodium poxidants dium metabisulfite), n, Cooked, Fresh se Shredded (Mild ultured pastuerized LERGEN g on your calorie needs: 2000 65g 20g 300mg | E CHO - 64% FAT - 20% 250 87 250 375n |

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Calories per gram:

Fat 9

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Protein 4

Carbohydrate 4



Asian Chicken Salad

| Amount Per Serving | | | |
|--|--|--|--|
| Calories: 184 | С | alories from Fat: 61 | |
| | | % Daily Value* | |
| Total Fat: | 7 GM | 10% | |
| Saturated Fat: | 1 GM | 6% | Calorie |
| Trans Fat: | 0 GM | | Percentages |
| Polyunsaturated Fat: | 3 GM | | 4///////////////////////////////////// |
| Monounsaturated Fat: | 1.5 GM | | |
| Cholesterol: | 55 MG | 18% | |
| Sodium: | 220 MG | 9% | |
| Potassium: | 510 MG | 15% | |
| Total Carbohydrate: | 10 GM | 4% | |
| Dietary Fiber: | 2 GM | 8% | |
| Sugars: | less than 1 GM | | |
| Protein: | 20 GM | | |
| /itamin A: 130% | Vitamin C: 30% | | PRO - 44% |
| alcium: 4% | Iron: 10% | Section 1 and 1 an | CHO - 23% FAT - 33% |
| Fresh Romaine Lettuce. Chicken Brea | ast Boneless Skinless RawKOCH, Dressing Sesame Ginger, (| Chow Mein Noodles, | |
| Canned | 2000 calorie diet. Your daily values may be higher or lower depend | • • | 250 |
| * Percent Daily Values are based on a 2 | Calories | 2000 | 250 |
| anned | | 2000 65g | 81 |
| * Percent Daily Values are based on a 2 Total Fat | Calories Less Than | 2000 65g 20g | 8° 25 |
| * Percent Daily Values are based on a 2 Total Fat Sat Fat | Calories Less Than Less Than | 2000 65g 20g 300mg | 8 ² 2(375n |
| * Percent Daily Values are based on a 2 Total Fat Sat Fat Cholesterol | Calories Less Than Less Than Less Than | 2000 65g 20g | 8: |

LEGAL DISCLAIMER



Bagel Plain 4 Oz

SUPC: 5385869

| Serving Size: 1 bagel (4-1/2" dia) (110 | grains) | | |
|--|--|-----------------------|--------------|
| Amount Per Serving | | | |
| Calories: 283 | C | Calories from Fat: 16 | |
| | | % Daily Value* | Calorie |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: | 2 GM 0 GM 0 GM 0.5 GM 0.5 GM | 3% 2% | Percentages |
| Cholesterol: | 0 MG | 0% | -,(() |
| Sodium: | 490 MG | 21% | |
| Potassium: | 80 MG | 2% | |
| Total Carbohydrate: Dietary Fiber: Sugars: | 56 GM 2 GM 6 GM | 19% 10% | |
| Protein: | 11 GM | | |
| Vitamin A: 0% | Vitamin C: 2% | | ₩ PRO - 16% |
| Calcium: 10% | ■ Iron: 35% | | ■ CHO - 79% |
| Thiamin: 45% | Riboflavin: 15% | | |
| Niacin: 20% | Vitamin B-6: 4% | | // FAI - 070 |
| Folate: 40% Phosphorus: 10% | Vitamin B-12: 0% Zinc: 15% | | |
| · | 2000 calorie diet. Your daily values may be higher or lower depend Calories | 2000 | 2500 |
| Total Fat | Less Than | 65g | 81g |
| Sat Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 375mg |
| Sodium | Less Than | 2400mg | 3000mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 31ç |
| | | | |

- 1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
- 2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.
- 3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.



Cheese Cream Cup Fat Free

SUPC: 6261325

| Amount Per Serving | | | |
|---|--|--|--|
| Calories: 30 | Ca | alories from Fat: 0 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: Cholesterol: Sodium: Potassium: Total Carbohydrate: Dietary Fiber: Sugars: Protein: | 0 GM 0 GM 0 GM NA NA less than 5 MG 160 MG NA 3 GM 0 GM 2 GM 4 GM | 0% 0% NA NA 1% 7% NA 1% 0% | Calorie Percentages |
| ralcium: 6% Ingredients: Pasteurized skim milk, pasteurized i arrageenan)**,cheese culture, sodiu ropionate (as preservatives)*, enzyi | Vitamin C: 0% Iron: 0% milk and ceam***, stabilizers (carob bean and/or xanthan and/or gu im tripolyphosphate*, sugar*, salt, artificial color*, potassium sorbo mes, vitamin a palmitate.~*Ingredient not in regular cream cheese. | ate and calcium ~**Ingredient in | № PRO - 57% ■ CHO - 43% ⊮ FAT - 0% |
| calcium: 6% Ingredients: Pasteurized skim milk, pasteurized i arrageenan)**,cheese culture, sodiu ropionate (as preservatives)*, enzyr xcess of amount allowed in regular IILK. | milk and ceam***, stabilizers (carob bean and/or xanthan and/or gum tripolyphosphate*, sugar*, salt, artificial color*, potassium sorbanes, vitamin a palmitate.~*Ingredient not in regular cream cheese. | ate and calcium ~**Ingredient in RMATION: CONTAINS | ≡ CHO - 43% |
| arrageenan)**,cheese culture, sodiu ropionate (as preservatives)*, enzyi xcess of amount allowed in regular IILK. | milk and ceam***, stabilizers (carob bean and/or xanthan and/or gu um tripolyphosphate*, sugar*, salt, artificial color*, potassium sorba mes, vitamin a palmitate.~*Ingredient not in regular cream cheese. | ate and calcium ~**Ingredient in RMATION: CONTAINS | ≡ CHO - 43% |
| Ingredients: Pasteurized skim milk, pasteurized arrageenan)**,cheese culture, sodiu ropionate (as preservatives)*, enzy xcess of amount allowed in regular IILK. * Percent Daily Values are based on | milk and ceam***, stabilizers (carob bean and/or xanthan and/or gum tripolyphosphate*, sugar*, salt, artificial color*, potassium sorbanes, vitamin a palmitate.~*Ingredient not in regular cream cheese. cream cheese. ~*** Adds a trvial amount of fat.~ALLERGEN INFOR | ate and calcium -**Ingredient in RMATION: CONTAINS g on your calorie needs: | ■ CHO - 43% |
| Ingredients: Pasteurized skim milk, pasteurized arrageenan)**,cheese culture, sodiu ropionate (as preservatives)*, enzy xcess of amount allowed in regular IILK. * Percent Daily Values are based on | milk and ceam***, stabilizers (carob bean and/or xanthan and/or gum tripolyphosphate*, sugar*, salt, artificial color*, potassium sorbames, vitamin a palmitate.~*Ingredient not in regular cream cheese. cream cheese. ~*** Adds a trvial amount of fat.~ALLERGEN INFOR | ate and calcium **Ingredient in RMATION: CONTAINS g on your calorie needs: 2000 | ■ CHO - 43%※ FAT - 0% |
| alcium: 6% ngredients: lasteurized skim milk, pasteurized rargeenan)**,cheese culture, sodiu ropionate (as preservatives)*, enzyracess of amount allowed in regular ILK. * Percent Daily Values are based on Total Fat Sat Fat | milk and ceam***, stabilizers (carob bean and/or xanthan and/or gum tripolyphosphate*, sugar*, salt, artificial color*, potassium sorbames, vitamin a palmitate.~*Ingredient not in regular cream cheese. cream cheese. ~*** Adds a trvial amount of fat.~ALLERGEN INFOR | ate and calcium ***Ingredient in RMATION: CONTAINS g on your calorie needs: 2000 65g | E CHO - 43% FAT - 0% 250 8: |
| alcium: 6% ngredients: Pasteurized skim milk, pasteurized in arrageenan)**,cheese culture, sodiuropionate (as preservatives)*, enzymotecess of amount allowed in regular ILK. * Percent Daily Values are based on Total Fat Sat Fat Cholesterol | milk and ceam***, stabilizers (carob bean and/or xanthan and/or gum tripolyphosphate*, sugar*, salt, artificial color*, potassium sorbames, vitamin a palmitate.~*Ingredient not in regular cream cheese. cream cheese. ~*** Adds a trvial amount of fat.~ALLERGEN INFORM a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | ate and calcium **Ingredient in RMATION: CONTAINS g on your calorie needs: 2000 65g 20g | E CHO - 43% FAT - 0% |
| Ingredients: Pasteurized skim milk, pasteurized arrageenan)**,cheese culture, sodiu ropionate (as preservatives)*, enzyr xcess of amount allowed in regular IILK. * Percent Daily Values are based on Total Fat | milk and ceam***, stabilizers (carob bean and/or xanthan and/or gum tripolyphosphate*, sugar*, salt, artificial color*, potassium sorbames, vitamin a palmitate.~*Ingredient not in regular cream cheese. cream cheese. ~*** Adds a trvial amount of fat.~ALLERGEN INFORMATION Calories Less Than Less Than Less Than | ate and calcium **Ingredient in RMATION: CONTAINS g on your calorie needs: 2000 65g 20g 300mg | ECHO - 43% FAT - 0% 250 8 25 375r |

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Cheese Cream Lite

SUPC: 3723269

| Amount Per Serving | | | |
|---|--|---|---|
| Calories: 60 | C | Calories from Fat: 45 | |
| | | % Daily Value* | |
| CAROB BEAN GUM, SORBIC ACID A | 5 GM 3 GM 0 GM NA NA NA 20 MG 130 MG 70 MG 2 GM 0 GM 2 GM 3 MG 3 MG 4 MA 4 MA 4 MA 4 MA 4 MA 4 MA 5 MA 6 MA 6 MA 7 MA 7 MA 7 MA 8 | 8% 15% NA NA 7% 5% 2% 1% 0% | Calorie Percentages PRO - 13% CHO - 13% FAT - 74% |
| | 2000 calorie diet. Your daily values may be higher or lower depend | | |
| | 0.1.1 | 2000 | 2500 |
| * Percent Daily Values are based on a | Calories | 2000 | |
| * Percent Daily Values are based on a | Calories Less Than | 65g | 81 |
| * Percent Daily Values are based on a | | | |
| * Percent Daily Values are based on a | Less Than | 65g | 81 25 375m |
| * Percent Daily Values are based on a Total Fat Sat Fat | Less Than Less Than | 65g 20g | 25 375m |
| Total Fat Sat Fat Cholesterol | Less Than Less Than Less Than | 65g 20g 300mg | 25 |

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Breadsticks

Calories (kcal):123% Calories from Fat:5.5%% Calories from Carbohydrates:83.0%% Calories from Protein:11.5%

Per Serving Nutritional Information

| Total Fat (g): | 1g | 1% | Vitamin B6 (mg): | trace | 1% |
|--------------------------|------------------|----|----------------------|-------|-------|
| Saturated Fat (g): | trace | 1% | Vitamin B12 (mcg): | trace | 0% |
| Monounsaturated Fat (g): | trace | 1% | Thiamin B1 (mg): | .3mg | 17% |
| Polyunsaturated Fat (g): | trace | 1% | Riboflavin B2 (mg): | .2mg | 10% |
| Cholesterol (mg): | trace | 0% | Folacin (mcg): | 10mcg | 2% |
| Total Carbohydrate (g): | 25g ⁻ | 8% | Niacin (mg): | 2mg | 10% |
| Dietary Fiber (g): | 1g | 4% | Caffeine (mg): | 0mg | N/A |
| Protein (g): | 3g | 7% | Alcohol (kcal): | Ö | N/A |
| Sodium (mg): | 65mg | 3% | % Refuse: | | |
| Potassium (mg): | 40mg | 1% | | | |
| Calcium (mg): | 9mg | 1% | Food Exchanges | i | |
| Iron (mg): | 2mg | 8% | Grain (Starch): | | 1 1/2 |
| Zinc (mg): | trace | 2% | Lean Meat: | a | 0 |
| Vitamin C (mg): | trace | 0% | Vegetable: | | 0 |
| Vitamin A (i.u.): | 4IU | 0% | Fruit: | | 0 |
| Vitamin A (r.e.): | 1RE | 0% | Non-Fat Milk: | | 0 |
| | | | Fat: | | 0 |
| | | | Other Carbohydrates: | | 0 |

^{*} Percent Daily Values are based on a 2000 calorie diet.



Caesar Salad

| Serving Size: Serving (159 grams) | | | |
|--|--|---|---|
| Amount Per Serving | | | |
| Calories: 265 | Cal | ories from Fat: 188 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: | 21 GM 4 GM 0 GM 9 GM 4.5 GM | 32% 19% | Calorie |
| Cholesterol: | 15 MG | 6% | Percentages |
| Sodium: | 630 MG | 26% | |
| Potassium: | 280 MG | 8% | |
| Fotal Carbohydrate: Dietary Fiber: Sugars: | 15 GM 2 GM 2 GM | 5% 10% | |
| Protein: | 7 GM | | |
| 'itamin A: 190% | Vitamin C: 45% | | |
| | | | |
| alcium: 15% | ■ Iron: 10% | | |
| Ingredients: Fresh Romaine Lettuce, Caesar Dress BARLEY FLOUR, NIACIN, REDUCED II BALT, YEAST, 2% OR LESS OF HIGH I PEROXIDE, CALCIUM SULFATE, ASCO BLUTEN, SPICES, SUGAR, ONION POL PAPRIKA (COLOR), SPICE EXTRACTIV | Iron: 10% sing, Crouton Seasoned Hmsty Ztf(ENRICHED FLOUR (WHEAT RON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANFRUCTOSE CORN SYRUP, CALCIUM PROPIONATE (PRESERVA ORBIC ACID, AZODICARBONAMIDE, SODIUM STEAROYL LACT WDER, PARSLEY*, PAPRIKA (COLOR), TURMERIC (COLOR), EXIES, CITRIC ACID, TBHQ (TO PRESERVE FRESHNESS). *DEHYDLITY THAT ALSO PACKAGES TREE NUTS.), Parmesan Cheese | IOLA OIL, WHEY, NTIVE), CALCIUM YLATE, WHEAT TRACTIVE OF | № PRO - 10% ■ CHO - 22% ※ FAT - 68% |
| Ingredients: Fresh Romaine Lettuce, Caesar Dress BARLEY FLOUR, NIACIN, REDUCED II BALT, YEAST, 2% OR LESS OF HIGH II PEROXIDE, CALCIUM SULFATE, ASCO BLUTEN, SPICES, SUGAR, ONION POL PAPRIKA (COLOR), SPICE EXTRACTIV WHEAT, MILK. PACKAGED IN A FACIL | sing, Crouton Seasoned Hmsty Ztf(ENRICHED FLOUR (WHEAT RON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CAN FRUCTOSE CORN SYRUP, CALCIUM PROPIONATE (PRESERVA ORBIC ACID, AZODICARBONAMIDE, SODIUM STEAROYL LACT WDER, PARSLEY*, PAPRIKA (COLOR), TURMERIC (COLOR), EX VE, CITRIC ACID, TBHQ (TO PRESERVE FRESHNESS). *DEHYD | IOLA OIL, WHEY, ATIVE), CALCIUM YLATE, WHEAT TRACTIVE OF RATED CONTAINS: | ■ CHO - 22% % FAT - 68% |
| Ingredients: Fresh Romaine Lettuce, Caesar Dress BARLEY FLOUR, NIACIN, REDUCED II BALT, YEAST, 2% OR LESS OF HIGH II PEROXIDE, CALCIUM SULFATE, ASCO BLUTEN, SPICES, SUGAR, ONION POL PAPRIKA (COLOR), SPICE EXTRACTIV WHEAT, MILK. PACKAGED IN A FACIL | sing, Crouton Seasoned Hmsty Ztf(ENRICHED FLOUR (WHEAT RON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CAN FRUCTOSE CORN SYRUP, CALCIUM PROPIONATE (PRESERVA DRBIC ACID, AZODICARBONAMIDE, SODIUM STEAROYL LACT WDER, PARSLEY*, PAPRIKA (COLOR), TURMERIC (COLOR), EXIECT COLOR), THE COLOR C | IOLA OIL, WHEY, ATIVE), CALCIUM YLATE, WHEAT TRACTIVE OF RATED CONTAINS: | ■ CHO - 22% FAT - 68% |
| Ingredients: Fresh Romaine Lettuce, Caesar Dress BARLEY FLOUR, NIACIN, REDUCED II BALT, YEAST, 2% OR LESS OF HIGH I BEROXIDE, CALCIUM SULFATE, ASCO BLUTEN, SPICES, SUGAR, ONION PON PAPRIKA (COLOR), SPICE EXTRACTIV WHEAT, MILK. PACKAGED IN A FACIL * Percent Daily Values are based on a 3 | sing, Crouton Seasoned Hmsty Ztf(ENRICHED FLOUR (WHEAT RON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CAN FRUCTOSE CORN SYRUP, CALCIUM PROPIONATE (PRESERVA DRBIC ACID, AZODICARBONAMIDE, SODIUM STEAROYL LACT WDER, PARSLEY*, PAPRIKA (COLOR), TURMERIC (COLOR), EXTER CITRIC ACID, TBHQ (TO PRESERVE FRESHNESS). *DEHYD LITY THAT ALSO PACKAGES TREE NUTS.), Parmesan Cheese 2000 calorie diet. Your daily values may be higher or lower depending Calories | IOLA OIL, WHEY, ATIVE), CALCIUM YLATE, WHEAT TRACTIVE OF RATED CONTAINS: Ing on your calorie needs: 2000 | E CHO - 22% |
| Ingredients: Fresh Romaine Lettuce, Caesar Dress FRARLEY FLOUR, NIACIN, REDUCED II FALT, YEAST, 2% OR LESS OF HIGH I FEROXIDE, CALCIUM SULFATE, ASCO FAPRIKA (COLOR), SPICE EXTRACTIV WHEAT, MILK. PACKAGED IN A FACIL * Percent Daily Values are based on a second s | sing, Crouton Seasoned Hmsty Ztf(ENRICHED FLOUR (WHEAT RON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANFRUCTOSE CORN SYRUP, CALCIUM PROPIONATE (PRESERVAD RBIC ACID, AZODICARBONAMIDE, SODIUM STEAROYL LACT WDER, PARSLEY*, PAPRIKA (COLOR), TURMERIC (COLOR), EXIE, CITRIC ACID, TBHQ (TO PRESERVE FRESHNESS). *DEHYDLITY THAT ALSO PACKAGES TREE NUTS.), Parmesan Cheese 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than | IOLA OIL, WHEY, ATIVE), CALCIUM YLATE, WHEAT TRACTIVE OF RATED CONTAINS: ag on your calorie needs: 2000 65g | E CHO - 22% FAT - 68% 250 |
| Ingredients: Fresh Romaine Lettuce, Caesar Dress Fresh Romaine Lettuce, Caesar Dress FRARLEY FLOUR, NIACIN, REDUCED II ALT, YEAST, 2% OR LESS OF HIGH I FEROXIDE, CALCIUM SULFATE, ASCO FLUTEN, SPICES, SUGAR, ONION POW FAPRIKA (COLOR), SPICE EXTRACTIV FUHEAT, MILK. PACKAGED IN A FACIL * Percent Daily Values are based on a second color of the sec | sing, Crouton Seasoned Hmsty Ztf (ENRICHED FLOUR (WHEAT RON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANFRUCTOSE CORN SYRUP, CALCIUM PROPIONATE (PRESERVA DRBIC ACID, AZODICARBONAMIDE, SODIUM STEAROYL LACT WIDER, PARSLEY*, PAPRIKA (COLOR), TURMERIC (COLOR), EXAMPLE, CITRIC ACID, TBHQ (TO PRESERVE FRESHNESS). *DEHYD LITY THAT ALSO PACKAGES TREE NUTS.), Parmesan Cheese 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | IOLA OIL, WHEY, ATIVE), CALCIUM YLATE, WHEAT TRACTIVE OF RATED CONTAINS: ag on your calorie needs: 2000 65g 20g | E CHO - 22% FAT - 68% 250 81 25 375m |
| Ingredients: Fresh Romaine Lettuce, Caesar Dress BARLEY FLOUR, NIACIN, REDUCED II BALT, YEAST, 2% OR LESS OF HIGH I PEROXIDE, CALCIUM SULFATE, ASCO BLUTEN, SPICES, SUGAR, ONION POW PAPRIKA (COLOR), SPICE EXTRACTIV WHEAT, MILK. PACKAGED IN A FACIL * Percent Daily Values are based on a second of the second of t | sing, Crouton Seasoned Hmsty Ztf (ENRICHED FLOUR (WHEAT RON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANFRUCTOSE CORN SYRUP, CALCIUM PROPIONATE (PRESERVAD RBIC ACID, AZODICARBONAMIDE, SODIUM STEAROYL LACT WHER, PARSLEY*, PAPRIKA (COLOR), TURMERIC (COLOR), EXIE, CITRIC ACID, TBHQ (TO PRESERVE FRESHNESS). *DEHYD LITY THAT ALSO PACKAGES TREE NUTS.), Parmesan Cheese 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than Less Than | IOLA OIL, WHEY, ATIVE), CALCIUM YLATE, WHEAT TRACTIVE OF RATED CONTAINS: 10g on your calorie needs: 2000 65g 20g 300mg | E CHO - 22% FAT - 68% 250 81 |

LEGAL DISCLAIMER



Carrot Baby Pld Wh

SUPC: 6919450

| Serving Size: 1 large (15 grams) | | | |
|---|--|--|------------------------------|
| Amount Per Serving | | | |
| Calories: 5 | | Calories from Fat: 0 | |
| | | % Daily Value* | Calorie |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: Cholesterol: Sodium: Potassium: Total Carbohydrate: Dietary Fiber: Sugars: Protein: Vitamin A: 40% Calcium: 0% Thiamin: 0% Folate: 2% Phosphorus: 0% | 0 GM 0 GM NA 0 GM NA 0 GM 0 GM 0 GM 0 MG 10 MG 15 MG 1 GM 0 GM 0 GM less than 1 GM 0 GM Vitamin C: 2% Iron: 2% Riboflavin: 0% Vitamin B-6: 2% Vitamin B-12: 0% Zinc: 0% | 0% 0% NA 0% 0% 1% 0% 2% | PRO - 7% CHO - 90% FAT - 3% |
| | 2000 calorie diet. Your daily values may be higher or lower dependence of the control of the con | nding on your calorie needs: | 2500 |
| Total Fat | Less Than | 65g | 810 |
| Sat Fat | Less Than | 20g | 25 |
| Cholesterol | Less Than | 300mg | 375m |
| Sodium | Less Than | 2400mg | 3000m |
| Total Carbohydrate | | 300g | 375 |
| Dietary Fiber | | 25g | 31 |
| Diotary 1 ibor | | -09 | |

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Celery Stick SUPC: 8389011

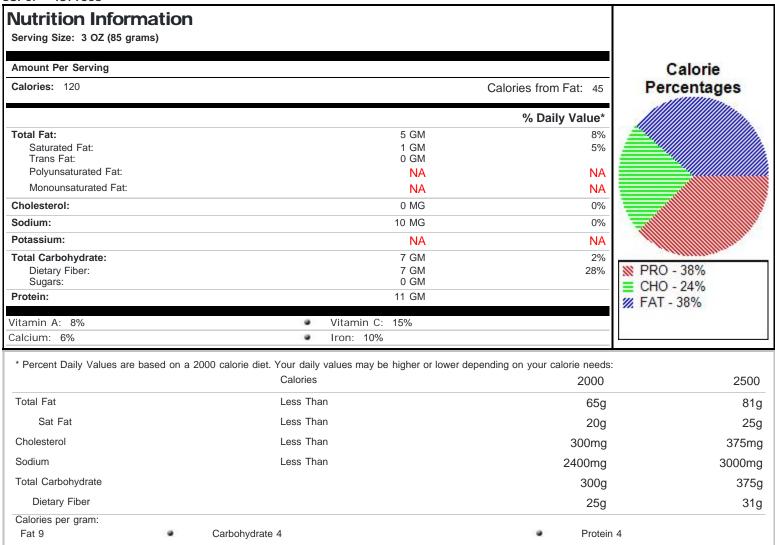
| Nutrition Information Serving Size: 1 cup chopped (101 gra | ms) | | |
|---|---|-----------------------------|------------------------------------|
| Amount Per Serving | | | |
| Calories: 16 | | Calories from Fat: 2 | |
| | | % Daily Value* | Calorie |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: Cholesterol: Sodium: | 0 GM 0 GM NA 0 GM 0 GM 0 MG 80 MG | 0% 0% NA 0% 3% | Percentages |
| Potassium: | 260 MG | 8% | |
| Total Carbohydrate: Dietary Fiber: Sugars: | 3 GM 2 GM 2 GM | 1% 6% | |
| Protein: | less than 1 GM | | |
| Vitamin A: 10% Calcium: 4% Thiamin: 2% Niacin: 2% Folate: 10% Phosphorus: 2% | Vitamin C: 6% Iron: 2% Riboflavin: 4% Vitamin B-6: 4% Vitamin B-12: 0% Zinc: 2% | | № PRO - 17% ■ CHO - 73% ※ FAT - 9% |
| * Percent Daily Values are based on a 2 | 2000 calorie diet. Your daily values may be higher or lower depend | ding on your calorie needs: | 2500 |
| Total Fat | Less Than | 65g | 81g |
| Sat Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 375mg |
| Sodium | Less Than | 2400mg | 3000mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 31g |
| Calories per gram: Fat 9 | Carbohydrate 4 | Protein | |

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Soybean Whole In Pod Edamame

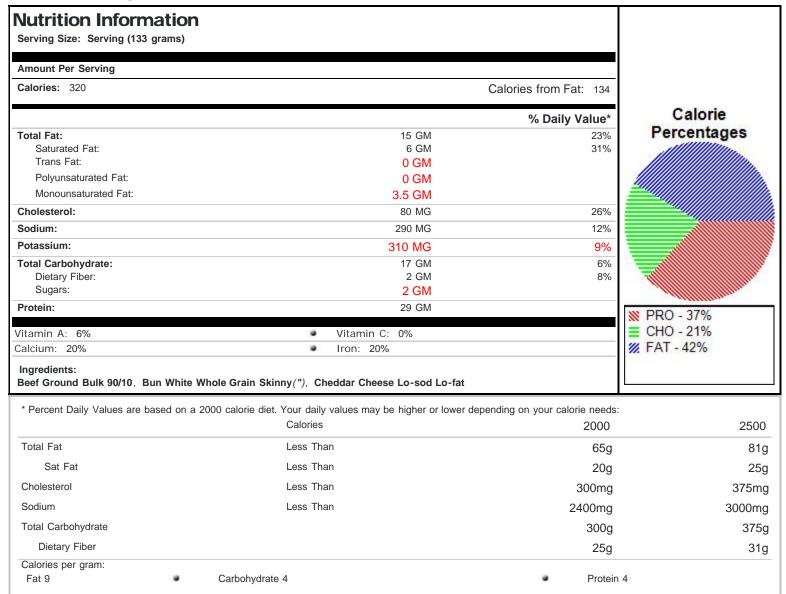
SUPC: 4879308



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4.0 Cheeseburger w/Bun



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4.0 Hamburger w/Bun

| Serving Size: Serving (126 grams) | | | |
|--|---|---------------------------------------|-----------------------|
| Amount Per Serving | | | |
| Calories: 288 | | Calories from Fat: 111 | Calaria |
| | | % Daily Value* | Calorie ercentages |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: | 12 GM 4 GM 0.5 GM 0 GM 4.5 GM | 19% 20% | |
| Cholesterol: | 75 MG | 26% | |
| Sodium: | 220 MG | 9% | |
| Potassium: | 370 MG | 11% | |
| Total Carbohydrate: Dietary Fiber: Sugars: | 16 GM 2 GM 2 GM | 5% 8% | |
| Protein: | 27 GM | ₩ PR | RO - 39% |
| /itamin A: 0% | Vitamin C: 0% | ≡ CH | IO - 22% |
| Calcium: 2% | Iron: 20% | ₩ FA | T - 39% |
| Ingredients: Beef Ground Bulk 90/10, Bun White Wi | | | |
| * Percent Daily Values are based on a 20 | 000 calorie diet. Your daily values may be higher or lower depe Calories | ending on your calorie needs: 2000 | 2500 |
| Total Fat | Less Than | 65g | 810 |
| Sat Fat | Less Than | 20g | 25 |
| Cholesterol | Less Than | 300mg | 375m |
| Sodium | Less Than | 2400mg | 3000mg |
| Total Carbohydrate | | 300g | 375 |
| | | 25g | 319 |

LEGAL DISCLAIMER



Cheese Tortellini Butter

| Amount Per Serving | | | |
|---|--|------------------------------|------------------------|
| Calories: 355 | C | Calories from Fat: 107 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: | 12 GM 6 GM 0 GM 0 GM 1 GM | 18% 32% | Calorie Percentages |
| Cholesterol: | 50 MG | 17% | |
| Sodium: | 470 MG | 20% | |
| Potassium: | 125 MG | 4% | |
| Total Carbohydrate: Dietary Fiber: Sugars: | 47 GM 1 GM 3 GM | 16% 5% | |
| Protein: | 15 GM | | |
| /itamin A: 8% | Vitamin C: 0% | | |
| Calcium: 15% | Iron: 15% | | DO 170/ |
| Fhiamin: 35% | Riboflavin: 30% | | PRO - 17% PHO - 53% |
| Niacin: 20% Phosphorus: 30% | • | | AT - 30% |
| Ingredients: Cheese Tortellini, Butter * Percent Daily Values are based on a 2 | 000 calorie diet. Your daily values may be higher or lower depen Calories | iding on your calorie needs: | 2500 |
| Total Fat | Less Than | | |
| | | 65g | 81 |
| Sat Fat | Less Than | 20g | 25 |
| Cholesterol | Less Than | 300mg | 375m |
| Sodium | Less Than | 2400mg | 3000m |
| Total Carbohydrate | | 300g | 375 |
| , | | | |

LEGAL DISCLAIMER



Cheese Tortellini Marinara

| Amount Per Serving | | | |
|--|--|----------------------------------|-------------|
| Calories: 306 | | Calories from Fat: 72 | |
| | | % Daily Value* | |
| Total Fat: | 8 GM | 12% | |
| Saturated Fat: | 3.5 GM | 18% | Calorie |
| Trans Fat: | 0 GM | | |
| Polyunsaturated Fat: | 0.5 GM | | Percentages |
| Monounsaturated Fat: | 0 GM | | |
| Cholesterol: | 35 MG | 11% | |
| Sodium: | 580 MG | 24% | |
| Potassium: | 280 MG | 8% | |
| Total Carbohydrate: | 45 GM | 15% | |
| Dietary Fiber: | 2 GM | 10% | |
| Sugars: | 7 GM | | |
| Protein: | 13 GM | 1 | |
| /itamin A: 15% | Vitamin C: 2% | | illi. |
| Calcium: 10% | Iron: 15% | *** | DDO 470/ |
| hiamin: 30% | Riboflavin: 25% | | PRO - 17% |
| liacin: 30% | • | | CHO - 60% |
| hosphorus: 25% | | % | FAT - 24% |
| Ingredients: Cheese Tortellini, Sauce Marinara | | | |
| Percent Dally Values are based on a 2 | 000 calorie diet. Your daily values may be higher or lower depen Calories | aing on your calorie needs: 2000 | 250 |
| Total Fat | Less Than | 65g | 81 |
| Sat Fat | Less Than | 20g | 25 |
| Cholesterol | Less Than | 300mg | 375n |
| Sodium | Less Than | 2400mg | 3000n |
| T. 10 1 1 1 | | 300g | 375 |
| Total Carbohydrate | | 300g | 3/3 |

LEGAL DISCLAIMER



Chicken Caesar Salad

| Amount Per Serving | | | |
|---|---|---|---|
| Calories: 359 | Са | lories from Fat: 207 | |
| | | % Daily Value* | |
| Fotal Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: | 23 GM 4.5 GM <mark>0 GM</mark> 10 GM | 35% 22% | |
| Monounsaturated Fat: | 5 GM | | Calorie |
| Cholesterol: | 70 MG | 24% | Percentages |
| Sodium: | 720 MG | 30% | |
| Potassium: | 550 MG | 16% | |
| Fotal Carbohydrate: Dietary Fiber: Sugars: | 14 GM 2 GM 2 GM | 5% 8% | |
| Protein: | 25 GM | | |
| | | | |
| /itamin A: 160% | Vitamin C: 40% | | |
| vitamin A: 160% calcium: 15% | Vitamin C: 40% Iron: 15% | | |
| Ingredients: Fresh Romaine Lettuce, Chicken Bratt(ENRICHED FLOUR (WHEAT FLOUR) RIBOFLAVIN, FOLIC ACID), CANOLA CALCIUM PROPIONATE (PRESERVA AZODICARBONAMIDE, SODIUM STEA | reast Boneless Skinless RawKOCH, Caesar Dressing, Crouton S UR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMII OIL, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE C ATIVE), CALCIUM PEROXIDE, CALCIUM SULFATE, ASCORBIC AC AROYL LACTYLATE, WHEAT GLUTEN, SPICES, SUGAR, ONION LOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, YDRATED CONTAINS: WHEAT, MILK. PACKAGED IN A FACILITY | N MONONITRATE, ORN SYRUP, CID, POWDER, PARSLEY*, CITRIC ACID, TBHQ | № PRO - 27% ■ CHO - 16% ※ FAT - 57% |
| Ingredients: Fresh Romaine Lettuce, Chicken Britf(ENRICHED FLOUR (WHEAT FLOUR IBOFLAVIN, FOLIC ACID), CANOLA CALCIUM PROPIONATE (PRESERVAN IZODICARBONAMIDE, SODIUM STEAPRIKA (COLOR), TURMERIC (COLOTO PRESERVE FRESHNESS). *DEHTPACKAGES TREE NUTS.), Parmesan | reast Boneless Skinless RawKOCH, Caesar Dressing, Crouton S UR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMII OIL, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE C ATIVE), CALCIUM PEROXIDE, CALCIUM SULFATE, ASCORBIC AC AROYL LACTYLATE, WHEAT GLUTEN, SPICES, SUGAR, ONION LOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, YDRATED CONTAINS: WHEAT, MILK. PACKAGED IN A FACILITY | N MONONITRATE, ORN SYRUP, CID, POWDER, PARSLEY*, CITRIC ACID, TBHQ / THAT ALSO | ■ CHO - 16% |
| Ingredients: Fresh Romaine Lettuce, Chicken Britf(ENRICHED FLOUR (WHEAT FLOUR IBOFLAVIN, FOLIC ACID), CANOLA CALCIUM PROPIONATE (PRESERVAN IZODICARBONAMIDE, SODIUM STEAPRIKA (COLOR), TURMERIC (COLOTO PRESERVE FRESHNESS). *DEHTPACKAGES TREE NUTS.), Parmesan | reast Boneless Skinless RawKOCH, Caesar Dressing, Crouton SUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMII OIL, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE CATIVE), CALCIUM PEROXIDE, CALCIUM SULFATE, ASCORBIC ACAROYL LACTYLATE, WHEAT GLUTEN, SPICES, SUGAR, ONION LOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, YDRATED CONTAINS: WHEAT, MILK. PACKAGED IN A FACILITY IN Cheese | N MONONITRATE, ORN SYRUP, CID, POWDER, PARSLEY*, CITRIC ACID, TBHQ THAT ALSO ing on your calorie needs: 2000 | E CHO - 16% |
| Ingredients: Fresh Romaine Lettuce, Chicken Bratt(ENRICHED FLOUR (WHEAT FLOUR) RIBOFLAVIN, FOLIC ACID), CANOLA CALCIUM PROPIONATE (PRESERVA RAPRIKA (COLOR), TURMERIC (COL TO PRESERVE FRESHNESS). *DEH' PACKAGES TREE NUTS.), Parmesar | reast Boneless Skinless RawKOCH, Caesar Dressing, Crouton S UR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMII OIL, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE C ATIVE), CALCIUM PEROXIDE, CALCIUM SULFATE, ASCORBIC AC AROYL LACTYLATE, WHEAT GLUTEN, SPICES, SUGAR, ONION LOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, YDRATED CONTAINS: WHEAT, MILK. PACKAGED IN A FACILITY on Cheese a 2000 calorie diet. Your daily values may be higher or lower depend Calories | N MONONITRATE, ORN SYRUP, CID, POWDER, PARSLEY*, CITRIC ACID, TBHQ ' THAT ALSO ing on your calorie needs: 2000 65g | E CHO - 16% FAT - 57% 250 |
| ngredients: fresh Romaine Lettuce, Chicken Br at (ENRICHED FLOUR (WHEAT FLOU BBOFLAVIN, FOLIC ACID), CANOLA ALCIUM PROPIONATE (PRESERVA APRIKA (COLOR), TURMERIC (COL FO PRESERVE FRESHNESS). *DEH ACKAGES TREE NUTS.), Parmesar * Percent Daily Values are based on a Total Fat Sat Fat | reast Boneless Skinless RawKOCH, Caesar Dressing, Crouton Sur, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMII OIL, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE CATIVE), CALCIUM PEROXIDE, CALCIUM SULFATE, ASCORBIC ACAROYL LACTYLATE, WHEAT GLUTEN, SPICES, SUGAR, ONION LOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, YDRATED CONTAINS: WHEAT, MILK. PACKAGED IN A FACILITY IN Cheese a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than | N MONONITRATE, ORN SYRUP, CID, POWDER, PARSLEY*, CITRIC ACID, TBHQ THAT ALSO ing on your calorie needs: 2000 65g 20g | E CHO - 16% FAT - 57% 250 81 |
| ngredients: iresh Romaine Lettuce, Chicken Br f(ENRICHED FLOUR (WHEAT FLOU IBOFLAVIN, FOLIC ACID), CANOLA ALCIUM PROPIONATE (PRESERVA ZODICARBONAMIDE, SODIUM STE APRIKA (COLOR), TURMERIC (COL TO PRESERVE FRESHNESS). *DEH ACKAGES TREE NUTS.), Parmesar * Percent Daily Values are based on a Total Fat Sat Fat Cholesterol | reast Boneless Skinless RawKOCH, Caesar Dressing, Crouton Sur, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMII OIL, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE CATIVE), CALCIUM PEROXIDE, CALCIUM SULFATE, ASCORBIC ACAROYL LACTYLATE, WHEAT GLUTEN, SPICES, SUGAR, ONION LOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, YDRATED CONTAINS: WHEAT, MILK. PACKAGED IN A FACILITY IN Cheese a 2000 calorie diet. Your daily values may be higher or lower depend Calories Less Than Less Than Less Than | N MONONITRATE, ORN SYRUP, CID, POWDER, PARSLEY*, CITRIC ACID, TBHQ / THAT ALSO ing on your calorie needs: 2000 65g 20g 300mg | E CHO - 16% FAT - 57% 250 81 25 375m |
| alcium: 15% Ingredients: Fresh Romaine Lettuce, Chicken Bref (ENRICHED FLOUR (WHEAT FLOUR) INGOFLAVIN, FOLIC ACID), CANOLA FALCIUM PROPIONATE (PRESERVA ZODICARBONAMIDE, SODIUM STEA APRIKA (COLOR), TURMERIC (COL TO PRESERVE FRESHNESS). *DEH ACKAGES TREE NUTS.), Parmesar * Percent Daily Values are based on a | reast Boneless Skinless RawKOCH, Caesar Dressing, Crouton SUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN OIL, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE CATIVE), CALCIUM PEROXIDE, CALCIUM SULFATE, ASCORBIC ACAROYL LACTYLATE, WHEAT GLUTEN, SPICES, SUGAR, ONION LOR), EXTRACTIVE OF PAPRIKA (COLOR), SPICE EXTRACTIVE, YDRATED CONTAINS: WHEAT, MILK. PACKAGED IN A FACILITY in Cheese a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | N MONONITRATE, ORN SYRUP, CID, POWDER, PARSLEY*, CITRIC ACID, TBHQ THAT ALSO ing on your calorie needs: 2000 65g 20g | ECHO - 16% FAT - 57% |

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Chicken & Cheese Quesadilla

| Serving Size: Serving (156 grams) | | | |
|--|---|--|---|
| Amount Per Serving | | | |
| Calories: 376 | Cal | ories from Fat: 131 | |
| | | % Daily Value* | |
| Total Fat: | 15 GM | 22% | |
| Saturated Fat: | 6 GM | 32% | |
| Trans Fat: | 0 GM | | |
| Polyunsaturated Fat: | 0 GM | | |
| Monounsaturated Fat: | 0 GM | | |
| Cholesterol: | 65 MG | 22% | Calorie |
| Sodium: | 600 MG | 25% | Percentages |
| Potassium: | 210 MG | 6% | |
| Total Carbohydrate: | 34 GM | 11% | <i>-4////////////////////////////////////</i> |
| Dietary Fiber: | 3 GM | 12% | |
| Sugars: | 2 GM 25 GM | | |
| | | | |
| | | | |
| | Vitamin C: 2% | | |
| ritamin A: 6% Falcium: 35% Ingredients: Fortilla Flour Hearty Grai 10" <i>(Water,</i> 1 | Vitamin C: 2% Iron: 10% whole grain wheat flour, enriched bleached wheat flour (wheat fl | | |
| Ingredients: Fortilla Flour Hearty Grai 10" (Water, von, thiamine mononitrate, riboflavin, iil), sugar, contains 2% or less of each icarbonate, sodium acid pyrophosph tocopherols, ascorbic acid, citric acid reservatives (calcium propionate, so theddar Jack Cheese Shredded (Mild Monterey Jack Cheese (Cultured pasterevent caking), natamycin. ALLERGE | Whole grain wheat flour, enriched bleached wheat flour (wheat floic acid), vegetable shortening (interesterified soybean oil, hyth of the following: vital wheat gluten, salt, potassium chloride, late), distilled monoglycerides, enzymes, calcium carbonate, ant d, cellulose gum, guar gum, dough conditioners (fumaric acid, sorbic acid). Allergens: Wheat.), Chicken Breast Boneless Skinles Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, annuerized milk, salt, enzymes), potato starch, corn starch and calc in INFORMATION: CONTAINS MILK.) | drogenated soybean leavening (sodium ioxidants odium metabisulfite), is RawKOCH, atto (color)), cium sulfate (to | № PRO - 27% ■ CHO - 37% ※ FAT - 36% |
| Ingredients: Fortilla Flour Hearty Grai 10" (Water, von, thiamine mononitrate, riboflavin, iil), sugar, contains 2% or less of each icarbonate, sodium acid pyrophosph tocopherols, ascorbic acid, citric acid reservatives (calcium propionate, so theddar Jack Cheese Shredded (Mild Monterey Jack Cheese (Cultured pasterevent caking), natamycin. ALLERGE | Vitamin C: 2% Iron: 10% whole grain wheat flour, enriched bleached wheat flour (wheat flour folic acid), vegetable shortening (interesterified soybean oil, hyth of the following: vital wheat gluten, salt, potassium chloride, late), distilled monoglycerides, enzymes, calcium carbonate, ant d, cellulose gum, guar gum, dough conditioners (fumaric acid, scrbic acid). Allergens: Wheat.), Chicken Breast Boneless Skinles Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, annuerized milk, salt, enzymes), potato starch, corn starch and calc | drogenated soybean leavening (sodium ioxidants odium metabisulfite), is RawKOCH, atto (color)), cium sulfate (to | ■ CHO - 37% |
| Ingredients: Fortilla Flour Hearty Grai 10" (Water, von, thiamine mononitrate, riboflavin, iil), sugar, contains 2% or less of each icarbonate, sodium acid pyrophosph tocopherols, ascorbic acid, citric acid reservatives (calcium propionate, so theddar Jack Cheese Shredded (Mild Monterey Jack Cheese (Cultured pasterevent caking), natamycin. ALLERGE | Vitamin C: 2% Iron: 10% whole grain wheat flour, enriched bleached wheat flour (wheat flour folic acid), vegetable shortening (interesterified soybean oil, hyth of the following: vital wheat gluten, salt, potassium chloride, late), distilled monoglycerides, enzymes, calcium carbonate, anti, cellulose gum, guar gum, dough conditioners (fumaric acid, scrbic acid). Allergens: Wheat.), Chicken Breast Boneless Skinles Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, annuerized milk, salt, enzymes), potato starch, corn starch and calc in INFORMATION: CONTAINS MILK.) | drogenated soybean leavening (sodium itoxidants odium metabisulfite), is RawKOCH, atto (color)), itium sulfate (to | ■ CHO - 37% FAT - 36% |
| ditamin A: 6% dialcium: 35% Ingredients: Fortilla Flour Hearty Grai 10" (Water, von, thiamine mononitrate, riboflavin, iil), sugar, contains 2% or less of each icarbonate, sodium acid pyrophosph focopherols, ascorbic acid, citric acid reservatives (calcium propionate, so theddar Jack Cheese Shredded (Mild Monterey Jack Cheese (Cultured pastirevent caking), natamycin. ALLERGE | Vitamin C: 2% Iron: 10% whole grain wheat flour, enriched bleached wheat flour (wheat flour acid), vegetable shortening (interesterified soybean oil, hy the of the following: vital wheat gluten, salt, potassium chloride, late), distilled monoglycerides, enzymes, calcium carbonate, and did, cellulose gum, guar gum, dough conditioners (fumaric acid, sorbic acid). Allergens: Wheat.), Chicken Breast Boneless Skinles Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, annuerized milk, salt, enzymes), potato starch, corn starch and calc in INFORMATION: CONTAINS MILK.) 2000 calorie diet. Your daily values may be higher or lower depending Calories | drogenated soybean leavening (sodium ioxidants odium metabisulfite), as RawKOCH, atto (color)), cium sulfate (to | ≡ CHO - 37% % FAT - 36% |
| itamin A: 6% alcium: 35% ngredients: ortilla Flour Hearty Grai 10"(Water, on, thiamine mononitrate, riboflavin, ii), sugar, contains 2% or less of eacticarbonate, sodium acid pyrophosphocopherols, ascorbic acid, citric acid reservatives (calcium propionate, soheddar Jack Cheese Shredded (Mild Ionterey Jack Cheese (Cultured past revent caking), natamycin. ALLERGE * Percent Daily Values are based on a | Vitamin C: 2% Iron: 10% whole grain wheat flour, enriched bleached wheat flour (wheat flour acid), vegetable shortening (interesterified soybean oil, hyth of the following: vital wheat gluten, salt, potassium chloride, late), distilled monoglycerides, enzymes, calcium carbonate, ant late, cellulose gum, guar gum, dough conditioners (fumaric acid, scrbic acid). Allergens: Wheat.), Chicken Breast Boneless Skinles Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, annuerized milk, salt, enzymes), potato starch, corn starch and calce ININFORMATION: CONTAINS MILK.) 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than | drogenated soybean leavening (sodium ioxidants odium metabisulfite), is RawKOCH, atto (color)), iium sulfate (to | E CHO - 37% FAT - 36% 250 |
| itamin A: 6% alcium: 35% Ingredients: Fortilla Flour Hearty Grai 10" (Water, von, thiamine mononitrate, riboflavin, il), sugar, contains 2% or less of each icarbonate, sodium acid pyrophosphiocopherols, ascorbic acid, citric acid reservatives (calcium propionate, so heddar Jack Cheese Shredded (Mild Innterey Jack Cheese (Cultured past revent caking), natamycin. ALLERGE * Percent Daily Values are based on a Total Fat Sat Fat Cholesterol | Vitamin C: 2% Iron: 10% whole grain wheat flour, enriched bleached wheat flour (wheat flour folic acid), vegetable shortening (interesterified soybean oil, hyth of the following: vital wheat gluten, salt, potassium chloride, late), distilled monoglycerides, enzymes, calcium carbonate, and flour (gludose gum, guar gum, dough conditioners (fumaric acid, soft). Allergens: Wheat.), Chicken Breast Boneless Skinles Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, annuerized milk, salt, enzymes), potato starch, corn starch and calcien INFORMATION: CONTAINS MILK.) 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | drogenated soybean leavening (sodium itoxidants odium metabisulfite), as RawKOCH, atto (color)), cium sulfate (to | E CHO - 37% FAT - 36% 250 |
| itamin A: 6% alcium: 35% Ingredients: Fortilla Flour Hearty Grai 10" (Water, von, thiamine mononitrate, riboflavin, il), sugar, contains 2% or less of each icarbonate, sodium acid pyrophosphocopherols, ascorbic acid, citric acid reservatives (calcium propionate, soheddar Jack Cheese Shredded (Mild lonterey Jack Cheese (Cultured pasterevent caking), natamycin. ALLERGE * Percent Daily Values are based on a | Vitamin C: 2% Iron: 10% whole grain wheat flour, enriched bleached wheat flour (wheat flour folic acid), vegetable shortening (interesterified soybean oil, hyth of the following: vital wheat gluten, salt, potassium chloride, late), distilled monoglycerides, enzymes, calcium carbonate, ant late, cellulose gum, guar gum, dough conditioners (fumaric acid, schic acid). Allergens: Wheat.), Chicken Breast Boneless Skinles Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, annuarized milk, salt, enzymes), potato starch, corn starch and calce ININFORMATION: CONTAINS MILK.) 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than Less Than | drogenated soybean leavening (sodium itoxidants odium metabisulfite), is RawKOCH, atto (color)), itium sulfate (to | E CHO - 37% FAT - 36% 250 8' 28 375n |

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Chicken Breast w/Mashed Potatoes

| Amount Per Serving | | | |
|---|--|--|---|
| Calories: 232 | Ca | lories from Fat: 56 | |
| | | % Daily Value* | |
| Sodium: Potal Carbohydrate: Dietary Fiber: Sugars: Potal Fat: Potal Carbohydrate: Sugars: Potein: | 6 GM 1.5 GM 1 GM 0 GM 1 GM 65 MG 450 MG 370 MG 19 GM 3 GM 0 GM | 10% 7% 21% 19% 10% 6% 11% | Calorie Percentages |
| tamin A: 4% alcium: 0% ngredients: otato Mashed Cooked Fresh(INGRI tificial color, water, salt, whey solic tric acid, natural and artificial flavor isodium Pyrophosphate to maintain | Vitamin C: 2% Iron: 8% EDIENTS: Potatoes, Water, Margarine (liquid and partially hydrogents, soy lecithin, vegetable mono and diglycerides, sodium benzoen, vitamin A palmitate added), Nonfat Milk, Salt, Potassium Sorba | ate [preservative], te to protect flavor, | № PRO - 42% ■ CHO - 34% ※ FAT - 25% |
| itamin A: 4% alcium: 0% ngredients: Potato Mashed Cooked Fresh (INGRI rtificial color, water, salt, whey solic itric acid, natural and artificial flavor isodium Pyrophosphate to maintain oneless Skinless RawKOCH | Vitamin C: 2% Iron: 8% EDIENTS: Potatoes, Water, Margarine (liquid and partially hydrogents, soy lecithin, vegetable mono and diglycerides, sodium benzoer, vitamin A palmitate added), Nonfat Milk, Salt, Potassium Sorbate color, Modified Corn Starch, Glucono Delta Lactone, Xanthan Guardian 2000 calorie diet. Your daily values may be higher or lower depending | ate [preservative], te to protect flavor, um.), Chicken Breast | ■ CHO - 34% |
| Itamin A: 4% alcium: 0% Ingredients: Potato Mashed Cooked Fresh (INGRI rtificial color, water, salt, whey solic fric acid, natural and artificial flavor isodium Pyrophosphate to maintain oneless Skinless RawKOCH | Vitamin C: 2% Iron: 8% EDIENTS: Potatoes, Water, Margarine (liquid and partially hydrogents, soy lecithin, vegetable mono and diglycerides, sodium benzoen, vitamin A palmitate added), Nonfat Milk, Salt, Potassium Sorba | ate [preservative], te to protect flavor, um.), Chicken Breast | ■ CHO - 34% |
| itamin A: 4% alcium: 0% ingredients: Potato Mashed Cooked Fresh (INGRI rtificial color, water, salt, whey solic itric acid, natural and artificial flavor isodium Pyrophosphate to maintain oneless Skinless RawKOCH * Percent Daily Values are based on a | Vitamin C: 2% Iron: 8% EDIENTS: Potatoes, Water, Margarine (liquid and partially hydrogents, soy lecithin, vegetable mono and diglycerides, sodium benzoer, vitamin A palmitate added), Nonfat Milk, Salt, Potassium Sorbate color, Modified Corn Starch, Glucono Delta Lactone, Xanthan Guardian 2000 calorie diet. Your daily values may be higher or lower depending | ate [preservative], te to protect flavor, um.), Chicken Breast | ☐ CHO - 34%※ FAT - 25% |
| itamin A: 4% alcium: 0% ingredients: Potato Mashed Cooked Fresh (INGRI rtificial color, water, salt, whey solic itric acid, natural and artificial flavor isodium Pyrophosphate to maintain oneless Skinless RawKOCH * Percent Daily Values are based on a | Vitamin C: 2% Iron: 8% EDIENTS: Potatoes, Water, Margarine (liquid and partially hydrogents, soy lecithin, vegetable mono and diglycerides, sodium benzoent, vitamin A palmitate added), Nonfat Milk, Salt, Potassium Sorbat color, Modified Corn Starch, Glucono Delta Lactone, Xanthan Genational Colories | ate [preservative], te to protect flavor, um.), Chicken Breast ag on your calorie needs: 2000 | E CHO - 34% FAT - 25% |
| itamin A: 4% alcium: 0% Ingredients: Potato Mashed Cooked Fresh (INGRI rifficial color, water, salt, whey solid itric acid, natural and artificial flavor isodium Pyrophosphate to maintain oneless Skinless RawKOCH * Percent Daily Values are based on a | Vitamin C: 2% Iron: 8% EDIENTS: Potatoes, Water, Margarine (liquid and partially hydrogents, soy lecithin, vegetable mono and diglycerides, sodium benzoer, vitamin A palmitate added), Nonfat Milk, Salt, Potassium Sorbate color, Modified Corn Starch, Glucono Delta Lactone, Xanthan Given a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than | ate [preservative], te to protect flavor, um.), Chicken Breast ag on your calorie needs: 2000 | |
| itamin A: 4% alcium: 0% ngredients: Potato Mashed Cooked Fresh (INGRI rtificial color, water, salt, whey solic itric acid, natural and artificial flavor isodium Pyrophosphate to maintain oneless Skinless RawKOCH * Percent Daily Values are based on a | Vitamin C: 2% Iron: 8% EDIENTS: Potatoes, Water, Margarine (liquid and partially hydrogents, soy lecithin, vegetable mono and diglycerides, sodium benzoer, vitamin A palmitate added), Nonfat Milk, Salt, Potassium Sorbate color, Modified Corn Starch, Glucono Delta Lactone, Xanthan Gran 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | ate [preservative], te to protect flavor, um.), Chicken Breast ag on your calorie needs: 2000 65g 20g 300mg | ECHO - 34% FAT - 25% 250 81 25 375m |
| itamin A: 4% alcium: 0% Ingredients: Potato Mashed Cooked Fresh (INGRI rtificial color, water, salt, whey solic itric acid, natural and artificial flavor isodium Pyrophosphate to maintain oneless Skinless RawKOCH * Percent Daily Values are based on a | Vitamin C: 2% Iron: 8% EDIENTS: Potatoes, Water, Margarine (liquid and partially hydrogents, soy lecithin, vegetable mono and diglycerides, sodium benzoer, vitamin A palmitate added), Nonfat Milk, Salt, Potassium Sorbate color, Modified Corn Starch, Glucono Delta Lactone, Xanthan Gia 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than Less Than | ate [preservative], te to protect flavor, um.), Chicken Breast ng on your calorie needs: 2000 65g 20g | E CHO - 34% FAT - 25% 250 81 |

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Chicken Chow Mein

| Amount Per Serving | | | |
|--|--|--|---|
| Calories: 354 | Cal | ories from Fat: 154 | |
| | | % Daily Value* | |
| Total Fat: | 17 GM | 26% | |
| Saturated Fat: | 2.5 GM | 12% | |
| Trans Fat: | 0 GM | | Calorie |
| Polyunsaturated Fat: | 6 GM | | Percentages |
| Monounsaturated Fat: | 6 GM | | |
| Cholesterol: | 35 MG | 12% | |
| Sodium: | 410 MG | 17% | |
| Potassium: | 380 MG | 11% | |
| Total Carbohydrate: | 33 GM | 11% | |
| Dietary Fiber: | 3 GM 7 GM | 12% | |
| Sugars: | | | |
| Protein: | 16 GM | | |
| | | | |
| itamin A: 120% alcium: 6% | Vitamin C: 25% Iron: 10% | | N DDO 109/ |
| itamin A: 120% alcium: 6% Ingredients: Chicken Breast Boneless Skinless Fliacin, Reduced Iron, Thiamine Mone | Vitamin C: 25% Iron: 10% RawKOCH, Yakisoba Noodle, Uncooked (Water, Enriched Wheat Fronitrate, Riboflavin, Folic Acid), Soybean Oil, Potassium Sorbate Salt, Potassium Carbonate, Sodium Carbonate. Colored with FD&O Manufactured on equipment that processes eggs.), Cabbage Nap | and Sodium C Yellow # 5 and | PRO - 19% ■ CHO - 38% ※ FAT - 44% |
| itamin A: 120% alcium: 6% Ingredients: Chicken Breast Boneless Skinless Fliacin, Reduced Iron, Thiamine Monetenzoate added to retard spoilage, Stellow Color # 6. Allergens: Wheat. It is arrots, Fresh Celery(Celery), Hois | Vitamin C: 25% Iron: 10% RawKOCH, Yakisoba Noodle, Uncooked (Water, Enriched Wheat Fronitrate, Riboflavin, Folic Acid), Soybean Oil, Potassium Sorbate Salt, Potassium Carbonate, Sodium Carbonate. Colored with FD&O Manufactured on equipment that processes eggs.), Cabbage Napin Sauce, Sesame Oil a 2000 calorie diet. Your daily values may be higher or lower depending | and Sodium C Yellow # 5 and a Fresh, Fresh ng on your calorie needs: | E CHO - 38% |
| itamin A: 120% alcium: 6% Ingredients: Chicken Breast Boneless Skinless Fliacin, Reduced Iron, Thiamine Monetenzoate added to retard spoilage, Stellow Color # 6. Allergens: Wheat. It is arrots, Fresh Celery(Celery), Hois | Vitamin C: 25% Iron: 10% RawKOCH, Yakisoba Noodle, Uncooked (Water, Enriched Wheat Fronitrate, Riboflavin, Folic Acid), Soybean Oil, Potassium Sorbate Salt, Potassium Carbonate, Sodium Carbonate. Colored with FD&O Manufactured on equipment that processes eggs.), Cabbage Napin Sauce, Sesame Oil | and Sodium C Yellow # 5 and a Fresh, Fresh | ■ CHO - 38% |
| itamin A: 120% alcium: 6% Ingredients: Chicken Breast Boneless Skinless Filiacin, Reduced Iron, Thiamine Montenzoate added to retard spoilage, Sellow Color # 6. Allergens: Wheat. If arrots, Fresh Celery (Celery), Hois * Percent Daily Values are based on | Vitamin C: 25% Iron: 10% RawKOCH, Yakisoba Noodle, Uncooked (Water, Enriched Wheat Fronitrate, Riboflavin, Folic Acid), Soybean Oil, Potassium Sorbate Salt, Potassium Carbonate, Sodium Carbonate. Colored with FD&O Manufactured on equipment that processes eggs.), Cabbage Napin Sauce, Sesame Oil a 2000 calorie diet. Your daily values may be higher or lower depending | and Sodium C Yellow # 5 and a Fresh, Fresh ng on your calorie needs: | E CHO - 38% |
| itamin A: 120% alcium: 6% Ingredients: Chicken Breast Boneless Skinless Fliacin, Reduced Iron, Thiamine Mone Benzoate added to retard spoilage, Sellow Color # 6. Allergens: Wheat. It arrots, Fresh Celery (Celery), Hois * Percent Daily Values are based on | Vitamin C: 25% Iron: 10% RawKOCH, Yakisoba Noodle, Uncooked (Water, Enriched Wheat F. conitrate, Riboflavin, Folic Acid), Soybean Oil, Potassium Sorbate Salt, Potassium Carbonate, Sodium Carbonate. Colored with FD&C Manufactured on equipment that processes eggs.), Cabbage Napin Sauce, Sesame Oil a 2000 calorie diet. Your daily values may be higher or lower dependin Calories | and Sodium C Yellow # 5 and a Fresh, Fresh ng on your calorie needs: 2000 | E CHO - 38% |
| itamin A: 120% alcium: 6% ngredients: Chicken Breast Boneless Skinless Filacin, Reduced Iron, Thiamine Monelenzoate added to retard spoilage, Sellow Color # 6. Allergens: Wheat. If arrots, Fresh Celery (Celery), Hois * Percent Daily Values are based on Total Fat Sat Fat | Vitamin C: 25% Iron: 10% RawKOCH, Yakisoba Noodle, Uncooked (Water, Enriched Wheat Fronitrate, Riboflavin, Folic Acid), Soybean Oil, Potassium Sorbate Salt, Potassium Carbonate, Sodium Carbonate. Colored with FD&C Manufactured on equipment that processes eggs.), Cabbage Napin Sauce, Sesame Oil a 2000 calorie diet. Your daily values may be higher or lower dependin Calories Less Than | and Sodium C Yellow # 5 and a Fresh, Fresh ng on your calorie needs: 2000 65g | E CHO - 38% ## FAT - 44% |
| itamin A: 120% alcium: 6% ngredients: Chicken Breast Boneless Skinless Fisiacin, Reduced Iron, Thiamine Monenzoate added to retard spoilage, Sellow Color # 6. Allergens: Wheat. It arrots, Fresh Celery (Celery), Hoise * Percent Daily Values are based on Total Fat Sat Fat Cholesterol | Vitamin C: 25% Iron: 10% RawKOCH, Yakisoba Noodle, Uncooked (Water, Enriched Wheat F. conitrate, Riboflavin, Folic Acid), Soybean Oil, Potassium Sorbate Salt, Potassium Carbonate, Sodium Carbonate. Colored with FD&C Manufactured on equipment that processes eggs.), Cabbage Napin Sauce, Sesame Oil a 2000 calorie diet. Your daily values may be higher or lower dependin Calories Less Than Less Than | and Sodium C Yellow # 5 and a Fresh, Fresh ag on your calorie needs: 2000 65g 20g | E CHO - 38% # FAT - 44% 2500 81 25 375m |
| itamin A: 120% alcium: 6% Ingredients: Chicken Breast Boneless Skinless Filiacin, Reduced Iron, Thiamine Montenzoate added to retard spoilage, Sellow Color # 6. Allergens: Wheat. It arrots, Fresh Celery(Celery), Hois * Percent Daily Values are based on | Vitamin C: 25% Iron: 10% RawKOCH, Yakisoba Noodle, Uncooked (Water, Enriched Wheat Fronitrate, Riboflavin, Folic Acid), Soybean Oil, Potassium Sorbate Salt, Potassium Carbonate, Sodium Carbonate. Colored with FD&C Manufactured on equipment that processes eggs.), Cabbage Napin Sauce, Sesame Oil a 2000 calorie diet. Your daily values may be higher or lower dependin Calories Less Than Less Than Less Than | and Sodium C Yellow # 5 and a Fresh, Fresh ag on your calorie needs: 2000 65g 20g 300mg | E CHO - 38% ## FAT - 44% 2500 81 25 |

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Chicken Fajita Burrito

| Calories: 402 Total Fat: Saturated Fat: Trans Fat: | 11 GM | Calories from Fat: 95 % Daily Value* | |
|---|--|--|-----------------------------------|
| Saturated Fat: | 11 GM | % Daily Value* | |
| Saturated Fat: | 11 GM | | l |
| | | 16% | |
| Trans Eat: | 4 GM | 20% | |
| Trans rat. | 0 GM | | |
| Polyunsaturated Fat: | 0 GM | | |
| Monounsaturated Fat: | 0.5 GM | | |
| Cholesterol: | 55 MG | 19% | |
| Sodium: | 470 MG | 20% | Calorie |
| Potassium: | 360 MG | 10% | Percentages |
| Total Carbohydrate: | 51 GM | 17% | |
| Dietary Fiber: | 5 GM | 20% | |
| Sugars: | 5 GM | | |
| Protein: | 24 GM | | |
| /itamin A: 20% | Vitamin C: 120% | | |
| Calcium: 25% | Iron: 15% | | |
| Ingredients: Tortilla Flour Hearty Grai 10" (Water, whole grain wheat aron, thiamine mononitrate, riboflavin, folic acid), vegetal pil), sugar, contains 2% or less of each of the following: picarbonate, sodium acid pyrophosphate), distilled monotocopherols, ascorbic acid, citric acid, cellulose gum, gubreservatives (calcium propionate, sorbic acid). Allergen Brown, Cooked, Fresh Green Bell Peppers, Fresh Red Ethredded (Mild Cheddar Cheese (Cultured pasteurized milk, salt, enzymes), potato starch, ALLERGEN INFORMATION: CONTAINS MILK.) | ble shortening (interesterified soybean oil, vital wheat gluten, salt, potassium chloric oglycerides, enzymes, calcium carbonate, uar gum, dough conditioners (fumaric acids: Wheat.), Chicken Breast Boneless Skingell Peppers, Fresh Yellow Onions, Chedilk, salt, enzymes, annatto (color)), Monter | hydrogenated soybean de, leavening (sodium antioxidants d, sodium metabisulfite), nless RawKOCH, Rice ldar Jack Cheese rey Jack Cheese | PRO - 24% ■ CHO - 52% ※ FAT - 24% |
| * Percent Daily Values are based on a 2000 calorie diet. You | our daily values may be higher or lower depe Calories | ending on your calorie needs: | 2500 |
| | Less Than | 65g | 810 |
| Total Fat | LCOO IIIAII | oog | • |
| | Less Than | 20g | · |
| Sat Fat | | _ | 25 <u>(</u> 375m |
| Sat Fat I Cholesterol I | Less Than | 20g | 25 |

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Dietary Fiber

Calories per gram:

Fat 9

The nutritional information listed on our site is provided solely for the purpose of giving you as much information as possible regarding the nutritional content of analyzed recipes. While we have taken extreme care in compiling the nutritional information, the basic food item data comes from the USDA as well as various manufacturers, and therefore the information is approximate and may vary based on the specific product used, the cooking method and time, and your adherence to the recipe. As such, the nutritional information is not intended for medical nutrition therapy. If you are following a strict diet for medical or dietary reasons, it is important that you consult your physician or registered dietitian and remain under appropriate medical supervision while using the nutritional information contained in our site. The recipes were analyzed using software provided by The CBORD Group, Inc.

25g

Protein 4

31g

Carbohydrate 4



Chicken Fried Rice

| Nutrition Information Serving Size: Serving (295 grams) | | | |
|---|--|---------------------------------------|--|
| Amount Per Serving | | | |
| Calories: 501 | C | alories from Fat: 304 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: | 34 GM 5 GM 0 GM 12 GM 12 GM | 52% 27% | Calorie Percentages |
| Cholesterol: | 155 MG | 51% | |
| Sodium: | 140 MG | 6% | |
| Potassium: | 450 MG | 13% | |
| Total Carbohydrate: Dietary Fiber: | 30 GM 4 GM | 10% 16% | |
| Sugars: | 4 GM 4 GM | 10% | |
| Protein: | 20 GM | | |
| litamin A: 130% | Vitamin C: 15% | | , DDO 100/ |
| Calcium: 6% | Iron: 10% | | PRO - 16% |
| hiamin: 20% | • | | CHO - 24% FAT - 60% |
| ngredients: | Boneless Skinless RawKOCH, Frozen Peas & Carrots, Sesai | me Oil, Egg Whole | |
| iquid, Green Onion Fresh Sliced | 2000 calorie diet. Your daily values may be higher or lower depend | ding on your calorie needs: | 2500 |
| iquid, Green Onion Fresh Sliced * Percent Daily Values are based on a 2 | | | |
| iquid, Green Onion Fresh Sliced * Percent Daily Values are based on a 2 | Calories | 2000 | 81 |
| rquid, Green Onion Fresh Sliced * Percent Daily Values are based on a 2 Total Fat Sat Fat | Calories Less Than | 2000 65g | 81 25 |
| * Percent Daily Values are based on a 2 Total Fat Sat Fat Cholesterol | Calories Less Than Less Than | 2000 65g 20g | 81 25 375m |
| riquid, Green Onion Fresh Sliced * Percent Daily Values are based on a 2 Total Fat Sat Fat Cholesterol Sodium | Calories Less Than Less Than Less Than | 2000 65g 20g 300mg | 2500 81 25 375m 3000m 375 |
| * Percent Daily Values are based on a 2 Total Fat | Calories Less Than Less Than Less Than | 2000 65g 20g 300mg 2400mg | 81 25 375m 3000m |

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Chicken Brst Tenderloin Frtr

SUPC: 5338559

| Amount Per Serving | | | |
|--|--|--|--|
| Calories: 210 | Calo | ries from Fat: 102 | |
| | | % Daily Value* | |
| Total Fat: | 11 GM | 17% | |
| Saturated Fat: Trans Fat: Polyunsaturated Fat: | 1.5 GM 0 GM 6 GM | 8% | Calorie |
| Monounsaturated Fat: | 3 GM | | Percentages |
| Cholesterol: | 20 MG | 7% | |
| Sodium: | 530 MG | 22% | |
| Potassium: | NA | NA | |
| Fotal Carbohydrate: Dietary Fiber: Sugars: | 15 GM less than 1 GM 0 GM | 5% 3% | |
| Protein: | 13 GM | | |
| | | | |
| itamin A: 0% | ● Vitamin C: 0% | | |
| alcium: 0% Ingredients: | Iron: 4% | | PDO 249/ |
| Ingredients: Chicken breast tenderloins CONTAIN hosphates, sugar, salt, flavorings. E hosphate, monocalcium phosphate) Vater, wheat flour, salt, leavening (s | | sodium aluminum . BATTERED WITH: n phosphate, | № PRO - 24% ■ CHO - 29% ※ FAT - 47% |
| Ingredients: Chicken breast tenderloins CONTAIN hosphates, sugar, salt, flavorings. E hosphate, monocalcium phosphate Vater, wheat flour, salt, leavening (s nonocalcium phosphate), disodium alt. Breading set in vegetable oil. | NING: Up to 12% of a solution of chicken broth, soy protein concers BREADED WITH: Wheat flour, salt, leavening (sodium bicarbonate,), wheat gluten, spices, garlic powder, onion powder, natural flavor odium bicarbonate, sodium acid pyrophosphate, sodium aluminum inosinate and disodium guanylate. PREDUSTED WITH: Wheat flour, a 2000 calorie diet. Your daily values may be higher or lower depending | sodium aluminum . BATTERED WITH: n phosphate, wheat gluten, and | ■ CHO - 29% |
| Ingredients: Chicken breast tenderloins CONTAIN hosphates, sugar, salt, flavorings. E hosphate, monocalcium phosphate Vater, wheat flour, salt, leavening (s nonocalcium phosphate), disodium alt. Breading set in vegetable oil. | NING: Up to 12% of a solution of chicken broth, soy protein concers BREADED WITH: Wheat flour, salt, leavening (sodium bicarbonate,), wheat gluten, spices, garlic powder, onion powder, natural flavor odium bicarbonate, sodium acid pyrophosphate, sodium aluminum inosinate and disodium guanylate. PREDUSTED WITH: Wheat flour, | sodium aluminum . BATTERED WITH: n phosphate, wheat gluten, and | ■ CHO - 29% |
| Ingredients: Chicken breast tenderloins CONTAIN hosphates, sugar, salt, flavorings. E hosphate, monocalcium phosphate Vater, wheat flour, salt, leavening (s nonocalcium phosphate), disodium alt. Breading set in vegetable oil. * Percent Daily Values are based on a | NING: Up to 12% of a solution of chicken broth, soy protein concers BREADED WITH: Wheat flour, salt, leavening (sodium bicarbonate,), wheat gluten, spices, garlic powder, onion powder, natural flavor odium bicarbonate, sodium acid pyrophosphate, sodium aluminum inosinate and disodium guanylate. PREDUSTED WITH: Wheat flour, a 2000 calorie diet. Your daily values may be higher or lower depending | sodium aluminum . BATTERED WITH: n phosphate, wheat gluten, and g on your calorie needs: | ≡ CHO - 29% ∭ FAT - 47% |
| alcium: 0% Ingredients: Chicken breast tenderloins CONTAIN hosphates, sugar, salt, flavorings. E hosphate, monocalcium phosphate) /ater, wheat flour, salt, leavening (s nonocalcium phosphate), disodium i alt. Breading set in vegetable oil. * Percent Daily Values are based on a | NING: Up to 12% of a solution of chicken broth, soy protein concerts READED WITH: Wheat flour, salt, leavening (sodium bicarbonate,), wheat gluten, spices, garlic powder, onion powder, natural flavor odium bicarbonate, sodium acid pyrophosphate, sodium aluminum inosinate and disodium guanylate. PREDUSTED WITH: Wheat flour, a 2000 calorie diet. Your daily values may be higher or lower depending Calories | sodium aluminum . BATTERED WITH: n phosphate, wheat gluten, and g on your calorie needs: 2000 | E CHO - 29% FAT - 47% 250 |
| alcium: 0% Ingredients: Chicken breast tenderloins CONTAIN hosphates, sugar, salt, flavorings. E hosphate, monocalcium phosphate) Jater, wheat flour, salt, leavening (s nonocalcium phosphate), disodium in alt. Breading set in vegetable oil. * Percent Daily Values are based on a | NING: Up to 12% of a solution of chicken broth, soy protein concers BREADED WITH: Wheat flour, salt, leavening (sodium bicarbonate,), wheat gluten, spices, garlic powder, onion powder, natural flavor odium bicarbonate, sodium acid pyrophosphate, sodium aluminum inosinate and disodium guanylate. PREDUSTED WITH: Wheat flour, a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than | sodium aluminum BATTERED WITH: phosphate, wheat gluten, and on your calorie needs: 2000 65g | E CHO - 29% ※ FAT - 47% |
| ngredients: Chicken breast tenderloins CONTAIN hosphates, sugar, salt, flavorings. Enhosphate, monocalcium phosphate later, wheat flour, salt, leavening (sonocalcium phosphate), disodium in alt. Breading set in vegetable oil. * Percent Daily Values are based on a State Fat Cholesterol | Iron: 4% NING: Up to 12% of a solution of chicken broth, soy protein concel BREADED WITH: Wheat flour, salt, leavening (sodium bicarbonate,), wheat gluten, spices, garlic powder, onion powder, natural flavor odium bicarbonate, sodium acid pyrophosphate, sodium aluminum inosinate and disodium guanylate. PREDUSTED WITH: Wheat flour, a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | sodium aluminum BATTERED WITH: phosphate, wheat gluten, and on your calorie needs: 2000 65g 20g | E CHO - 29% FAT - 47% 250 81 |
| Ingredients: Chicken breast tenderloins CONTAIN hosphates, sugar, salt, flavorings. E hosphate, monocalcium phosphate) Vater, wheat flour, salt, leavening (sononocalcium phosphate), disodium lalt. Breading set in vegetable oil. * Percent Daily Values are based on a Total Fat | NING: Up to 12% of a solution of chicken broth, soy protein concers BREADED WITH: Wheat flour, salt, leavening (sodium bicarbonate,), wheat gluten, spices, garlic powder, onion powder, natural flavor odium bicarbonate, sodium acid pyrophosphate, sodium aluminum inosinate and disodium guanylate. PREDUSTED WITH: Wheat flour, a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than Less Than | sodium aluminum BATTERED WITH: phosphate, wheat gluten, and gon your calorie needs: 2000 65g 20g 300mg | ECHO - 29% FAT - 47% 250 81 25 375m |

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Lg Chicken Tenders

| Nutrition Information Serving Size: Serving (142 grams) | | | |
|--|--|---|--|
| Amount Per Serving | | | |
| Calories: 255 | | Calories from Fat: 79 | |
| | | % Daily Value* | Calorie |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: Cholesterol: Sodium: Potassium: Total Carbohydrate: Dietary Fiber: Sugars: Protein: //itamin A: 0% Calcium: 0% Ingredients: Chicken Tender Brst Fritter | 9 GM 1.5 GM 0 GM 0 GM 0 GM 40 MG 750 MG 0 MG 25 GM 1 GM 0 GM 1 GM 1 9 GM | 14% 6% 13% 31% 0% 8% 5% | Percentages → → → → → → → → → → → → → → → → → → → |
| * Percent Daily Values are based on a 2 | 000 calorie diet. Your daily values may be higher or lower dep Calories | ending on your calorie needs: 2000 | 2500 |
| Total Fat | Less Than | 65g | 81 |
| Sat Fat | Less Than | 20g | 25 |
| Cholesterol | Less Than | 300mg | 375m |
| Sodium | Less Than | 2400mg | 3000m |
| Total Carbohydrate | | 300g | 375 |
| Dietary Fiber | | 25g | 31 |
| • | | 209 | 01 |

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Chicken Teriyaki

| Amount Per Serving | | | |
|---|---|---|---|
| Calories: 248 | | Calories from Fat: 29 | |
| | | % Daily Value* | |
| Total Fat: | 3 GM | 5% | |
| Saturated Fat: | 0.5 GM | 3% | Calorie |
| Trans Fat: | 0 GM | | Percentages |
| Polyunsaturated Fat: Monounsaturated Fat: | 0.5 GM 1 GM | | |
| Cholesterol: | 55 MG | 18% | |
| Sodium: | 580 MG | 24% | |
| Potassium: | 570 MG | 16% | |
| Total Carbohydrate: | 32 GM | 11% | |
| Dietary Fiber: | 3 GM | 13% | |
| Sugars: | 5 GM | | |
| Protein: | 22 GM | | |
| itamin A: 8% | Vitamin C: 90% | | |
| 407 | Iron: 10% | | № PRO - 37% |
| alcium: 4% | | | |
| Ingredients: Rice Brown, Cooked, Chicken Breast later Naturally BREWED SOY SAU TARCH, ONION JUICE, VINEGAR, NAT | Boneless Skinless RawKOCH, Broccoli Floret Iceless Fresh ICE (WATER, WHEAT, SOYBEANS, SALT), SUGAR, WATER, I TURAL FLAVOR, GARLIC POWDER, MALIC ACID, SPICE, DIS ZOATE LESS THAN 1/10 OF 1% AS A PRESERVATIVE.) | MODIFIED FOOD | ■ CHO - 52% Ø FAT - 12% |
| Ingredients: Rice Brown, Cooked, Chicken Breast l Blaze(NATURALLY BREWED SOY SAU TARCH, ONION JUICE, VINEGAR, NAT BISODIUM GUANYLATE, SODIUM BENZ | ICE (WATER, WHEAT, SOYBEANS, SALT), SUGAR, WATER, I TURAL FLAVOR, GARLIC POWDER, MALIC ACID, SPICE, DIS | MODIFIED FOOD SODIUM INOSINATE, | <u>■ CHO - 52%</u> |
| Ingredients: Rice Brown, Cooked, Chicken Breast l Blaze(NATURALLY BREWED SOY SAU TARCH, ONION JUICE, VINEGAR, NAT BISODIUM GUANYLATE, SODIUM BENZ | ICE (WATER, WHEAT, SOYBEANS, SALT), SUGAR, WATER, ITURAL FLAVOR, GARLIC POWDER, MALIC ACID, SPICE, DISTORTE LESS THAN 1/10 OF 1% AS A PRESERVATIVE.) | MODIFIED FOOD SODIUM INOSINATE, ading on your calorie needs: | ■ CHO - 52%※ FAT - 12% |
| Ingredients: Rice Brown, Cooked, Chicken Breast Rice Brown, Cooked, Chicken Breast Rize(NATURALLY BREWED SOY SAU TARCH, ONION JUICE, VINEGAR, NAT RISODIUM GUANYLATE, SODIUM BENZ * Percent Daily Values are based on a 2 | ICE (WATER, WHEAT, SOYBEANS, SALT), SUGAR, WATER, ITURAL FLAVOR, GARLIC POWDER, MALIC ACID, SPICE, DISTORMENT OF 1% AS A PRESERVATIVE.) 2000 calorie diet. Your daily values may be higher or lower dependence. Calories | modified food sodium inosinate, ading on your calorie needs: 2000 65g | E CHO - 52% FAT - 12% |
| ngredients: Rice Brown, Cooked, Chicken Breast Rize(NATURALLY BREWED SOY SAU TARCH, ONION JUICE, VINEGAR, NAT ISODIUM GUANYLATE, SODIUM BENZ * Percent Daily Values are based on a 2 Total Fat Sat Fat | ICE (WATER, WHEAT, SOYBEANS, SALT), SUGAR, WATER, ITURAL FLAVOR, GARLIC POWDER, MALIC ACID, SPICE, DISTORDED TO AS A PRESERVATIVE.) 2000 calorie diet. Your daily values may be higher or lower dependence Calories Less Than | MODIFIED FOOD SODIUM INOSINATE, ading on your calorie needs: | E CHO - 52% FAT - 12% 250 81 |
| ngredients: lice Brown, Cooked, Chicken Breast laze(NATURALLY BREWED SOY SAU TARCH, ONION JUICE, VINEGAR, NA: ISODIUM GUANYLATE, SODIUM BENZ * Percent Daily Values are based on a 2 Total Fat Sat Fat Cholesterol | ICE (WATER, WHEAT, SOYBEANS, SALT), SUGAR, WATER, ITURAL FLAVOR, GARLIC POWDER, MALIC ACID, SPICE, DISTORDER LESS THAN 1/10 OF 1% AS A PRESERVATIVE.) 1000 calorie diet. Your daily values may be higher or lower dependence Calories Less Than Less Than | nding on your calorie needs: 2000 65g 20g | ■ CHO - 52% |
| Ingredients: Rice Brown, Cooked, Chicken Breast Riaze(NATURALLY BREWED SOY SAU TARCH, ONION JUICE, VINEGAR, NA DISODIUM GUANYLATE, SODIUM BENZ * Percent Daily Values are based on a 2 | ICE (WATER, WHEAT, SOYBEANS, SALT), SUGAR, WATER, ITURAL FLAVOR, GARLIC POWDER, MALIC ACID, SPICE, DISTORATE LESS THAN 1/10 OF 1% AS A PRESERVATIVE.) 2000 calorie diet. Your daily values may be higher or lower dependence Calories Less Than Less Than Less Than | ading on your calorie needs: 2000 65g 20g 300mg | 250 8' 375n |

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Corn Dog Chkn L/f Whl Grain

SUPC: 1604289

| Amount Per Serving | | | Calorie |
|--|--|-----------------------|----------------|
| Calories: 240 | (| Calories from Fat: 72 | Percentages |
| | | % Daily Value* | |
| Total Fat: | 8 GM | 12% | |
| Saturated Fat: | 2 GM | 10% | |
| Trans Fat: | 0 GM | | |
| Polyunsaturated Fat: Monounsaturated Fat: | NA | NA NA | |
| | NA co Mo | NA | |
| Cholesterol: | 20 MG | 7% | |
| Sodium: | 590 MG | 25% | |
| Potassium: | NA | NA | |
| Total Carbohydrate: | 33 GM | 11% | N DDO 450/ |
| Dietary Fiber: Sugars: | 5 GM 9 GM | 20% | № PRO - 15% |
| Protein: | 9 GM | | CHO - 55% |
| (1) | VII | | // IAI - 30 /6 |
| Vitamin A: 0% Calcium: 15% | Vitamin C: 0% | | |
| * Percent Daily Values are based on a 20 | 000 calorie diet. Your daily values may be higher or lower depen | • • | |
| | Calories | 2000 | 2500 |
| Total Fat | Less Than | 65g | 81g |
| Sat Fat | Less Than | 20g | 250 |
| Cholesterol | Less Than | 300mg | 375mg |
| Sodium | Less Than | 2400mg | 3000mg |
| Total Carbohydrate | | 300g | 375 |
| Dietary Fiber | | 25g | 31 |

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Pollock Filet Brd Oven 2-3 Oz

SUPC: 1742121

| Amount Per Serving | | | |
|---|---|--|---|
| Calories: 220 | Ca | lories from Fat: 72 | |
| | | % Daily Value* | |
| Total Fat: | 8 GM | 12% | |
| Saturated Fat: | 2 GM | 10% | |
| Trans Fat: | 0 GM | | Calorie |
| Polyunsaturated Fat: | NA | NA | Percentages |
| Monounsaturated Fat: | NA | NA | |
| Cholesterol: | 35 MG | 12% | <i>= 4 </i> |
| Sodium: | 470 MG | 20% | |
| Potassium: | NA | NA | |
| Total Carbohydrate: | 23 GM | 8% | |
| Dietary Fiber: | 1 GM | 4% | |
| Sugars: | less than 1 GM | | |
| Protein: | 12 GM | | |
| | | | |
| itamin A: 0% | Vitamin C: 0% | | |
| itamin A: 0% alcium: 4% Ingredients: | Vitamin C: 0% Iron: 4% | | № PRO - 23% |
| alcium: 4% ngredients: POLLACK, ENRICHED BLEACHED IBOFLAVIN, FOLIC ACID), COTTON OOD STARCH, YELLOW CORN FLE EXTROSE, LEAVENING (SODIUM A | | AN 2% OF: MODIFIED NION POWDER, I PHOSPHATE), | № PRO - 23% ■ CHO - 43% ※ FAT - 34% |
| Ingredients: POLLACK, ENRICHED BLEACHED PIBOFLAVIN, FOLIC ACID), COTTON OOD STARCH, YELLOW CORN FLI EXTROSE, LEAVENING (SODIUM A IONFAT DRY MILK, SPICE, GUAR (| WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONNSEED AND/OR SOYBEAN OIL, WATER, AND CONTAINS LESS THOUR, SALT, WHEY SOLIDS, SUGAR, GARLIC POWDER, YEAST, OF ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM | AN 2% OF: MODIFIED NION POWDER, I PHOSPHATE), ACK, WHEAT, MILK. | ■ CHO - 43% |
| alcium: 4% ngredients: POLLACK, ENRICHED BLEACHED IBOFLAVIN, FOLIC ACID), COTTON OOD STARCH, YELLOW CORN FLE EXTROSE, LEAVENING (SODIUM A ONFAT DRY MILK, SPICE, GUAR (| WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONNSEED AND/OR SOYBEAN OIL, WATER, AND CONTAINS LESS THOUR, SALT, WHEY SOLIDS, SUGAR, GARLIC POWDER, YEAST, OF ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM GUM, EXTRACTIVES OF PAPRIKA. CANOLA OIL. CONTAINS POLL | AN 2% OF: MODIFIED NION POWDER, I PHOSPHATE), ACK, WHEAT, MILK. | E CHO - 43% |
| Ingredients: POLLACK, ENRICHED BLEACHED PIBOFLAVIN, FOLIC ACID), COTTON OOD STARCH, YELLOW CORN FLI EXTROSE, LEAVENING (SODIUM A IONFAT DRY MILK, SPICE, GUAR (| WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MON NSEED AND/OR SOYBEAN OIL, WATER, AND CONTAINS LESS THOUR, SALT, WHEY SOLIDS, SUGAR, GARLIC POWDER, YEAST, OI ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM GUM, EXTRACTIVES OF PAPRIKA. CANOLA OIL. CONTAINS POLL a 2000 calorie diet. Your daily values may be higher or lower depending | AN 2% OF: MODIFIED NION POWDER, I PHOSPHATE), ACK, WHEAT, MILK. | ■ CHO - 43% |
| alcium: 4% Ingredients: POLLACK, ENRICHED BLEACHED IBOFLAVIN, FOLIC ACID), COTTON OOD STARCH, YELLOW CORN FLEXTROSE, LEAVENING (SODIUM A ONFAT DRY MILK, SPICE, GUAR (* Percent Daily Values are based on | WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONNSEED AND/OR SOYBEAN OIL, WATER, AND CONTAINS LESS THOUR, SALT, WHEY SOLIDS, SUGAR, GARLIC POWDER, YEAST, OF ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM GUM, EXTRACTIVES OF PAPRIKA. CANOLA OIL. CONTAINS POLL a 2000 calorie diet. Your daily values may be higher or lower depending Calories | AN 2% OF: MODIFIED NION POWDER, PHOSPHATE), ACK, WHEAT, MILK. Ig on your calorie needs: 2000 | E CHO - 43% ₩ FAT - 34% |
| ngredients: POLLACK, ENRICHED BLEACHED BOFLAVIN, FOLIC ACID), COTTON DOD STARCH, YELLOW CORN FLEXTROSE, LEAVENING (SODIUM A ONFAT DRY MILK, SPICE, GUAR (* Percent Daily Values are based on Total Fat Sat Fat | WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MON NSEED AND/OR SOYBEAN OIL, WATER, AND CONTAINS LESS THOUR, SALT, WHEY SOLIDS, SUGAR, GARLIC POWDER, YEAST, OI ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM GUM, EXTRACTIVES OF PAPRIKA. CANOLA OIL. CONTAINS POLL a 2000 calorie diet. Your daily values may be higher or lower dependin Calories Less Than | AN 2% OF: MODIFIED NION POWDER, PHOSPHATE), ACK, WHEAT, MILK. Ig on your calorie needs: 2000 | E CHO - 43% FAT - 34% 250 |
| ngredients: POLLACK, ENRICHED BLEACHED IBOFLAVIN, FOLIC ACID), COTTON DOD STARCH, YELLOW CORN FLE EXTROSE, LEAVENING (SODIUM A ONFAT DRY MILK, SPICE, GUAR (* Percent Daily Values are based on Total Fat Sat Fat Cholesterol | WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONNSEED AND/OR SOYBEAN OIL, WATER, AND CONTAINS LESS THOUR, SALT, WHEY SOLIDS, SUGAR, GARLIC POWDER, YEAST, OI ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM GUM, EXTRACTIVES OF PAPRIKA. CANOLA OIL. CONTAINS POLL a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | AN 2% OF: MODIFIED NION POWDER, PHOSPHATE), ACK, WHEAT, MILK. Ing on your calorie needs: 2000 65g 20g | E CHO - 43% FAT - 34% |
| alcium: 4% Ingredients: POLLACK, ENRICHED BLEACHED IBOFLAVIN, FOLIC ACID), COTTON OOD STARCH, YELLOW CORN FLEXTROSE, LEAVENING (SODIUM A ONFAT DRY MILK, SPICE, GUAR (* Percent Daily Values are based on | WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MON NSEED AND/OR SOYBEAN OIL, WATER, AND CONTAINS LESS THOUR, SALT, WHEY SOLIDS, SUGAR, GARLIC POWDER, YEAST, OI ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM GUM, EXTRACTIVES OF PAPRIKA. CANOLA OIL. CONTAINS POLL a 2000 calorie diet. Your daily values may be higher or lower dependin Calories Less Than Less Than Less Than | AN 2% OF: MODIFIED NION POWDER, PHOSPHATE), ACK, WHEAT, MILK. In g on your calorie needs: 2000 65g 20g 300mg | E CHO - 43% FAT - 34% 250 81 250 375n |

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French Dip Sandwich

| Amount Per Serving | | | |
|--|---|------------------------------|-------------|
| Calories: 326 | | Calories from Fat: 58 | |
| | | % Daily Value* | Calorie |
| Total Fat: Saturated Fat: Trans Fat: | 6 GM 2.5 GM 0 GM | 10% 12% | Percentages |
| Polyunsaturated Fat: | 0.5 GM | | |
| Monounsaturated Fat: | 0 GM | | |
| Cholesterol: | 45 MG | 15% | |
| Sodium: | 550 MG | 23% | |
| Potassium: | 90 MG | 3% | |
| Total Carbohydrate: Dietary Fiber: Sugars: | 40 GM 2 GM 2 GM | 13% 7% | |
| Protein: | 25 GM | | |
| /itamin A: 0% | Vitamin C: 0% | | |
| Calcium: 4% | Iron: 25% | | CHO - 50% |
| Sodium Tripolyphosphate, Autolyzed Y | NTS: Angus Beef. Marinated with up to 10% of a Marinade of Yeast, Oleoresin of Spice.), Hoagie Rolls 6" 2000 calorie diet. Your daily values may be higher or lower depe | nding on your calorie needs: | |
| | Calories | 2000 | 2500 |
| Total Fat | Less Than | 65g | 810 |
| Sat Fat | Less Than | 20g | 25 |
| Cholesterol | Less Than | 300mg | 375m |
| | Less Than | 2400mg | 3000m |
| Sodium | | | |
| Sodium Total Carbohydrate | | 300g | 375 |

LEGAL DISCLAIMER



Frank Beef 4x1 F/c Natural/abf

SUPC: 8698385

| Amount Per Serving | | | Calorie |
|--|---|-----------------------|-------------------|
| Calories: 340 | C | alories from Fat: 270 | Percentages |
| | | % Daily Value* | |
| Total Fat: | 30 GM | 46% | |
| Saturated Fat: | 12 GM | 60% | |
| Trans Fat: Polyunsaturated Fat: | 0 GM NA | NA | |
| Monounsaturated Fat: | NA | NA NA | |
| Cholesterol: | 70 MG | 23% | |
| Sodium: | 680 MG | 28% | |
| Potassium: | NA | NA | |
| Total Carbohydrate: | 2 GM | 1% | |
| Dietary Fiber: | 0 GM 2 GM | 0% | ≫ PRO - 15% |
| Sugars: Protein: | 2 GM | | |
| i lotelli. | - | | FAT - 83% |
| /itamin A: 0% | Vitamin C: 0% | | |
| Calcium: 0% | Iron: 4% | | |
| * Percent Daily Values are based on a 20 | 00 calorie diet. Your daily values may be higher or lower depen | • • | |
| | Calories | 2000 | 2500 |
| Total Fat | Less Than | 65g | 810 |
| Sat Fat | Less Than | 20g | 259 |
| Cholesterol | Less Than | 300mg | 375mg |
| Sodium | Less Than | 2400mg | 3000mg |
| Total Carbohydrate | | 300g | 375 |
| Dietary Fiber | | 25g | 31 |

- 1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
- 2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.
- 3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.



Frank Beef 8x1 F/c

SUPC: 6204442

| Amount Per Serving | | | Calorie |
|--|---|-----------------------------|--|
| Calories: 170 | С | alories from Fat: 135 | Percentages |
| | | % Daily Value* | |
| Total Fat: | 15 GM | 23% | |
| Saturated Fat: | 6 GM | 30% | |
| Trans Fat: | 0 GM | | |
| Polyunsaturated Fat: | NA | NA | |
| Monounsaturated Fat: | NA | NA | |
| Cholesterol: | 35 MG | 12% | |
| Sodium: | 340 MG | 14% | |
| Potassium: | NA | NA | |
| Total Carbohydrate: | 1 GM | 0% | |
| Dietary Fiber: | 0 GM | 0% | № PRO - 15% |
| Sugars: | 1 GM 6 GM | | ≡ CHO - 2% |
| Protein: | 6 GIVI | | % FAT - 83% |
| /itamin A: 0% | Vitamin C: 0% | | N 10 10 10 10 10 10 10 10 10 10 10 10 10 |
| Calcium: 0% | Iron: 2% | | 56. |
| * Percent Daily Values are based on a 20 | 000 calorie diet. Your daily values may be higher or lower depend | ding on your calorie needs: | |
| • | Calories | 2000 | 2500 |
| Total Fat | Less Than | 65g | 819 |
| Sat Fat | Less Than | 20g | 250 |
| Cholesterol | Less Than | 300mg | 375m |
| Sodium | Less Than | 2400mg | 3000mg |
| Total Carbohydrate | | 300g | 375 |
| | | · · | |

- 1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
- 2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.
- 3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.



Gluten Free Pasta Pesto

| Serving Size: Serving (113 grams) | | | |
|--|--|--|---|
| Amount Per Serving | | | |
| Calories: 398 | | Calories from Fat: 98 | |
| | | % Daily Value* | Calorie |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: Cholesterol: Sodium: Potassium: Total Carbohydrate: Dietary Fiber: Sugars: Protein: //itamin A: 8% Calcium: 8% Ingredients: Pasta Penne Rigate Gluten Free HEAR acility that uses wheat, egg and soy.), | 11 GM 1.5 GM 0 GM 0 GM 0 GM 5 MG 190 MG 190 MG 69 GM 2 GM 0 GM 6 GM Vitamin C: 4% Iron: 6% | 17% 7% 2% 8% 0% 23% 7% | Percentages PRO - 7% CHO - 69% FAT - 24% |
| * Percent Daily Values are based on a 2 | 2000 calorie diet. Your daily values may be higher or lower deper Calories | nding on your calorie needs: 2000 | 2500 |
| Total Fat | Less Than | 65g | 810 |
| Sat Fat | Less Than | 20g | 259 |
| | Less Than | 300mg | 375m |
| Cholesterol | Less Than | 2400mg | 3000m |
| Cholesterol Sodium | Less IIIdii | | |
| | Less IIIdii | 300g | 375 |

LEGAL DISCLAIMER



Grilled Cheddar Cheese Sandwich

| Amount Per Serving | | | |
|---|---|--|---|
| Calories: 413 | Ca | lories from Fat: 192 | |
| | Ou. | iones nomi at. 192 | |
| | | % Daily Value* | |
| Total Fat: | 21 GM | 33% | |
| Saturated Fat: Trans Fat: | 6 GM 0 GM | 31% | |
| Polyunsaturated Fat: | 8 GM | | Calorie |
| Monounsaturated Fat: | 3 GM | | Percentages |
| Cholesterol: | 20 MG | 7% | dillilling |
| Sodium: | 430 MG | 18% | |
| Potassium: | 30 MG | 1% | |
| Fotal Carbohydrate: | 45 GM | 15% | <i>=44///////////////////////////////////</i> |
| Dietary Fiber: | 10 GM | 40% | |
| Sugars: | 4 GM | | |
| Protein: | 18 GM | | |
| | | | |
| /itamin A: 8% | Vitamin C: 0% | | |
| alcium: 30% Ingredients: | Vitamin C: 0% Iron: 15% Id(WHOLE WHEAT FLOUR, WATER, WHEAT BRAN, SUGAR, YEAR) | AST, CELLULOSE | ₩ PRO - 16% |
| Ingredients: Bread Whl Wheat Sndwch Thin arno FIBER, WHEAT GLUTEN, POLYDEXT PROPIONATE, SORBIC ACID), GUAR SWEETNER), SOY LECITHIN. Allerge Dil, Hydrogenated Soybean Oil with S Artificial Color, and Dimethylpolysilo. | Iron: 15% Id(WHOLE WHEAT FLOUR, WATER, WHEAT BRAN, SUGAR, YEAROSE, SALT, SOYBEAN AND/OR CANOLA OIL, PRESERVATIVES GUM, MONOGLYCERIDES, CITRIC ACID, STEVIA EXTRACT (A Ins: Wheat, Soy), Cheddar Cheese Lo-sod Lo-fat, Butter Alterna Soy Lecithin, Artificial Flavor, TBHQ and Citric Acid added to heaxane added as an anti-foaming agent. CONTAINS: Soy) | S (CALCIUM NATURAL Ite S/f Ztf(Soybean Ip protect flavor, | PRO - 16% CHO - 41% FAT - 43% |
| Ingredients: Bread Whl Wheat Sndwch Thin arno EIBER, WHEAT GLUTEN, POLYDEXTE PROPIONATE, SORBIC ACID), GUAR EWEETNER), SOY LECITHIN. Allerge Dil, Hydrogenated Soybean Oil with S | Iron: 15% Id(WHOLE WHEAT FLOUR, WATER, WHEAT BRAN, SUGAR, YEAROSE, SALT, SOYBEAN AND/OR CANOLA OIL, PRESERVATIVES GUM, MONOGLYCERIDES, CITRIC ACID, STEVIA EXTRACT (A Ins: Wheat, Soy), Cheddar Cheese Lo-sod Lo-fat, Butter Alternations (Soy Lecithin, Artificial Flavor, TBHQ and Citric Acid added to he | S (CALCIUM NATURAL Ite S/f Ztf(Soybean Ip protect flavor, | ■ CHO - 41% |
| Ingredients: Bread Whl Wheat Sndwch Thin arno FIBER, WHEAT GLUTEN, POLYDEXT PROPIONATE, SORBIC ACID), GUAR SWEETNER), SOY LECITHIN. Allerge Dil, Hydrogenated Soybean Oil with S Artificial Color, and Dimethylpolysilo. | Iron: 15% Id(WHOLE WHEAT FLOUR, WATER, WHEAT BRAN, SUGAR, YEAROSE, SALT, SOYBEAN AND/OR CANOLA OIL, PRESERVATIVES GUM, MONOGLYCERIDES, CITRIC ACID, STEVIA EXTRACT (A Ins: Wheat, Soy), Cheddar Cheese Lo-sod Lo-fat, Butter Alternation Soy Lecithin, Artificial Flavor, TBHQ and Citric Acid added to he wane added as an anti-foaming agent. CONTAINS: Soy) a 2000 calorie diet. Your daily values may be higher or lower depending | S (CALCIUM NATURAL Ite S/f Ztf(Soybean I/p protect flavor, Ing on your calorie needs: | E CHO - 41% |
| Ingredients: Bread Whl Wheat Sndwch Thin arno EIBER, WHEAT GLUTEN, POLYDEXTE PROPIONATE, SORBIC ACID), GUAR EWEETNER), SOY LECITHIN. Allerge Dil, Hydrogenated Soybean Oil with South Color, and Dimethylpolysilo. * Percent Daily Values are based on a | Iron: 15% Id(WHOLE WHEAT FLOUR, WATER, WHEAT BRAN, SUGAR, YEAROSE, SALT, SOYBEAN AND/OR CANOLA OIL, PRESERVATIVES GUM, MONOGLYCERIDES, CITRIC ACID, STEVIA EXTRACT (A Ins: Wheat, Soy), Cheddar Cheese Lo-sod Lo-fat, Butter Alterna Soy Lecithin, Artificial Flavor, TBHQ and Citric Acid added to heaxane added as an anti-foaming agent. CONTAINS: Soy) a 2000 calorie diet. Your daily values may be higher or lower depending Calories | S (CALCIUM NATURAL the S/f Ztf (Soybean I/p protect flavor, ring on your calorie needs: 2000 | ≡ CHO - 41% |
| alcium: 30% Ingredients: Bread Whi Wheat Sndwch Thin arno IBER, WHEAT GLUTEN, POLYDEXT. ROPIONATE, SORBIC ACID), GUAR WEETNER), SOY LECITHIN. Allerge. Dil, Hydrogenated Soybean Oil with strifficial Color, and Dimethylpolysilo. * Percent Daily Values are based on a | Iron: 15% Id(WHOLE WHEAT FLOUR, WATER, WHEAT BRAN, SUGAR, YEAROSE, SALT, SOYBEAN AND/OR CANOLA OIL, PRESERVATIVES GUM, MONOGLYCERIDES, CITRIC ACID, STEVIA EXTRACT (A Ins: Wheat, Soy), Cheddar Cheese Lo-sod Lo-fat, Butter Alterna Soy Lecithin, Artificial Flavor, TBHQ and Citric Acid added to he exane added as an anti-foaming agent. CONTAINS: Soy) a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than | S (CALCIUM NATURAL the S/f Ztf (Soybean I/p protect flavor, ring on your calorie needs: 2000 65g | E CHO - 41% FAT - 43% |
| alcium: 30% Ingredients: Bread Whl Wheat Sndwch Thin arno IBER, WHEAT GLUTEN, POLYDEXT. IROPIONATE, SORBIC ACID), GUAR WEETNER), SOY LECITHIN. Allerge Oil, Hydrogenated Soybean Oil with s rtificial Color, and Dimethylpolysilo. * Percent Daily Values are based on a Total Fat Sat Fat Cholesterol | Iron: 15% Id(WHOLE WHEAT FLOUR, WATER, WHEAT BRAN, SUGAR, YE, ROSE, SALT, SOYBEAN AND/OR CANOLA OIL, PRESERVATIVES GUM, MONOGLYCERIDES, CITRIC ACID, STEVIA EXTRACT (A I ns: Wheat, Soy). Cheddar Cheese Lo-sod Lo-fat, Butter Alterna Soy Lecithin, Artificial Flavor, TBHQ and Citric Acid added to he canne added as an anti-foaming agent. CONTAINS: Soy) a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | S (CALCIUM NATURAL the S/f Ztf (Soybean I/p protect flavor, ing on your calorie needs: 2000 65g 20g | ECHO - 41% FAT - 43% 250 87 250 375n |
| Ingredients: Bread WhI Wheat Sndwch Thin arno BEBER, WHEAT GLUTEN, POLYDEXT BROPIONATE, SORBIC ACID), GUAR WEETNER), SOY LECITHIN. Allerge Oil, Hydrogenated Soybean Oil with surtificial Color, and Dimethylpolysilo. * Percent Daily Values are based on a | Iron: 15% Id(WHOLE WHEAT FLOUR, WATER, WHEAT BRAN, SUGAR, YEAROSE, SALT, SOYBEAN AND/OR CANOLA OIL, PRESERVATIVES GUM, MONOGLYCERIDES, CITRIC ACID, STEVIA EXTRACT (A Ins: Wheat, Soy), Cheddar Cheese Lo-sod Lo-fat, Butter Alternation Soy Lecithin, Artificial Flavor, TBHQ and Citric Acid added to he exane added as an anti-foaming agent. CONTAINS: Soy) a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than Less Than | ing on your calorie needs: 2000 65g 20g 300mg | ECHO - 41% FAT - 43% |

LEGAL DISCLAIMER



Macaroni & Cheese

| Amount Per Serving | | | |
|---------------------------------------|--|------------------------|---|
| Calories: 389 | | Calories from Fat: 128 | |
| | | | |
| | | % Daily Value* | Calorie |
| Total Fat: Saturated Fat: | 14 GM 8 GM | 22% 39% | ercentages |
| Trans Fat: | 1 GM | | |
| Polyunsaturated Fat: | 0.5 GM | _ | |
| Monounsaturated Fat: | 1.5 GM | | |
| Cholesterol: | 35 MG | 12% | = 4//////////////////////////////////// |
| Sodium: | 320 MG | 13% | |
| Potassium: | 200 MG | 6% | |
| otal Carbohydrate: | 44 GM | 15% | |
| Dietary Fiber: | 4 GM | 16% | |
| Sugars: | 2 GM | | |
| Protein: | 22 GM | | Him |
| itamin A: 15% | Vitamin C: 2% | | O - 22% |
| alcium: 40% | Iron: 15% | | O - 45% T - 33% |
| nzymes, Annatto (color), *Vitamin A P | Cheese Cheddar MId Stk Red Fat(Cultured Pasteurized Red almitate. *Not found in regular cheddar cheeseCONTAINS: M 000 calorie diet. Your daily values may be higher or lower deper Calories | MILK), Butter | 250 |
| | | | |
| T E . | Less Than | 65g | 81 |
| Total Fat | | 20g | 25 |
| Total Fat Sat Fat | Less Than | | |
| Sat Fat | Less Than Less Than | 300mg | 375m |
| Sat Fat Cholesterol | | 300mg 2400mg | 375m 3000m |
| | Less Than | · · | |

LEGAL DISCLAIMER



Meat Lasagne

| Amount Per Serving | | | |
|--|--|---------------------|-------------|
| Calories: 559 | Cair | ories from Fat: 179 | |
| Jaio 1100. 000 | Gaid | ines nontrat. 179 | |
| | | % Daily Value* | |
| Total Fat: | 20 GM | 31% | |
| Saturated Fat: | 9 GM | 43% | |
| Trans Fat: | 0 GM | | Calorie |
| Polyunsaturated Fat: Monounsaturated Fat: | 2 GM | | |
| Cholesterol: | 6 GM 85 MG | 28% | Percentages |
| Sodium: | 470 MG | 20% | <u> </u> |
| Potassium: | 550 MG | 16% | |
| Total Carbohydrate: | 56 GM | 19% | |
| Dietary Fiber: | 4 GM | 14% | |
| Sugars: | 6 GM | 1175 | |
| Protein: | 37 GM | | |
| itamin A: 15% | Vitamin C: 2% | = | |
| Calcium: 30% | Iron: 25% | | |
| hiamin: 35% | Riboflavin: 25% | | |
| liacin: 45% | ● Vitamin B-6: 20% | | |
| olate: 35% | ● Vitamin B-12: 35% | | PRO - 27% |
| hosphorus: 45% | ✓ Zinc: 40% | | CHO - 41% |
| Ingredients: | | % | FAT - 33% |
| 5 | ound Bulk 90/10, Sauce Marinara, Finely Ground Pork, Mozzarell | a Cheese Part Skim | |
| ow Moisture, Ricotta Cheese Prt Si | | a onecoe i art okim | |
| | | | |
| | a 2000 calorie diet. Your daily values may be higher or lower depending Calories | | 250 |
| * Percent Daily Values are based on | Calones | 2000 | 250 |
| | | | 8 |
| * Percent Daily Values are based on Total Fat | Less Than | 65g | Ŭ |
| | Less Than Less Than | 65g 20g | |
| Total Fat Sat Fat | | _ | 29 375r |
| Total Fat Sat Fat Cholesterol | Less Than | 20g | 2 |
| Total Fat | Less Than Less Than | 20g 300mg | 2: 375r |

LEGAL DISCLAIMER



Pasta Butter

| Amount Per Serving | | | |
|---|--|----------------------------|------------------------|
| Calories: 303 | C | alories from Fat: 49 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: Cholesterol: | 5 GM 2.5 GM 0 GM 0.5 GM 1 GM | 8% 14% | Calorie Percentages |
| Sodium: | 30 MG | 1% | |
| Potassium: | 75 MG | 2% | |
| Total Carbohydrate: Dietary Fiber: Sugars: Protein: | 52 GM 3 GM less than 1 GM 10 GM | 17% 12% | |
| /itamin A: 2% | Vitamin C: 0% | | |
| Calcium: 2% | Iron: 10% | | |
| hiamin: 30% | Riboflavin: 15% | | |
| liacin: 15% | Vitamin B-6: 4% | | RO - 13% |
| folate: 30% | Vitamin B-12: 0% | | HO - 70% |
| Phosphorus: 10% Ingredients: Penne Pasta, Cooked, Butter | Zinc: 6% | | AT - 16% |
| * Percent Daily Values are based on a 20 | 00 calorie diet. Your daily values may be higher or lower depend Calories | ing on your calorie needs: | 2500 |
| Total Fat | Less Than | 65g | 81g |
| Sat Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 375mg |
| Sodium | Less Than | 2400mg | 3000mg |
| Total Carbohydrate | Loss man | · · | • |
| rotal Galbonyurate | | 300g | 375 |

LEGAL DISCLAIMER



Pasta Marinara

| Amount Per Serving | | | |
|--|---|---------------------------------|------------------------|
| Calories: 318 | С | alories from Fat: 28 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: | 3 GM 0.5 GM 0 GM 1 GM 0.5 GM | 5% 3% | Calorie Percentages |
| Cholesterol: | 0 MG | 0% | |
| Sodium: | 230 MG | 10% | |
| Potassium: | 250 MG | 7% | |
| Total Carbohydrate: Dietary Fiber: Sugars: Protein: | 60 GM 4 GM 6 GM 11 GM | 20% 18% | |
| /itamin A: 10% | Vitamin C: 2% | | |
| Calcium: 2% | Iron: 15% | | |
| hiamin: 30% | Riboflavin: 15% | | DDO 440/ |
| liacin: 25% | Vitamin B-6: 10% | | PRO - 14% |
| Folate: 35% Phosphorus: 10% | Vitamin B-12: 0% Zinc: 8% | | CHO - 77% FAT - 9% |
| Ingredients: Penne Pasta, Cooked, Sauce Marinara | | | |
| ^ Percent Daily Values are based on a 20 | 000 calorie diet. Your daily values may be higher or lower depend Calories | ing on your calorie needs: 2000 | 2500 |
| Total Fat | Less Than | 65g | 81 |
| Sat Fat | Less Than | 20g | 25 |
| Cholesterol | Less Than | 300mg | 375m |
| Sodium | Less Than | 2400mg | 3000m |
| Total Carbohydrate | | 300g | 375 |
| | | | |

LEGAL DISCLAIMER



Pasta Marinara w/Meatballs

| Amount Per Serving | | | |
|---|--|---|---|
| Calories: 350 | Ca | alories from Fat: 75 | |
| | | % Daily Value* | |
| Γotal Fat: | 8 GM | 13% | |
| Saturated Fat: | 2 GM | 10% | |
| Trans Fat: | 0 GM | | Calorie |
| Polyunsaturated Fat: | 2.5 GM | | Percentages |
| Monounsaturated Fat: | 2.5 GM | | |
| Cholesterol: | 60 MG | 21% | |
| Sodium: | 330 MG | 14% | |
| Potassium: | 370 MG | 10% | |
| Total Carbohydrate: | 47 GM | 16% | |
| Dietary Fiber: | 4 GM | 16% | |
| Sugars: | 6 GM | | |
| Protein: | 19 GM | | |
| | | | |
| itamin A: 15% | Vitamin C: 10% | | |
| alcium: 6% Ingredients: | ■ Iron: 15% | WIOLE WIELT | ₩ PRO - 23% |
| Ingredients: Penne Pasta, Cooked, Turkey Meath FLOUR, WATER, HIGH FRUCTOSE CO FALCIUM PROPRIONATE (PRESERVETEAROYL LACTYLATE, CALCIUM S | | HEAT BRAN, HOSPHATE, SODIUM | № PRO - 23% ■ CHO - 55% ※ FAT - 22% |
| Ingredients: Penne Pasta, Cooked, Turkey Meatle FLOUR, WATER, HIGH FRUCTOSE CO FALCIUM PROPRIONATE (PRESERVETEAROYL LACTYLATE, CALCIUM SO TONIONS, Chopped Garlic, Fresh Par | Iron: 15% palls(Turkey Ground, Egg Whole, Bread Crumbs Whole Wheat(WORN SYRUP, WHEAT GLUTEN, SOYBEAN OIL, YEAST, SALT, WIYATIVE), MONO-AND DIGLYCERIDES, DATEM, MONOCALCIUM PISULFATE, SOY LECITHIN, SOY FLOUR. CONTAINS: WHEAT, SOY sley, Cracked Black Pepper, Dried Oregano), Sauce Marinara a 2000 calorie diet. Your daily values may be higher or lower depending | HEAT BRAN, HOSPHATE, SODIUM '.), Fresh Yellow ng on your calorie needs: | ■ CHO - 55% |
| Ingredients: Penne Pasta, Cooked, Turkey Meath FLOUR, WATER, HIGH FRUCTOSE CO FLOUR PROPRIONATE (PRESERV FTEAROYL LACTYLATE, CALCIUM S Onions, Chopped Garlic, Fresh Par * Percent Daily Values are based on a | Iron: 15% coalls(Turkey Ground, Egg Whole, Bread Crumbs Whole Wheat(Witten Syrup, Wheat Gluten, Soybean oil, Yeast, Salt, Witten, Mono-And Diglycerides, Datem, Monocalcium Plaulfate, Soy Lecithin, Soy Flour. Contains: Wheat, Soybey, Cracked Black Pepper, Dried Oregano), Sauce Marinara a 2000 calorie diet. Your daily values may be higher or lower depending Calories | HEAT BRAN, HOSPHATE, SODIUM (.), Fresh Yellow Ing on your calorie needs: 2000 | E CHO - 55% |
| Ingredients: Penne Pasta, Cooked, Turkey Meath FLOUR, WATER, HIGH FRUCTOSE C FALCIUM PROPRIONATE (PRESERV FTEAROYL LACTYLATE, CALCIUM S Onions, Chopped Garlic, Fresh Pare * Percent Daily Values are based on a | Iron: 15% palls(Turkey Ground, Egg Whole, Bread Crumbs Whole Wheat(Woorn Syrup, Wheat Gluten, Soybean Oll, Yeast, Salt, Will (ATIVE), MONO-AND DIGLYCERIDES, DATEM, MONOCALCIUM PISULFATE, SOY LECITHIN, SOY FLOUR. CONTAINS: WHEAT, SOY sley, Cracked Black Pepper, Dried Oregano), Sauce Marinara a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than | HEAT BRAN, HOSPHATE, SODIUM (1.), Fresh Yellow Ing on your calorie needs: 2000 65g | E CHO - 55% FAT - 22% |
| alcium: 6% Ingredients: Penne Pasta, Cooked, Turkey Meath LOUR, WATER, HIGH FRUCTOSE CO EALCIUM PROPRIONATE (PRESERV TEAROYL LACTYLATE, CALCIUM S Inions, Chopped Garlic, Fresh Pare * Percent Daily Values are based on a | Iron: 15% palls(Turkey Ground, Egg Whole, Bread Crumbs Whole Wheat(Work) Syrup, Wheat Gluten, Soybean Oil, Yeast, Salt, Wigative), Mono-and DiglyCerides, Datem, Monocalcium Pisculfate, Soy Lecithin, Soy Flour. Contains: Wheat, Soy sley, Cracked Black Pepper, Dried Oregano), Sauce Marinara a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | HEAT BRAN, HOSPHATE, SODIUM (.), Fresh Yellow Ing on your calorie needs: 2000 | E CHO - 55% FAT - 22% 2500 81 25 |
| ngredients: Penne Pasta, Cooked, Turkey Meath LOUR, WATER, HIGH FRUCTOSE COOKED PROPRIONATE (PRESERV TEAROYL LACTYLATE, CALCIUM Solitions, Chopped Garlic, Fresh Pare * Percent Daily Values are based on a | Iron: 15% palls(Turkey Ground, Egg Whole, Bread Crumbs Whole Wheat(Woorn Syrup, Wheat Gluten, Soybean Oll, Yeast, Salt, Will (ATIVE), MONO-AND DIGLYCERIDES, DATEM, MONOCALCIUM PISULFATE, SOY LECITHIN, SOY FLOUR. CONTAINS: WHEAT, SOY siley, Cracked Black Pepper, Dried Oregano), Sauce Marinara a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than Less Than | HEAT BRAN, HOSPHATE, SODIUM (1.), Fresh Yellow Ing on your calorie needs: 2000 65g | ■ CHO - 55% |
| Ingredients: Penne Pasta, Cooked, Turkey Meath ILOUR, WATER, HIGH FRUCTOSE CHALCIUM PROPRIONATE (PRESERVITEAROYL LACTYLATE, CALCIUM SOnions, Chopped Garlic, Fresh Part * Percent Daily Values are based on a Total Fat Sat Fat Cholesterol | Iron: 15% palls(Turkey Ground, Egg Whole, Bread Crumbs Whole Wheat(Work) Syrup, Wheat Gluten, Soybean Oil, Yeast, Salt, Wigative), Mono-and DiglyCerides, Datem, Monocalcium Pisculfate, Soy Lecithin, Soy Flour. Contains: Wheat, Soy sley, Cracked Black Pepper, Dried Oregano), Sauce Marinara a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | ng on your calorie needs: 2000 65g 20g | E CHO - 55% FAT - 22% 2500 81 25 |
| Ingredients: Penne Pasta, Cooked, Turkey Meath FLOUR, WATER, HIGH FRUCTOSE C FALCIUM PROPRIONATE (PRESERV FTEAROYL LACTYLATE, CALCIUM S Onions, Chopped Garlic, Fresh Pare * Percent Daily Values are based on a | Iron: 15% palls(Turkey Ground, Egg Whole, Bread Crumbs Whole Wheat(Woorn Syrup, Wheat Gluten, Soybean Oll, Yeast, Salt, Will (ATIVE), MONO-AND DIGLYCERIDES, DATEM, MONOCALCIUM PISULFATE, SOY LECITHIN, SOY FLOUR. CONTAINS: WHEAT, SOY siley, Cracked Black Pepper, Dried Oregano), Sauce Marinara a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than Less Than | ng on your calorie needs: 2000 65g 20g 300mg | E CHO - 55% FAT - 22% 2500 81 25 375m |

LEGAL DISCLAIMER



Pasta Marinata w/Mozzarella

| Amount Per Serving | | | |
|---|--|-----------------------------|------------------------|
| Calories: 359 | C | Calories from Fat: 77 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: Cholesterol: Sodium: | 8 GM 3.5 GM O GM 1.5 GM 2 GM 15 MG | 13% 19% 5% 16% | Calorie Percentages |
| Potassium: | 270 MG | 8% | |
| Total Carbohydrate: Dietary Fiber: Sugars: Protein: | 53 GM 4 GM 6 GM 17 GM | 18% 16% | |
| /itamin A: 10% | Vitamin C: 2% | | |
| Calcium: 25% | Iron: 15% | | |
| Thiamin: 30% | Riboflavin: 20% | | |
| Niacin: 25% | Vitamin B-6: 10% | | PRO - 19% |
| Folate: 30% | ● Vitamin B-12: 10% | | CHO - 60% FAT - 22% |
| Phosphorus: 25% Ingredients: Penne Pasta, Cooked, Sauce Marinara, | Zinc: 15% Mozzarella Cheese Part Skim Low Moisture | 22.1 | A1 - 22 // |
| * Percent Daily Values are based on a 200 | 00 calorie diet. Your daily values may be higher or lower depend Calories | ding on your calorie needs: | 2500 |
| Total Fat | Less Than | 65g | 819 |
| Sat Fat | Less Than | 20g | 25 |
| Cholesterol | Less Than | 300mg | 375m |
| Sodium | Less Than | 2400mg | 3000m |
| | | • | |
| Total Carbohydrate | | 300g | 375 |

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Pasta Primavera w/Chicken

| (| Calories from Fat: 34 | |
|--|---|---|
| | % Daily Value* | |
| 4 GM 0.5 GM 0 GM 1 GM 1 GM 1 GM 45 MG 290 MG 810 MG 51 GM 6 GM 10 GM 22 GM Vitamin C: 130% Iron: 15% Riboflavin: 20% Vitamin B-6: 40% Vitamin B-12: 2% Zinc: 10% Ropeless Skinless RawKOCH Sauce Marinara Fresh Zucc | 14% 12% 23% 17% 24% | Calorie Percentages PRO - 27% ■ CHO - 62% ⊮ FAT - 11% |
| 000 calorie diet. Your daily values may be higher or lower depen | | |
| | 2000 | 250 |
| Less Than | 65g | 81 |
| Less Than | 20g | 25 |
| Less Than | 300mg | 375n |
| Less Than | 2400ma | 3000n |
| | 300g | 375 |
| | 500g | 3/3 |
| | 4 GM 0.5 GM 0 GM 1 GM 1 GM 1 GM 45 MG 290 MG 810 MG 51 GM 6 GM 10 GM 22 GM Vitamin C: 130% Iron: 15% Riboflavin: 20% Vitamin B-6: 40% Vitamin B-12: 2% Zinc: 10% Boneless Skinless RawKOCH, Sauce Marinara, Fresh Zucc, Fresh Yellow Onions, Fresh Carrots Coo calorie diet. Your daily values may be higher or lower dependence Calories Less Than Less Than Less Than Less Than | 4 GM |

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WIh Grain Pepperoni Pizza

| Amount Per Serving | | | |
|--|--|---|---|
| Calories: 343 | Cal | ories from Fat: 127 | |
| | | % Daily Value* | |
| Fotal Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: | 14 GM 5 GM <mark>0 GM</mark> 1 GM 5 GM | 22% 27% | Calorie Percentages |
| Cholesterol: | 25 MG | 9% | |
| Sodium: | 1080 MG | 45% | |
| Potassium: | 190 MG | 5% | |
| Fotal Carbohydrate: Dietary Fiber: Sugars: | 38 GM 3 GM 3 GM | 13% 14% | |
| Protein: | 17 GM | | |
| | | | |
| itamin A: 6% | Vitamin C: 2% | | Hir. |
| alcium: 25% Ingredients: | ■ Iron: 15% | | PRO - 20% ■ CHO - 44% |
| Ory Active Yeast), Mozzarella Cheese Whasil, Diced Tomatoes, Canned, So Oregano, Black Pepper, Basil Leaves | Iron: 15% Part Flour, Flour, Bread Flour, Enriched, Water, Olive Oil, Granu Part Skim Low Moisture, Gourmet Italian Cheese Pizza - Sauce alt, Granulated Sugar, Granulated Garlic, Granulated Sugar, Os), Pepperoni Sliced 2000 calorie diet. Your daily values may be higher or lower depending | (Pizza Sauce Onion Powder, Freshing on your calorie needs: | ≡ CHO - 44% % FAT - 37% |
| Ingredients: Whole Grain Pizza Dough (Whole When Pizza Dough) Whole Grain Pizza Dough (Whole When Pizza Dough) Whole Grain Pizza Dough (Whole When Pizza Dough) Whole Grain Pizza Dough (Whole Whole Whole Pizza Dough) Whole Grain Pizza Dough (Whole Whole Whole Pizza Dough) Whole Grain Pizza Dough (Whole Whole Whole Pizza Dough) Whole Grain Pizza Dough (Whole Whole Whole Pizza Dough) Whole Grain Pizza Dough (Whole Whole Whole Pizza Dough) Whole Grain Pizza Dough (Whole Whole Whole Pizza Dough) Whole Grain Pizza Dough (Whole Whole Whole Pizza Dough) Whole Grain Pizza Dough (Whole Whole Whole Whole Pizza Dough) Whole Grain Pizza Dough (Whole Whole Whole Whole Pizza Dough) Whole Grain Pizza Dough (Whole Whole Whole Whole Pizza Dough) Whole Grain Pizza Dough (Whole Whole Whole Pizza Dough) Whole Grain Pizza Dough (Whole Whole Whole Pizza Dough) Whole Grain Pizza Dough (Whole Whole Whole Pizza Dough) Whole Grain Pizza Dough (Whole Whole Whole Pizza Dough) Whole Grain Pizza Dough (Whole Pizza Dou | Iron: 15% Part Flour, Flour, Bread Flour, Enriched, Water, Olive Oil, Granu Part Skim Low Moisture, Gourmet Italian Cheese Pizza - Sauce Part Skim Low Moisture, Granulated Garlic, Granulated Sugar, O Pepperoni Sliced 2000 calorie diet. Your daily values may be higher or lower dependin Calories | (Pizza Sauce Inion Powder, Fresh ing on your calorie needs: 2000 | E CHO - 44% |
| Ingredients: Whole Grain Pizza Dough(Whole When Pry Active Yeast), Mozzarella Cheese Whasil, Diced Tomatoes, Canned, Schregano, Black Pepper, Basil Leaves * Percent Daily Values are based on a | Iron: 15% Part Flour, Flour, Bread Flour, Enriched, Water, Olive Oil, Granu Part Skim Low Moisture, Gourmet Italian Cheese Pizza - Sauce alt, Granulated Sugar, Granulated Garlic, Granulated Sugar, Os), Pepperoni Sliced 2000 calorie diet. Your daily values may be higher or lower dependin Calories Less Than | (Pizza Sauce Inion Powder, Fresh ag on your calorie needs: 2000 | E CHO - 44% FAT - 37% |
| alcium: 25% Ingredients: Whole Grain Pizza Dough(Whole Whenter Active Yeast), Mozzarella Cheese Whasil, Diced Tomatoes, Canned, Schregano, Black Pepper, Basil Leaves * Percent Daily Values are based on a Total Fat Sat Fat | Iron: 15% Part Flour, Flour, Bread Flour, Enriched, Water, Olive Oil, Granue Part Skim Low Moisture, Gourmet Italian Cheese Pizza - Sauce Palt, Granulated Sugar, Granulated Garlic, Granulated Sugar, Os), Pepperoni Sliced 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | (Pizza Sauce Inion Powder, Fresh ing on your calorie needs: 2000 | E CHO - 44% FAT - 37% |
| alcium: 25% Ingredients: Whole Grain Pizza Dough(Whole Whenty Active Yeast), Mozzarella Cheese Whasil, Diced Tomatoes, Canned, Sofregano, Black Pepper, Basil Leaves * Percent Daily Values are based on a Total Fat Sat Fat | Iron: 15% Part Flour, Flour, Bread Flour, Enriched, Water, Olive Oil, Granu Part Skim Low Moisture, Gourmet Italian Cheese Pizza - Sauce alt, Granulated Sugar, Granulated Garlic, Granulated Sugar, Os), Pepperoni Sliced 2000 calorie diet. Your daily values may be higher or lower dependin Calories Less Than | (Pizza Sauce Inion Powder, Fresh ag on your calorie needs: 2000 | E CHO - 44% # FAT - 37% 250 81 |
| alcium: 25% ngredients: Whole Grain Pizza Dough(Whole Where y Active Yeast), Mozzarella Cheese (/basil, Diced Tomatoes, Canned, Stregano, Black Pepper, Basil Leaves * Percent Daily Values are based on a Total Fat Sat Fat Cholesterol | Iron: 15% Part Flour, Flour, Bread Flour, Enriched, Water, Olive Oil, Granue Part Skim Low Moisture, Gourmet Italian Cheese Pizza - Sauce Palt, Granulated Sugar, Granulated Garlic, Granulated Sugar, Os), Pepperoni Sliced 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | ng on your calorie needs: 2000 65g 20g | E CHO - 44% # FAT - 37% 250 81 25 375m |
| Ingredients: Whole Grain Pizza Dough(Whole When Pry Active Yeast), Mozzarella Cheese Whasil, Diced Tomatoes, Canned, Schregano, Black Pepper, Basil Leaves * Percent Daily Values are based on a | Iron: 15% Part Flour, Flour, Bread Flour, Enriched, Water, Olive Oil, Granu Part Skim Low Moisture, Gourmet Italian Cheese Pizza - Sauce alt, Granulated Sugar, Granulated Garlic, Granulated Sugar, O s), Pepperoni Sliced 2000 calorie diet. Your daily values may be higher or lower dependir Calories Less Than Less Than Less Than | nion Powder, Fresh g on your calorie needs: 2000 65g 20g 300mg | ≡ CHO - 44% % FAT - 37% |

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Potato Baker SUPC: 8169090

| Serving Size: 1 Potato large (3" to 4-1/ | '4" dai) (369 grams) | | |
|---|---|------------------------------|---------------------|
| Amount Per Serving | | | |
| Calories: 284 | | Calories from Fat: 3 | |
| | | % Daily Value* | Calorie |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: Cholesterol: | 0 GM 0 GM NA 0 GM 0 GM 0 MG | 1% 0% NA | Percentages |
| Sodium: | 20 MG | 1% | |
| Potassium: | 1550 MG | 44% | WWW. |
| Total Carbohydrate: Dietary Fiber: Sugars: Protein: Vitamin A: 0% Calcium: 4% Thiamin: 20% Niacin: 20% Folate: 15% Phosphorus: 20% | 64 GM 8 GM 3 GM 7 GM Vitamin C: 120% Iron: 15% Riboflavin: 8% Vitamin B-6: 50% Vitamin B-12: 0% Zinc: 8% | 21% 32% | PRO - 10% CHO - 89% |
| | 000 calorie diet. Your daily values may be higher or lower depe Calories | nding on your calorie needs: | 2500 |
| Total Fat | Less Than | 65g | 81g |
| Sat Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 375mg |
| Sodium | Less Than | 2400mg | 3000mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 31g |

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Potsticker Chicken

SUPC: 2482115

| Amount Per Serving | | | |
|---|---|---|---|
| Calories: 250 | Ca | lories from Fat: 45 | |
| | | % Daily Value* | |
| Total Fat: | 5 GM | 8% | |
| Saturated Fat: Trans Fat: | 1 GM 0 GM | 5% | Calorie |
| Polyunsaturated Fat: | NA | NA | Percentages |
| Monounsaturated Fat: | NA NA | NA NA | rerecitages |
| Cholesterol: | 20 MG | 7% | |
| Sodium: | 770 MG | 32% | |
| Potassium: | NA | NA | |
| Total Carbohydrate: | 40 GM | 13% | |
| Dietary Fiber: | 2 GM | 8% | |
| Sugars: | 4 GM | | |
| Protein: | 12 GM | | |
| 'itamin A: 0% | Vitamin C: 25% | | |
| nannn A. 0/0 | Vitaliiii O. 2070 | | |
| alcium: 4% Ingredients: | Iron: 15% | DIICED IRON | № PRO - 19% |
| Ingredients: BLEACHED AND ENRICHED WHEAT HIAMINE MONONITRATE [VITAMIN E VATER, SOY SAUCE (WATER, SOYA DNION, GARLIC, MODIFIED FOOD ST DIL, SALT, SPICE, SODIUM BENZOAT | FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, RED B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CABBAGE, DARK M BEANS, SALT, AND WHEAT FLOUR), CELERY, SUGAR, SOYBEA ARCH, SESAME SEED OIL, DEHYDRATED ONION, CHICKEN BRO | MEAT CHICKÉN, AN OIL, GREEN OTH, COTTONSEED | № PRO - 19%■ CHO - 63%※ FAT - 18% |
| Ingredients: BLEACHED AND ENRICHED WHEAT HIAMINE MONONITRATE [VITAMIN E VATER, SOY SAUCE (WATER, SOYA DNION, GARLIC, MODIFIED FOOD ST DIL, SALT, SPICE, SODIUM BENZOAT | FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, RED B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CABBAGE, DARK M BEANS, SALT, AND WHEAT FLOUR), CELERY, SUGAR, SOYBEA ARCH, SESAME SEED OIL, DEHYDRATED ONION, CHICKEN BRO | MEAT CHICKÉN, AN OIL, GREEN OTH, COTTONSEED | ■ CHO - 63% |
| Ingredients: BLEACHED AND ENRICHED WHEAT HIAMINE MONONITRATE [VITAMIN E VATER, SOY SAUCE (WATER, SOYA DNION, GARLIC, MODIFIED FOOD ST DIL, SALT, SPICE, SODIUM BENZOAT | FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, RED B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CABBAGE, DARK M BEANS, SALT, AND WHEAT FLOUR), CELERY, SUGAR, SOYBEA ARCH, SESAME SEED OIL, DEHYDRATED ONION, CHICKEN BRO TE. 2000 calorie diet. Your daily values may be higher or lower depending | MEAT CHICKEN, AN OIL, GREEN OTH, COTTONSEED ng on your calorie needs: | ■ CHO - 63%※ FAT - 18% |
| Ingredients: BLEACHED AND ENRICHED WHEAT HIAMINE MONONITRATE [VITAMIN E VATER, SOY SAUCE (WATER, SOYA DNION, GARLIC, MODIFIED FOOD ST DIL, SALT, SPICE, SODIUM BENZOAT * Percent Daily Values are based on a | FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, RED B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CABBAGE, DARK M BEANS, SALT, AND WHEAT FLOUR), CELERY, SUGAR, SOYBEA CARCH, SESAME SEED OIL, DEHYDRATED ONION, CHICKEN BRO TE. 1 2000 calorie diet. Your daily values may be higher or lower dependin Calories | MEAT CHICKEN, AN OIL, GREEN OTH, COTTONSEED og on your calorie needs: 2000 | |
| alcium: 4% Ingredients: BLEACHED AND ENRICHED WHEAT HIAMINE MONONITRATE [VITAMIN E VATER, SOY SAUCE (WATER, SOYA NION, GARLIC, MODIFIED FOOD ST IIL, SALT, SPICE, SODIUM BENZOAT * Percent Daily Values are based on a Total Fat Sat Fat | FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, RED B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CABBAGE, DARK M BEANS, SALT, AND WHEAT FLOUR), CELERY, SUGAR, SOYBEA ARCH, SESAME SEED OIL, DEHYDRATED ONION, CHICKEN BROTE. 1 2000 calorie diet. Your daily values may be higher or lower dependin Calories Less Than | MEAT CHICKEN, AN OIL, GREEN DTH, COTTONSEED ag on your calorie needs: 2000 65g | E CHO - 63% FAT - 18% 250 81 |
| alcium: 4% Ingredients: BLEACHED AND ENRICHED WHEAT HIAMINE MONONITRATE [VITAMIN B /ATER, SOY SAUCE (WATER, SOYA NION, GARLIC, MODIFIED FOOD ST IIL, SALT, SPICE, SODIUM BENZOAT * Percent Daily Values are based on a Total Fat Sat Fat Cholesterol | FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, RED B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CABBAGE, DARK M BEANS, SALT, AND WHEAT FLOUR), CELERY, SUGAR, SOYBEA CARCH, SESAME SEED OIL, DEHYDRATED ONION, CHICKEN BRO TE. 1 2000 calorie diet. Your daily values may be higher or lower dependin Calories Less Than Less Than | MEAT CHICKEN, AN OIL, GREEN OTH, COTTONSEED g on your calorie needs: 2000 65g 20g | E CHO - 63% |
| Ingredients: BLEACHED AND ENRICHED WHEAT HIAMINE MONONITRATE [VITAMIN E VATER, SOY SAUCE (WATER, SOYA DNION, GARLIC, MODIFIED FOOD ST DIL, SALT, SPICE, SODIUM BENZOAT * Percent Daily Values are based on a | FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, RED B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CABBAGE, DARK M BEANS, SALT, AND WHEAT FLOUR), CELERY, SUGAR, SOYBEA ARCH, SESAME SEED OIL, DEHYDRATED ONION, CHICKEN BRO TE. 1 2000 calorie diet. Your daily values may be higher or lower dependin Calories Less Than Less Than Less Than | MEAT CHICKEN, AN OIL, GREEN OTH, COTTONSEED ag on your calorie needs: 2000 65g 20g 300mg | E CHO - 63% |

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Rice Brown Parboiled Whole Gra

SUPC: 5551284

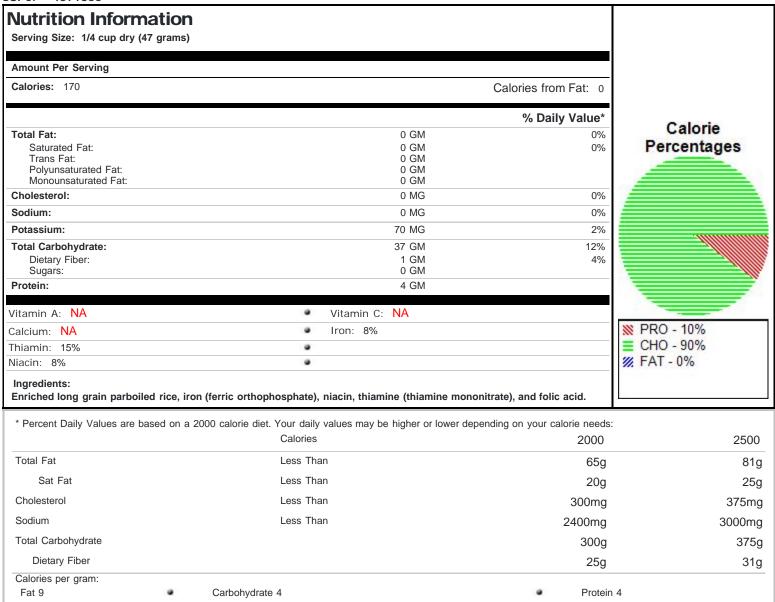
| Amount Per Serving | | | Calorie |
|--|--|------------------------------|-------------|
| Calories: 170 | | Calories from Fat: 9 | Percentages |
| | | % Daily Value* | |
| Total Fat: | 1 GM | 2% | |
| Saturated Fat: Trans Fat: | 0 GM 0 GM | 0% | |
| Polyunsaturated Fat: | NA | NA | |
| Monounsaturated Fat: | NA | NA NA | |
| Cholesterol: | 0 MG | 0% | |
| Sodium: | 0 MG | 0% | |
| Potassium: | NA | NA | |
| Total Carbohydrate: | 37 GM | 12% | |
| Dietary Fiber: | 2 GM | 8% | |
| Sugars: Protein: | 0 GM 4 GM | | ≡ CHO - 86% |
| Totelli. | 7 OW | | |
| /itamin A: 0% | Vitamin C: 0% | | |
| Calcium: 0% | Iron: 8% | | |
| * Percent Daily Values are based on a 20 | 000 calorie diet. Your daily values may be higher or lower deper | nding on your calorie needs: | |
| | Calories | 2000 | 2500 |
| Total Fat | Less Than | 65g | 810 |
| Sat Fat | Less Than | 20g | 250 |
| Cholesterol | Less Than | 300mg | 375mg |
| Sodium | Less Than | 2400mg | 3000mg |
| Total Carbohydrate | | 300g | 375 |
| | | | |

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Rice Parboiled Perfect

SUPC: 4671350



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Roast Beef Sandwich

| Amount Per Serving | | | |
|--|---|---|--|
| Calories: 266 | (| Calories from Fat: 21 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: Cholesterol: Sodium: Potassium: Total Carbohydrate: Dietary Fiber: Sugars: Protein: //itamin A: 0% Calcium: 4% Ingredients: | 2.5 GM 0 GM 0 GM 0.5 GM 0.5 GM 0 GM 30 MG 990 MG 990 MG 90 MG 40 GM 2 OGM Vitamin C: 0% Iron: 20% Round Roast Beef (After cooking contains up to a 10% solu | 4% 2% 10% 41% 3% 13% 7% | Calorie Percentages PRO - 31% CHO - 61% FAT - 8% |
| | ium phosphate. sodium diacetate. Rubbed with: salt. carame | el color, dextrose, | |
| % or less of : sodium lactate, salt, sodi nion powder, garlic powder, and spices | | 0 , | 250 |
| "% or less of : sodium lactate, salt, sodi inion powder, garlic powder, and spices * Percent Daily Values are based on a 20 | on calorie diet. Your daily values may be higher or lower dependence Calories | 2000 | 250 |
| % or less of : sodium lactate, salt, sodi nion powder, garlic powder, and spices * Percent Daily Values are based on a 20 | 000 calorie diet. Your daily values may be higher or lower depend | 2000 65g | 8: |
| % or less of : sodium lactate, salt, sodi nion powder, garlic powder, and spices * Percent Daily Values are based on a 20 Total Fat Sat Fat | 000 calorie diet. Your daily values may be higher or lower dependence Calories Less Than Less Than | 2000 65g 20g | 8 |
| % or less of : sodium lactate, salt, sodium lactate, salt, sodium powder, garlic powder, and spices * Percent Daily Values are based on a 20 Total Fat Sat Fat Cholesterol | 000 calorie diet. Your daily values may be higher or lower depend Calories Less Than | 2000 65g 20g 300mg | 8 29 375r |
| * Percent Daily Values are based on a 20 Total Fat | calorie diet. Your daily values may be higher or lower dependence Calories Less Than Less Than Less Than | 2000 65g 20g | 8 |

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Shredded Chicken Burrito Lg

| Amount Per Serving | | | |
|---|--|---|---|
| Calories: 392 | C | Calories from Fat: 95 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: | 11 GM 4 GM 0 GM 0 GM 0.5 GM | 16% 20% | |
| Cholesterol: | 50 MG | 17% | Calorie |
| Sodium: Potassium: | 560 MG 290 MG | 24% 8% | Percentages |
| Fotal Carbohydrate: Dietary Fiber: Sugars: | 49 GM 5 GM 2 GM | 16% 19% | |
| Protein: | 24 GM | | |
| | W 1 0 00 | | |
| 11 1 0 407 | | | |
| itamin A: 4% alcium: 25% ingredients: | Vitamin C: 2% Iron: 15% | | |
| alcium: 25% Ingredients: Fortilla Flour Hearty Grai 10" (Water, won, thiamine mononitrate, riboflavin, til), sugar, contains 2% or less of each icarbonate, sodium acid pyrophospha ocopherols, ascorbic acid, citric acid, reservatives (calcium propionate, sortrown, Cooked, Pinto Beans, Canned, alt, enzymes, annatto (color)), Monter | | nydrogenated soybean e, leavening (sodium ntioxidants sodium metabisulfite), ess RawKOCH, Rice ured pasteurized milk, otato starch, corn | № PRO - 25% ■ CHO - 51% ※ FAT - 25% |
| alcium: 25% Ingredients: Fortilla Flour Hearty Grai 10" (Water, won, thiamine mononitrate, riboflavin, til), sugar, contains 2% or less of each icarbonate, sodium acid pyrophospha ocopherols, ascorbic acid, citric acid, reservatives (calcium propionate, sortrown, Cooked, Pinto Beans, Canned, alt, enzymes, annatto (color)), Monter tarch and calcium sulfate (to prevent | thole grain wheat flour, enriched bleached wheat flour (wheat folic acid), vegetable shortening (interesterified soybean oil, he of the following: vital wheat gluten, salt, potassium chloridete), distilled monoglycerides, enzymes, calcium carbonate, at cellulose gum, guar gum, dough conditioners (fumaric acid, bic acid). Allergens: Wheat.), Chicken Breast Boneless Skinle Cheddar Jack Cheese Shredded (Mild Cheddar Cheese (Cultiery Jack Cheese (Cultured pastuerized milk, salt, enzymes), potassi production of the condition of the | nydrogenated soybean e, leavening (sodium ntioxidants sodium metabisulfite), ess RawKOCH, Rice ured pasteurized milk, otato starch, corn | ■ CHO - 51% |
| alcium: 25% ngredients: ortilla Flour Hearty Grai 10"(Water, won, thiamine mononitrate, riboflavin, till), sugar, contains 2% or less of each icarbonate, sodium acid pyrophospha occopherols, ascorbic acid, citric acid, reservatives (calcium propionate, sort rown, Cooked, Pinto Beans, Canned, alt, enzymes, annatto (color)), Montertarch and calcium sulfate (to prevent | thole grain wheat flour, enriched bleached wheat flour (wheat folic acid), vegetable shortening (interesterified soybean oil, he of the following: vital wheat gluten, salt, potassium chloride ite), distilled monoglycerides, enzymes, calcium carbonate, all cellulose gum, guar gum, dough conditioners (fumaric acid, bic acid). Allergens: Wheat.), Chicken Breast Boneless Skinle Cheddar Jack Cheese Shredded (Mild Cheddar Cheese (Cultivey Jack Cheese (Cultived pastuerized milk, salt, enzymes), picaking), natamycin. ALLERGEN INFORMATION: CONTAINS Medical Control of the control | nydrogenated soybean e, leavening (sodium intioxidants sodium metabisulfite), ess RawKOCH, Rice ured pasteurized milk, otato starch, corn IILK.) ding on your calorie needs | ■ CHO - 51% FAT - 25% |
| alcium: 25% Ingredients: Ortilla Flour Hearty Grai 10" (Water, won, thiamine mononitrate, riboflavin, till), sugar, contains 2% or less of each carbonate, sodium acid pyrophospha ocopherols, ascorbic acid, citric acid, reservatives (calcium propionate, sortrown, Cooked, Pinto Beans, Canned, alt, enzymes, annatto (color)), Monter arch and calcium sulfate (to prevent | thole grain wheat flour, enriched bleached wheat flour (wheat folic acid), vegetable shortening (interesterified soybean oil, he of the following: vital wheat gluten, salt, potassium chloride (te), distilled monoglycerides, enzymes, calcium carbonate, and cellulose gum, guar gum, dough conditioners (fumaric acid, cellulose gum, guar gum, guar gum, dough conditioners (fumaric acid, cellulose gum, guar gum, gum, gum, guar gum, gum, gum, gum, gum, gum, | nydrogenated soybean in, leavening (sodium intioxidants sodium metabisulfite), ess RawKOCH, Rice ured pasteurized milk, otato starch, corn IILK.) ding on your calorie needs 2000 65g | E CHO - 51% |
| alcium: 25% Ingredients: Ortilla Flour Hearty Grai 10" (Water, won, thiamine mononitrate, riboflavin, to thiamine, to the carbonate, sodium acid pyrophospha ocopherols, ascorbic acid, citric acid, reservatives (calcium propionate, sorticown, Cooked, Pinto Beans, Canned, alt, enzymes, annatto (color)), Monter arch and calcium sulfate (to prevent Percent Daily Values are based on a 2 Total Fat Sat Fat | thole grain wheat flour, enriched bleached wheat flour (wheat folic acid), vegetable shortening (interesterified soybean oil, he of the following: vital wheat gluten, salt, potassium chloride ite), distilled monoglycerides, enzymes, calcium carbonate, all cellulose gum, guar gum, dough conditioners (fumaric acid, bic acid). Allergens: Wheat.), Chicken Breast Boneless Skinle Cheddar Jack Cheese Shredded (Mild Cheddar Cheese (Culture y Jack Cheese (Cultured pastuerized milk, salt, enzymes), pecaking), natamycin. ALLERGEN INFORMATION: CONTAINS MEDION Calories Less Than | nydrogenated soybean e, leavening (sodium intioxidants sodium metabisulfite), ess RawKOCH, Rice ured pasteurized milk, otato starch, corn llLK.) ding on your calorie needs 2000 65g 20g | E CHO - 51% |
| alcium: 25% Ingredients: Ortilla Flour Hearty Grai 10" (Water, won, thiamine mononitrate, riboflavin, fil), sugar, contains 2% or less of each carbonate, sodium acid pyrophospha ocopherols, ascorbic acid, citric acid, reservatives (calcium propionate, sorrown, Cooked, Pinto Beans, Canned, alt, enzymes, annatto (color)), Monter farch and calcium sulfate (to prevent | thole grain wheat flour, enriched bleached wheat flour (wheat folic acid), vegetable shortening (interesterified soybean oil, he of the following: vital wheat gluten, salt, potassium chloride (te), distilled monoglycerides, enzymes, calcium carbonate, and cellulose gum, guar gum, dough conditioners (fumaric acid, cellulose gum, guar gum, guar gum, dough conditioners (fumaric acid, cellulose gum, guar guar gum, gua | nydrogenated soybean in, leavening (sodium intioxidants sodium metabisulfite), ess RawKOCH, Rice ured pasteurized milk, otato starch, corn IILK.) ding on your calorie needs 2000 65g 20g 300mg | E CHO - 51% |
| alcium: 25% Ingredients: Tortilla Flour Hearty Grai 10" (Water, won, thiamine mononitrate, riboflavin, fill), sugar, contains 2% or less of each icarbonate, sodium acid pyrophospha ocopherols, ascorbic acid, citric acid, reservatives (calcium propionate, sortrown, Cooked, Pinto Beans, Canned, alt, enzymes, annatto (color)), Monter tarch and calcium sulfate (to prevent | thole grain wheat flour, enriched bleached wheat flour (wheat folic acid), vegetable shortening (interesterified soybean oil, he of the following: vital wheat gluten, salt, potassium chloride ite), distilled monoglycerides, enzymes, calcium carbonate, all cellulose gum, guar gum, dough conditioners (fumaric acid, bic acid). Allergens: Wheat.), Chicken Breast Boneless Skinle Cheddar Jack Cheese Shredded (Mild Cheddar Cheese (Culture y Jack Cheese (Cultured pastuerized milk, salt, enzymes), pecaking), natamycin. ALLERGEN INFORMATION: CONTAINS MEDIONO calorie diet. Your daily values may be higher or lower dependences. Less Than Less Than Less Than | nydrogenated soybean e, leavening (sodium intioxidants sodium metabisulfite), ess RawKOCH, Rice ured pasteurized milk, otato starch, corn llLK.) ding on your calorie needs 2000 65g 20g | ≡ CHO - 51% % FAT - 25% |

LEGAL DISCLAIMER



Shredded Beef Burrito Lg

| Amount Per Serving | | | |
|---|--|---|---|
| Calories: 408 | Са | ories from Fat: 132 | |
| | | % Daily Value* | |
| Fotal Fat: Saturated Fat: Trans Fat: | 15 GM 6 GM 0 GM | 23% 29% | |
| Polyunsaturated Fat: | 0 GM | | |
| Monounsaturated Fat: | 2.5 GM | | |
| Cholesterol: | 45 MG | 15% | Calorie |
| Sodium: | 520 MG | 22% | |
| Potassium: | 230 MG | 6% | Percentages |
| Fotal Carbohydrate: | 44 GM | 15% | <i>=4111111111111111111111111111111111111</i> |
| Dietary Fiber: | 4 GM | 18% | |
| Sugars: | 2 GM | | |
| Protein: | 23 GM | | |
| | | | |
| itamin A: 4% | Vitamin C: 0% | | |
| alcium: 25% Ingredients: Fortilla Flour Hearty Grai 10" <i>(Water,</i> | Iron: 15% whole grain wheat flour, enriched bleached wheat flour (wheat flour) | , , | |
| ron, thiamine mononitrate, riboflavin pil), sugar, contains 2% or less of ea picarbonate, sodium acid pyrophosp tocopherols, ascorbic acid, citric acid preservatives (calcium propionate, so srown, Cooked, Cheddar Jack Chees color)), Monterey Jack Cheese (Culti to prevent caking), natamycin. ALLE | whole grain wheat flour, enriched bleached wheat flour (wheat flour folic acid), vegetable shortening (interesterified soybean oil, hych of the following: vital wheat gluten, salt, potassium chloride, hate), distilled monoglycerides, enzymes, calcium carbonate, and cellulose gum, guar gum, dough conditioners (fumaric acid, so bribic acid). Allergens: Wheat.), Beef Top Sirloin Butt, Pinto Bease Shredded (Mild Cheddar Cheese (Cultured pasteurized milk, salt, enzymes), potato starch, corn starch ERGEN INFORMATION: CONTAINS MILK.) | drogenated soybean leavening (sodium ioxidants odium metabisulfite), ns, Canned, Rice alt, enzymes, annatto and calcium sulfate | № PRO - 23% ■ CHO - 44% ※ FAT - 33% |
| Ingredients: Fortilla Flour Hearty Grai 10" (Water, ron, thiamine mononitrate, riboflavinil), sugar, contains 2% or less of easicarbonate, sodium acid pyrophosp tocopherols, ascorbic acid, citric acid reservatives (calcium propionate, so grown, Cooked, Cheddar Jack Cheese (Cultito prevent caking), natamycin. ALLE | whole grain wheat flour, enriched bleached wheat flour (wheat find folic acid), vegetable shortening (interesterified soybean oil, hy ch of the following: vital wheat gluten, salt, potassium chloride, hate), distilled monoglycerides, enzymes, calcium carbonate, and id, cellulose gum, guar gum, dough conditioners (fumaric acid, so orbic acid). Allergens: Wheat.), Beef Top Sirloin Butt, Pinto Beamse Shredded (Mild Cheddar Cheese (Cultured pasteurized milk, salt, enzymes), potato starch, corn starch | drogenated soybean leavening (sodium ioxidants odium metabisulfite), ns, Canned, Rice alt, enzymes, annatto and calcium sulfate | |
| alcium: 25% Ingredients: Tortilla Flour Hearty Grai 10" (Water, on, thiamine mononitrate, riboflavin ill), sugar, contains 2% or less of ea icarbonate, sodium acid pyrophosp ocopherols, ascorbic acid, citric aci reservatives (calcium propionate, so rown, Cooked, Cheddar Jack Cheese (Cultio prevent caking), natamycin. ALLE | whole grain wheat flour, enriched bleached wheat flour (wheat finds, folic acid), vegetable shortening (interesterified soybean oil, hych of the following: vital wheat gluten, salt, potassium chloride, hate), distilled monoglycerides, enzymes, calcium carbonate, and did, cellulose gum, guar gum, dough conditioners (fumaric acid, so price acid). Allergens: Wheat.), Beef Top Sirloin Butt, Pinto Bease Shredded (Mild Cheddar Cheese (Cultured pasteurized milk, salt, enzymes), potato starch, corn starch in INFORMATION: CONTAINS MILK.) | drogenated soybean leavening (sodium ioxidants odium metabisulfite), ns, Canned, Rice alt, enzymes, annatto and calcium sulfate | ☐ CHO - 44%※ FAT - 33% |
| alcium: 25% Ingredients: Fortilla Flour Hearty Grai 10" (Water, con, thiamine mononitrate, riboflavinil), sugar, contains 2% or less of eaicarbonate, sodium acid pyrophospocopherols, ascorbic acid, citric acireservatives (calcium propionate, sorown, Cooked, Cheddar Jack Cheese (color)), Monterey Jack Cheese (Cultio prevent caking), natamycin. ALLE | whole grain wheat flour, enriched bleached wheat flour (wheat fl., folic acid), vegetable shortening (interesterified soybean oil, hych of the following: vital wheat gluten, salt, potassium chloride, hate), distilled monoglycerides, enzymes, calcium carbonate, and id, cellulose gum, guar gum, dough conditioners (fumaric acid, so bribic acid). Allergens: Wheat.), Beef Top Sirloin Butt, Pinto Bea se Shredded (Mild Cheddar Cheese (Cultured pasteurized milk, salt, enzymes), potato starch, corn starch in in interest in in | drogenated soybean leavening (sodium ioxidants odium metabisulfite), ns, Canned, Rice alt, enzymes, annatto and calcium sulfate | ■ CHO - 44% |
| ngredients: ortilla Flour Hearty Grai 10" (Water, on, thiamine mononitrate, riboflavin il), sugar, contains 2% or less of ea icarbonate, sodium acid pyrophosp ocopherols, ascorbic acid, citric aci reservatives (calcium propionate, so rown, Cooked, Cheddar Jack Cheese (Cultic oprevent caking), natamycin. ALLE * Percent Daily Values are based on a | whole grain wheat flour, enriched bleached wheat flour (wheat flour acid), vegetable shortening (interesterified soybean oil, hych of the following: vital wheat gluten, salt, potassium chloride, hate), distilled monoglycerides, enzymes, calcium carbonate, and cellulose gum, guar gum, dough conditioners (fumaric acid, so bribic acid). Allergens: Wheat.), Beef Top Sirloin Butt, Pinto Bease Shredded (Mild Cheddar Cheese (Cultured pasteurized milk, salt acid, salt, enzymes), potato starch, corn starch acid, salt, enzymes), potato s | drogenated soybean leavening (sodium ioxidants odium metabisulfite), ns, Canned, Rice alt, enzymes, annatto and calcium sulfate | E CHO - 44% ₩ FAT - 33% |
| ngredients: fortilla Flour Hearty Grai 10" (Water, on, thiamine mononitrate, riboflavinil), sugar, contains 2% or less of ealicarbonate, sodium acid pyrophospocopherols, ascorbic acid, citric acireservatives (calcium propionate, scrown, Cooked, Cheddar Jack Cheese (Cultico prevent caking), natamycin. ALLE * Percent Daily Values are based on a | whole grain wheat flour, enriched bleached wheat flour (wheat fl., folic acid), vegetable shortening (interesterified soybean oil, hych of the following: vital wheat gluten, salt, potassium chloride, hate), distilled monoglycerides, enzymes, calcium carbonate, and id, cellulose gum, guar gum, dough conditioners (fumaric acid, so bribic acid). Allergens: Wheat.), Beef Top Sirloin Butt, Pinto Bea se Shredded (Mild Cheddar Cheese (Cultured pasteurized milk, salt, enzymes), potato starch, corn starch is RGEN INFORMATION: CONTAINS MILK.) a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | drogenated soybean leavening (sodium ioxidants odium metabisulfite), ns, Canned, Rice alt, enzymes, annatto and calcium sulfate ag on your calorie needs: 2000 65g 20g | E CHO - 44% ₩ FAT - 33% 250 8 |
| alcium: 25% Ingredients: Fortilla Flour Hearty Grai 10" (Water, con, thiamine mononitrate, riboflavinil), sugar, contains 2% or less of ealicarbonate, sodium acid pyrophospocopherols, ascorbic acid, citric acireservatives (calcium propionate, scrown, Cooked, Cheddar Jack Cheese (Color)), Monterey Jack Cheese (Cultico prevent caking), natamycin. ALLE | whole grain wheat flour, enriched bleached wheat flour (wheat flour acid), vegetable shortening (interesterified soybean oil, hych of the following: vital wheat gluten, salt, potassium chloride, hate), distilled monoglycerides, enzymes, calcium carbonate, and d, cellulose gum, guar gum, dough conditioners (fumaric acid, so bribic acid). Allergens: Wheat.), Beef Top Sirloin Butt, Pinto Bease Shredded (Mild Cheddar Cheese (Cultured pasteurized milk, saltured pastuerized milk, salt, enzymes), potato starch, corn starch (RGEN INFORMATION: CONTAINS MILK.) a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than Less Than | drogenated soybean leavening (sodium ioxidants odium metabisulfite), ns, Canned, Rice alt, enzymes, annatto and calcium sulfate ag on your calorie needs: 2000 65g 20g 300mg | E CHO - 44% |

LEGAL DISCLAIMER



Soup Chicken Noodle Conc

SUPC: 2582252

| Nutrition Information Serving Size: 1/2 cup(s) (120 grams) | | | |
|--|--|--|-----------------------------------|
| Amount Per Serving | | | |
| Calories: 70 | Cal | ories from Fat: 14 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: Cholesterol: | 1.5 GM 0.5 GM 0 GM NA NA 15 MG | 2% 2% NA NA 5% | Calorie Percentages |
| Sodium: | 990 MG | 41% | |
| Potassium: | NA | NA | |
| Total Carbohydrate: Dietary Fiber: Sugars: | 9 GM 1 GM 1 GM | 3% 4% | |
| Protein: | 6 GM | | |
| Vitamin A: 15% Calcium: 0% | Vitamin C: 0% Iron: 0% | | |
| mononitrate, riboflavin, folic acid), cook following ingredients: salt, modified foo food starch, sugar), onion flavor (onion concentrate, disodium inosinate, disodiu [milk], nonfat dry milk, pectin, chicken fa | codles (wheat flour, egg solids, egg white solids, niacin, ferrous ed white chicken meat, carrots, celery, water, Contains less that d starch, flavoring (chicken broth, autolyzed yeast extract, chic juice, salt, flavoring), chicken fat, gelatin, sugar, chicken broth um guanylate, chicken flavor (natural flavoring, salt, maltodextrat, ascorbic acid), autolyzed yeast extract, flavoring, spice extract (contains chicken stock, chicken powder, chicken fat), beta ca | nn 2 % of the ken fat, modified , soy protein rin, whey powder act, dehydrated | PRO - 33% ■ CHO - 49% ※ FAT - 18% |
| * Percent Daily Values are based on a 20 | 000 calorie diet. Your daily values may be higher or lower depending Calories | g on your calorie needs: | 2500 |
| Total Fat | Less Than | 65g | 81g |
| Sat Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 375mg |
| | | ooonig | 37 3Hig |

Notes

Sodium

Total Carbohydrate

Dietary Fiber

Calories per gram:

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.

Carbohydrate 4

Less Than

2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.

2400mg

300g

25g

Protein 4

3000mg

375g

31g

3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.



Street Tacos (3)

| Amount Per Serving | | | |
|--------------------------------------|---|--|-------------|
| Calories: 286 | C/ | alories from Fat: 77 | |
| Odiones. 200 | O. | alones nom Fat. 77 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: | 9 GM 3.5 GM | 13% 19% | |
| Trans Fat: | 0 GM | 1970 | Calorie |
| Polyunsaturated Fat: | 1.5 GM | | Percentages |
| Monounsaturated Fat: | 2.5 GM | | |
| Cholesterol: | 70 MG | 23% | |
| Sodium: | 270 MG | 11% | |
| Potassium: | 470 MG | 14% | |
| Total Carbohydrate: | 27 GM | 9% | |
| Dietary Fiber: Sugars: | 4 GM less than 1 GM | 17% | |
| Protein: | 25 GM | | |
| /itamin A: 4% | Vitamin C: 2% | | |
| Calcium: 15% | ● Iron: 8% | | |
| Thiamin: 10% | Riboflavin: 10% | The state of the s | .ullllllin. |
| Viacin: 50% | Vitamin B-6: 40% | | PRO - 36% |
| Folate: 6% | Vitamin B-12: 6% | | CHO - 37% |
| Phosphorus: 45% | Zinc: 10% | % . | FAT - 27% |
| | vKOCH, Corn Tortilla 6", Pinto Beans, Canned, Shredded Ch | | |
| Toront Bully Values are based on a l | Calories | 2000 | 2500 |
| Total Fat | Less Than | 65g | 810 |
| Sat Fat | Less Than | 20g | 25ç |
| Cholesterol | Less Than | 300mg | 375mg |
| Sodium | Less Than | 2400mg | 3000mg |
| Total Carbohydrate | | 300g | 375 |
| Dietary Fiber | | 25g | 319 |

LEGAL DISCLAIMER



Sunbutter & Jelly

| Amount Per Serving | | | |
|--|--|--|---------------------------------------|
| Calories: 201 | (| Calories from Fat: 9 | |
| | | % Daily Value* | |
| Total Fat: | 1 GM | 2% | |
| Saturated Fat: | 0 GM | 0% | |
| Trans Fat: | 0 GM | | |
| Polyunsaturated Fat: | 0.5 GM | | Calorie |
| Monounsaturated Fat: | 0 GM | | Percentages |
| Cholesterol: | 0 MG | 0% | reiceillages |
| Sodium: | 250 MG | 10% | |
| Potassium: | 0 MG | 0% | |
| otal Carbohydrate: | 43 GM | 14% | |
| Dietary Fiber: | less than 1 GM | 3% | -autilli |
| Sugars: | 20 GM | | |
| Protein: | 5 GM | | |
| itamin A: 0% | Vitamin C: 0% | | |
| | ■ Iron: 8% | | |
| Ingredients: | | | W DDO 400/ |
| RON, THIAMIN MONONITRATE, RIBOF ESS OF EACH OF THE FOLLOWING: MONOGLYCERIDES, CALCIUM SULFA | RICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NI FLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT, SODIUM STEA TE, CALCIUM PEROXIDE, SOY LECITHIN, CALCIUM PROPIONA D SOY), Preserve Raspberry (Red Raspberries, Sugar, Corn Sy | , CONTAINS 2% OR AROYL LACTYLATE, ATE (TO PRESERVE | PRO - 10% CHO - 86% |
| Ingredients: Bread Pullman Wht 28 Sli sys Cls(ENIRON, THIAMIN MONONITRATE, RIBOFLESS OF EACH OF THE FOLLOWING: MONOGLYCERIDES, CALCIUM SULFARESHNESS). CONTAINS: WHEAT ANICORN Syrup, Pectin, Citric Acid) | RICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, N FLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT, SODIUM STEA TE, CALCIUM PEROXIDE, SOY LECITHIN, CALCIUM PROPIONA | , CONTAINS 2% OR AROYL LACTYLATE, ATE (TO PRESERVE yrup, High Fructose | ■ CHO - 86% |
| Ingredients: Bread Pullman Wht 28 Sli sys Cls(ENIRON, THIAMIN MONONITRATE, RIBOFESS OF EACH OF THE FOLLOWING: MONOGLYCERIDES, CALCIUM SULFARESHNESS). CONTAINS: WHEAT ANICORN Syrup, Pectin, Citric Acid) | RICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, N FLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT, SODIUM STEA TE, CALCIUM PEROXIDE, SOY LECITHIN, CALCIUM PROPION D SOY), Preserve Raspberry (Red Raspberries, Sugar, Corn Sy | , CONTAINS 2% OR AROYL LACTYLATE, ATE (TO PRESERVE yrup, High Fructose | ■ CHO - 86% % FAT - 4% |
| Ingredients: Bread Pullman Wht 28 Sli sys Cls(ENIRON, THIAMIN MONONITRATE, RIBOFESS OF EACH OF THE FOLLOWING: MONOGLYCERIDES, CALCIUM SULFARESHNESS). CONTAINS: WHEAT ANICORN Syrup, Pectin, Citric Acid) | RICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NATER, HIGH FRUCTOSE CORN SYRUP, YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT, SODIUM STEATE, CALCIUM PEROXIDE, SOY LECITHIN, CALCIUM PROPIONAD SOY), Preserve Raspberry (Red Raspberries, Sugar, Corn Sy | AROYL LACTYLATE, ATE (TO PRESERVE yrup, High Fructose | E CHO - 86% FAT - 4% |
| Ingredients: Bread Pullman Wht 28 Sli sys Cls(ENIRON, THIAMIN MONONITRATE, RIBOFESS OF EACH OF THE FOLLOWING: MONOGLYCERIDES, CALCIUM SULFA BRESHNESS). CONTAINS: WHEAT ANIFORM Pectin, Citric Acid) * Percent Daily Values are based on a 2 | RICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NETLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT, SODIUM STEATE, CALCIUM PEROXIDE, SOY LECITHIN, CALCIUM PROPION, D SOY), Preserve Raspberry (Red Raspberries, Sugar, Corn Sy | ing on your calorie needs: | ECHO - 86% FAT - 4% |
| Ingredients: Bread Pullman Wht 28 Sli sys Cls(ENIRON, THIAMIN MONONITRATE, RIBOF ESS OF EACH OF THE FOLLOWING: IONOGLYCERIDES, CALCIUM SULFA RESHNESS). CONTAINS: WHEAT AND FORM Syrup, Pectin, Citric Acid) * Percent Daily Values are based on a 2 Total Fat Sat Fat | RICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NATER AND STATE OF THE PROOF OF THE | AROYL LACTYLATE, ATE (TO PRESERVE yrup, High Fructose ing on your calorie needs: 2000 65g | ■ CHO - 86% |
| Ingredients: Bread Pullman Wht 28 Sli sys Cls(ENIRON, THIAMIN MONONITRATE, RIBOFESS OF EACH OF THE FOLLOWING: BONOGLYCERIDES, CALCIUM SULFARESHNESS). CONTAINS: WHEAT AND FORD Syrup, Pectin, Citric Acid) * Percent Daily Values are based on a 2 Total Fat Sat Fat Cholesterol | RICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT, SODIUM STEATE, CALCIUM PEROXIDE, SOY LECITHIN, CALCIUM PROPION, D SOY), Preserve Raspberry (Red Raspberries, Sugar, Corn Sy 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | ing on your calorie needs: 2000 65g 20g | ECHO - 86% FAT - 4% 250 81 |
| Ingredients: Bread Pullman Wht 28 Sli sys Cls(ENIRON, THIAMIN MONONITRATE, RIBOFESS OF EACH OF THE FOLLOWING: MONOGLYCERIDES, CALCIUM SULFARESHNESS). CONTAINS: WHEAT AND CORN Syrup, Pectin, Citric Acid) * Percent Daily Values are based on a 2 | RICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NAFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT, SODIUM STEATE, CALCIUM PEROXIDE, SOY LECITHIN, CALCIUM PROPIONAD SOY), Preserve Raspberry (Red Raspberries, Sugar, Corn Sy 2000 calorie diet. Your daily values may be higher or lower depend Calories Less Than Less Than Less Than | AROYL LACTYLATE, ATE (TO PRESERVE Vrup, High Fructose ing on your calorie needs: 2000 65g 20g 300mg | E CHO - 86% FAT - 4% 250 81 25 375m |

LEGAL DISCLAIMER



Aptzr Sushi Calif Roll .75 Oz

SUPC: 8535050

| Amount Per Serving | | | |
|--|---|--|---|
| Calories: 315 | Ca | lories from Fat: 63 | |
| | | % Daily Value* | |
| Total Fat: | 7 GM | 11% | |
| Saturated Fat: Trans Fat: | 2 GM 0 GM | 10% | Calorie |
| Polyunsaturated Fat: | NA | NA | Percentages |
| Monounsaturated Fat: | NA | NA | reiceillages |
| Cholesterol: | 15 MG | 5% | |
| Sodium: | 750 MG | 31% | |
| Potassium: | NA | NA | |
| Total Carbohydrate: | 52 GM | 17% | |
| Dietary Fiber: Sugars: | 2 GM 9 GM | 8% | |
| Protein: | 11 GM | | |
| | | | |
| /itamin A: NA | Vitamin C: NA | | |
| /itamin A: NA Calcium: NA Ingredients: | Iron: NA | | ₩ PRO - 14% |
| Calcium: NA Ingredients: Surimi (Alaska Pollock, Water, Sugar, Following: Potato Starch, Sorbitol, Tapiextract), Sodium Tripolyphosphate, Tetavocado, Vinegar, Sugar, Vegetable Oitish (Crab), Wheat, Egg, Soy | Iron: NA Soybean Oil, Egg Whites, Wheat Starch, Salt, Contains 2% Or L ioca Starch, Artificial Crab Flavor, Mirin Wine (Sake, Sugar, Salt rasodium Pyrophosphate, Paprika Oleoresin, Colour, Corn Syru I, Horseradish, Egg, Seaweed, Salt, Sesame Seed. CONTAINS: I | ess Of The , Water, Yeast IP, Soy Lecithin), Fish (Pollock), Shell | PRO - 14% ■ CHO - 66% ※ FAT - 20% |
| Calcium: NA Ingredients: Surimi (Alaska Pollock, Water, Sugar, Collowing: Potato Starch, Sorbitol, Tapicxtract), Sodium Tripolyphosphate, Tetavocado, Vinegar, Sugar, Vegetable Oiish (Crab), Wheat, Egg, Soy | Iron: NA Soybean Oil, Egg Whites, Wheat Starch, Salt, Contains 2% Or L ioca Starch, Artificial Crab Flavor, Mirin Wine (Sake, Sugar, Salt rasodium Pyrophosphate, Paprika Oleoresin, Colour, Corn Syru | ess Of The , Water, Yeast IP, Soy Lecithin), Fish (Pollock), Shell | |
| Calcium: NA Ingredients: Surimi (Alaska Pollock, Water, Sugar, Following: Potato Starch, Sorbitol, Tapicxtract), Sodium Tripolyphosphate, Tetavocado, Vinegar, Sugar, Vegetable Oirish (Crab), Wheat, Egg, Soy | Iron: NA Soybean Oil, Egg Whites, Wheat Starch, Salt, Contains 2% Or Lioca Starch, Artificial Crab Flavor, Mirin Wine (Sake, Sugar, Salt rasodium Pyrophosphate, Paprika Oleoresin, Colour, Corn Syrul, Horseradish, Egg, Seaweed, Salt, Sesame Seed. CONTAINS: I | ess Of The , Water, Yeast up, Soy Lecithin), Fish (Pollock), Shell g on your calorie needs: | ≡ CHO - 66% % FAT - 20% |
| Ingredients: Surimi (Alaska Pollock, Water, Sugar, ollowing: Potato Starch, Sorbitol, Tapi (xtract), Sodium Tripolyphosphate, Tetavocado, Vinegar, Sugar, Vegetable Oi ish (Crab), Wheat, Egg, Soy * Percent Daily Values are based on a 2 | Soybean Oil, Egg Whites, Wheat Starch, Salt, Contains 2% Or L loca Starch, Artificial Crab Flavor, Mirin Wine (Sake, Sugar, Salt rasodium Pyrophosphate, Paprika Oleoresin, Colour, Corn Syrul, Horseradish, Egg, Seaweed, Salt, Sesame Seed. CONTAINS: I | ess Of The , Water, Yeast ip, Soy Lecithin), Fish (Pollock), Shell g on your calorie needs: 2000 | E CHO - 66% ## FAT - 20% 250 |
| Ingredients: Surimi (Alaska Pollock, Water, Sugar, ollowing: Potato Starch, Sorbitol, Tapixtract), Sodium Tripolyphosphate, Tetvocado, Vinegar, Sugar, Vegetable Oiish (Crab), Wheat, Egg, Soy * Percent Daily Values are based on a 2 | Soybean Oil, Egg Whites, Wheat Starch, Salt, Contains 2% Or Lioca Starch, Artificial Crab Flavor, Mirin Wine (Sake, Sugar, Salt rasodium Pyrophosphate, Paprika Oleoresin, Colour, Corn Syrul, Horseradish, Egg, Seaweed, Salt, Sesame Seed. CONTAINS: I | ess Of The , Water, Yeast , p, Soy Lecithin), Fish (Pollock), Shell g on your calorie needs: 2000 | E CHO - 66% # FAT - 20% 250 81 |
| Ingredients: Surimi (Alaska Pollock, Water, Sugar, collowing: Potato Starch, Sorbitol, Tapi extract), Sodium Tripolyphosphate, Tet exocado, Vinegar, Sugar, Vegetable Oi ish (Crab), Wheat, Egg, Soy * Percent Daily Values are based on a 2 Total Fat Sat Fat Cholesterol | Soybean Oil, Egg Whites, Wheat Starch, Salt, Contains 2% Or L loca Starch, Artificial Crab Flavor, Mirin Wine (Sake, Sugar, Salt rasodium Pyrophosphate, Paprika Oleoresin, Colour, Corn Syrul, Horseradish, Egg, Seaweed, Salt, Sesame Seed. CONTAINS: I | ess Of The , Water, Yeast pp, Soy Lecithin), Fish (Pollock), Shell g on your calorie needs: 2000 65g 20g | E CHO - 66% # FAT - 20% 250 81 25 375m |
| Calcium: NA Ingredients: Surimi (Alaska Pollock, Water, Sugar, Following: Potato Starch, Sorbitol, Tapicxtract), Sodium Tripolyphosphate, Tetavocado, Vinegar, Sugar, Vegetable Oirish (Crab), Wheat, Egg, Soy * Percent Daily Values are based on a 2 | Soybean Oil, Egg Whites, Wheat Starch, Salt, Contains 2% Or Lioca Starch, Artificial Crab Flavor, Mirin Wine (Sake, Sugar, Salt rasodium Pyrophosphate, Paprika Oleoresin, Colour, Corn Syrul, Horseradish, Egg, Seaweed, Salt, Sesame Seed. CONTAINS: In 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than Less Than | ess Of The , Water, Yeast pp, Soy Lecithin), Fish (Pollock), Shell g on your calorie needs: 2000 65g 20g 300mg | E CHO - 66% ※ FAT - 20% |

- 1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
- 2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.
- 3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.



Tandoori Chicken

| Serving Size: Serving (124 grams) | | | |
|---|---|--|--|
| Amount Per Serving | | | |
| Calories: 194 | | Calories from Fat: 26 | |
| | | % Daily Value* | Calorie |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: Cholesterol: Sodium: Potassium: Total Carbohydrate: Dietary Fiber: Sugars: Protein: //itamin A: 2% Calcium: 4% Ingredients: Chicken Breast Boneless Skinless Raw | 3 GM 0.5 GM 0 GM 0 GM 0 S GM 55 MG 110 MG 370 MG 19 GM less than 1 GM 2 GM 21 GM 21 GM Vitamin C: 2% Iron: 6% | 4% 3% 18% 5% 11% 6% 3% | Percentages PRO - 45% CHO - 41% FAT - 14% |
| * Percent Daily Values are based on a 2 | 000 calorie diet. Your daily values may be higher or lower deper Calories | nding on your calorie needs: | 2500 |
| Total Fat | Less Than | 65g | 81 |
| Sat Fat | Less Than | 20g | 25 |
| Cholesterol | Less Than | 300mg | 375m |
| | Less Than | 2400mg | 3000m |
| Sodium | | 300g | 375 |
| Sodium Total Carbohydrate | | | |

LEGAL DISCLAIMER



Aptzr Tornado Chkn Chs

SUPC: 3675808

| Amount Per Serving | | | Calorie |
|--|---|------------------------------|-------------------|
| Calories: 220 | | Calories from Fat: 99 | Percentages |
| | | % Daily Value* | |
| Total Fat: | 11 GM | 17% | |
| Saturated Fat: | 2 GM | 10% | |
| Trans Fat: Polyunsaturated Fat: | 0 GM | NIA | |
| Monounsaturated Fat: | NA NA | NA NA | |
| Cholesterol: | 10 MG | 3% | |
| Sodium: | 470 MG | 20% | |
| | | | |
| Potassium: | NA at an | NA | |
| Total Carbohydrate: Dietary Fiber: | 24 GM 1 GM | 8% 4% | № PRO - 13% |
| Sugars: | 1 GM | 470 | ■ CHO - 43% |
| Protein: | 7 GM | | FAT - 44% |
| /itamin A: 4% | Vitamin C: 6% | | |
| Calcium: 4% | Iron: 8% | | |
| * Percent Daily Values are based on a 20 | 00 calorie diet. Your daily values may be higher or lower deper Calories | nding on your calorie needs: | 2500 |
| Total Fat | Less Than | 65g | 819 |
| Sat Fat | Less Than | 20g | 259 |
| Cholesterol | Less Than | 300mg | 375mg |
| Sodium | Less Than | 2400mg | 3000mg |
| Total Carbohydrate | | 300g | 375 |
| Dietary Fiber | | 25g | 31 |

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- 3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.



Tikka Masala

| Amount Par Sarvina | | | |
|--|--|-----------------------------|----------------------------|
| Amount Per Serving | Col | lories from Fat: 120 | |
| Calories: 263 | Cal | iones from Fat. 120 | |
| | | % Daily Value* | |
| Total Fat: | 13 GM | 20% | |
| Saturated Fat: | 8 GM | 39% | Calorie |
| Trans Fat: | 0 GM | | |
| Polyunsaturated Fat: | 0 GM | | Percentages |
| Monounsaturated Fat: | 0 GM | | |
| Cholesterol: | 85 MG | 28% | |
| Sodium: | 65 MG | 3% | |
| Potassium: | 210 MG | 6% | |
| Total Carbohydrate: | 17 GM | 6% | |
| Dietary Fiber: | 0 GM | 2% | |
| Sugars: | 0 GM | | |
| Protein: | 14 GM | | |
| /itamin A: <mark>8%</mark> | Vitamin C: 2% | | |
| Calcium: 0% | Iron: 4% | | № PRO - 23% = CHO - 28% |
| | ess Skinless RawKOCH, Cream Heavy 40% Esl Stabilized Whlf esorbate 80, Cellulose Gum. CONTAINS: MILK.), Rice Brown Ja | arm(<i>Cream</i> , | % FAT - 49% |
| ice), Curry Paste Tikka Masala | 2000 calorie diet. Your daily values may be higher or lower depend | ling on your calorie needs: | |
| ice), Curry Paste Tikka Masala | 2000 calorie diet. Your daily values may be higher or lower depend Calories | ling on your calorie needs: | 250 |
| ice), Curry Paste Tikka Masala | | • • | 250 81 |
| ice), Curry Paste Tikka Masala * Percent Daily Values are based on a | Calories | 2000 | |
| * Percent Daily Values are based on a : Total Fat Sat Fat | Calories Less Than | 2000 65g | 81 |
| * Percent Daily Values are based on a state of the Sat Fat Cholesterol | Calories Less Than Less Than | 2000 65g 20g | 81 25 |
| ice), Curry Paste Tikka Masala * Percent Daily Values are based on a 2 Total Fat | Calories Less Than Less Than Less Than | 2000 65g 20g 300mg | 81 25 375m |

LEGAL DISCLAIMER



Tri-Tip Sandwich

| Amount Dor Conving | | | |
|---|--|--|------------------------|
| Amount Per Serving Calories: 359 | 0. | Namica frame Fat. 70 | |
| Calones. 339 | Ci | alories from Fat: 76 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: | 8 GM 3.5 GM <mark>0 GM</mark> 1 GM 3 GM | 13% 16% | Calorie Percentages |
| Cholesterol: | 40 MG | 13% | |
| Sodium: | 500 MG | 21% | |
| Potassium: | 340 MG | 10% | |
| Total Carbohydrate: Dietary Fiber: Sugars: Protein: | 40 GM 2 GM 2 GM 29 GM | 13% 7% | |
| | | ————————————————————————————————————— | |
| Vitamin A: 0% | Vitamin C: 0% | | |
| Calcium: 4% Fhiamin: 25% | Iron: 20% Riboflavin: 15% | | All Hilliams |
| Viacin: 45% | Vitamin B-6: 25% | | PRO - 33% |
| Folate: 30% | Vitamin B-12: 25% | = | CHO - 45% |
| Phosphorus: 25% | Zinc: 30% | % . | FAT - 21% |
| Ingredients: Beef Flank, Hoagie Rolls 6" * Percent Daily Values are based on a 3 | 000 calorie diet. Your daily values may be higher or lower dependi | og on your calorie needs: | |
| reitelit Dally Values are based off a 2 | Calories | 2000 | 2500 |
| Total Fat | Less Than | 65g | 81g |
| Sat Fat | Less Than | 20g | 250 |
| Cholesterol | Less Than | 300mg | 375mg |
| Sodium | Less Than | 2400mg | 3000mg |
| Total Carbohydrate | | 300g | 375 |
| Dietary Fiber | | 25g | 319 |

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Turkey & Avocado Sandwich

| Amount Per Serving | | | |
|--|--|-----------------------------|------------------------------|
| Calories: 327 | Ca | lories from Fat: 56 | |
| | | % Daily Value* | |
| Fotal Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: | 6 GM 1 GM 0 GM 1 GM 3 GM | 10% 5% | Calorie Percentages |
| Cholesterol: | 45 MG 550 MG | 16% | 1111 |
| Sodium: Potassium: | 420 MG | 12% | <i></i> |
| Fotal Carbohydrate: Dietary Fiber: Sugars: Protein: | 42 GM 3 GM 2 GM 26 GM | 14% 11% | |
| | | | |
| itamin A: 4% alcium: 4% | Vitamin C: 4% Iron: 20% | | |
| hiamin: 25% | Riboflavin: 20% | | |
| iacin: 40% | - Modiaviii. 2070 | | Millillilling |
| olate: 30% | • | | № PRO - 32% |
| hosphorus: 20% | | | CHO - 51% |
| | iced Whole Muscle, Avocado Pulp Poly (Haas Avocado, Salt, Sugar | | 2.171 |
| romote color retention), Citric Acid | n a 2000 calorie diet. Your daily values may be higher or lower dependin | • , | |
| Hoagie Rolls 6", Turkey Breast Sli romote color retention), Citric Acid | d.) | g on your calorie needs: | 250 |
| Hoagie Rolls 6", Turkey Breast Sli romote color retention), Citric Acid | n a 2000 calorie diet. Your daily values may be higher or lower dependin | • , | |
| loagie Rolls 6", Turkey Breast Sli romote color retention), Citric Acid * Percent Daily Values are based on | n a 2000 calorie diet. Your daily values may be higher or lower dependin Calories | 2000 | 250 8 ² 25 |
| Toagle Rolls 6", Turkey Breast Sli romote color retention), Citric Acid * Percent Daily Values are based on Total Fat Sat Fat | n a 2000 calorie diet. Your daily values may be higher or lower dependin Calories Less Than | 2000 65g | 8: |
| Hoagie Rolls 6", Turkey Breast Sli romote color retention), Citric Acid * Percent Daily Values are based on Total Fat | n a 2000 calorie diet. Your daily values may be higher or lower dependin Calories Less Than Less Than | 2000 65g 20g 300mg | 8 ⁻ 2! 375n |
| Noagie Rolls 6", Turkey Breast Sli romote color retention), Citric Acid * Percent Daily Values are based on Total Fat Sat Fat Cholesterol | n a 2000 calorie diet. Your daily values may be higher or lower dependin Calories Less Than Less Than Less Than | 2000 65g 20g | 8: |

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Turkey & Cheddar Sandwich

| Amount Per Serving | | | |
|---|---|-----------------------------------|--------------------|
| Calories: 362 | | Calories from Fat: 61 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: | 7 GM 3.5 GM | 10% 18% | Calorie |
| Trans Fat: | 0 GM | 10 /0 | Percentages |
| Polyunsaturated Fat: | 0.5 GM | | |
| Monounsaturated Fat: | 0 GM | | <i></i> |
| Cholesterol: | 65 MG | 22% | |
| Sodium: | 580 MG | 24% | |
| Potassium: | 280 MG | 8% | |
| Total Carbohydrate: | 41 GM | 14% | |
| Dietary Fiber: | 2 GM | 7% | |
| Sugars: | 2 GM | | |
| Protein: | 33 GM | | 3 |
| /itamin A: 6% | Vitamin C: 0% | | All Hilliams |
| Calcium: 25% | Iron: 20% | | PRO - 37% |
| hiamin: 20% | Riboflavin: 20% | 1.1 | |
| liacin: 40% | • | | % FAT - 17% |
| | Whole Muscle, Cheddar Cheese Lo-sod Lo-fat | | |
| * Percent Daily Values are based on a 2 | 2000 calorie diet. Your daily values may be higher or lower deper Calories | ading on your calorie needs: 2000 | 250 |
| Total Fat | Less Than | 65g | 8′ |
| 0 . = . | Less Than | 20g | 25 |
| Sat Fat | Less Than | 300mg | 375n |
| Sat Fat Cholesterol | | | |
| | Less Than | 2400mg | 3000n |
| Cholesterol | Less Than | 2400mg 300g | 3000n 379 |

LEGAL DISCLAIMER



Turkey Meatball Sub

| Amount Per Serving | | | |
|--|--|---|---|
| Calories: 412 | Ca | alories from Fat: 96 | |
| | | % Daily Value* | |
| Total Fat: | 11 GM | 16% | |
| Saturated Fat: | 2.5 GM | 14% | Calaria |
| Trans Fat: | 0 GM | | Calorie |
| Polyunsaturated Fat: | 3 GM | | Percentages |
| Monounsaturated Fat: | 3.5 GM | | |
| Cholesterol: | 90 MG | 31% | |
| Sodium: | 720 MG | 30% | |
| Potassium: | 390 MG | 11% | <u> </u> |
| Fotal Carbohydrate: | 51 GM | 17% | |
| Dietary Fiber: | 3 GM | 13% | |
| Sugars: | 5 GM 27 GM | | |
| TOTOIII. | ZI OW | | |
| | | | |
| itamin A: 10% | Vitamin C: 10% | | |
| itamin A: 10% calcium: 8% | Vitamin C: 10% Iron: 25% | | ₩ PRO - 26% |
| alcium: 8% Ingredients: Furkey Meatballs (Turkey Ground, ERUCTOSE CORN SYRUP, WHEAT OPERESERVATIVE), MONO-AND DIGLE CALCIUM SULFATE, SOY LECITHIN, | | PROPRIONATE AROYL LACTYLATE, | № PRO - 26% ■ CHO - 50% ※ FAT - 24% |
| Ingredients: Furkey Meatballs (Turkey Ground, EFRUCTOSE CORN SYRUP, WHEAT OPERESERVATIVE), MONO-AND DIGLE ALCIUM SULFATE, SOY LECITHIN, Fresh Parsley, Cracked Black Pepper | Egg Whole, Bread Crumbs Whole Wheat(WHOLE WHEAT FLOUR, GLUTEN, SOYBEAN OIL, YEAST, SALT, WHEAT BRAN, CALCIUM YCERIDES, DATEM, MONOCALCIUM PHOSPHATE, SODIUM STEA SOY FLOUR. CONTAINS: WHEAT, SOY.), Fresh Yellow Onions, er, Dried Oregano), Hoagie Rolls 6", Sauce Marinara | PROPRIONATE AROYL LACTYLATE, Chopped Garlic, ng on your calorie needs: | ■ CHO - 50% |
| alcium: 8% Ingredients: Furkey Meatballs(Turkey Ground, ERUCTOSE CORN SYRUP, WHEAT OPERESERVATIVE), MONO-AND DIGLE ALCIUM SULFATE, SOY LECITHIN, resh Parsley, Cracked Black Peppe | Iron: 25% Egg Whole, Bread Crumbs Whole Wheat(WHOLE WHEAT FLOUR, GLUTEN, SOYBEAN OIL, YEAST, SALT, WHEAT BRAN, CALCIUM YCERIDES, DATEM, MONOCALCIUM PHOSPHATE, SODIUM STEA SOY FLOUR. CONTAINS: WHEAT, SOY.), Fresh Yellow Onions, er, Dried Oregano), Hoagie Rolls 6", Sauce Marinara | PROPRIONATE AROYL LACTYLATE, Chopped Garlic, | |
| alcium: 8% Ingredients: Furkey Meatballs (Turkey Ground, ERUCTOSE CORN SYRUP, WHEAT OPERESERVATIVE), MONO-AND DIGLE ALCIUM SULFATE, SOY LECITHIN, Iresh Parsley, Cracked Black Pepper * Percent Daily Values are based on | Egg Whole, Bread Crumbs Whole Wheat(WHOLE WHEAT FLOUR, GLUTEN, SOYBEAN OIL, YEAST, SALT, WHEAT BRAN, CALCIUM YCERIDES, DATEM, MONOCALCIUM PHOSPHATE, SODIUM STEA SOY FLOUR. CONTAINS: WHEAT, SOY.), Fresh Yellow Onions, er, Dried Oregano), Hoagie Rolls 6", Sauce Marinara | PROPRIONATE AROYL LACTYLATE, Chopped Garlic, ng on your calorie needs: | E CHO - 50% |
| alcium: 8% ngredients: Turkey Meatballs (Turkey Ground, E RUCTOSE CORN SYRUP, WHEAT O PRESERVATIVE), MONO-AND DIGLE ALCIUM SULFATE, SOY LECITHIN, resh Parsley, Cracked Black Pepper * Percent Daily Values are based on | Egg Whole, Bread Crumbs Whole Wheat(WHOLE WHEAT FLOUR, GLUTEN, SOYBEAN OIL, YEAST, SALT, WHEAT BRAN, CALCIUM YCERIDES, DATEM, MONOCALCIUM PHOSPHATE, SODIUM STEA SOY FLOUR. CONTAINS: WHEAT, SOY.), Fresh Yellow Onions, er, Dried Oregano), Hoagie Rolls 6", Sauce Marinara a 2000 calorie diet. Your daily values may be higher or lower dependin Calories | PROPRIONATE AROYL LACTYLATE, Chopped Garlic, ng on your calorie needs: 2000 | ■ CHO - 50% |
| ngredients: Furkey Meatballs (Turkey Ground, E RUCTOSE CORN SYRUP, WHEAT O PRESERVATIVE), MONO-AND DIGL ALCIUM SULFATE, SOY LECITHIN, resh Parsley, Cracked Black Pepper * Percent Daily Values are based on Total Fat Sat Fat | Egg Whole, Bread Crumbs Whole Wheat(WHOLE WHEAT FLOUR, GLUTEN, SOYBEAN OIL, YEAST, SALT, WHEAT BRAN, CALCIUM YCERIDES, DATEM, MONOCALCIUM PHOSPHATE, SODIUM STEA SOY FLOUR. CONTAINS: WHEAT, SOY.), Fresh Yellow Onions, er, Dried Oregano), Hoagie Rolls 6", Sauce Marinara a 2000 calorie diet. Your daily values may be higher or lower dependin Calories Less Than | PROPRIONATE AROYL LACTYLATE, Chopped Garlic, ng on your calorie needs: 2000 65g | E CHO - 50% FAT - 24% 2500 81 |
| ngredients: Furkey Meatballs (Turkey Ground, ERUCTOSE CORN SYRUP, WHEAT OPERSERVATIVE), MONO-AND DIGLALCIUM SULFATE, SOY LECITHIN, resh Parsley, Cracked Black Pepper * Percent Daily Values are based on Total Fat Sat Fat Cholesterol | Egg Whole, Bread Crumbs Whole Wheat(WHOLE WHEAT FLOUR, GLUTEN, SOYBEAN OIL, YEAST, SALT, WHEAT BRAN, CALCIUM YCERIDES, DATEM, MONOCALCIUM PHOSPHATE, SODIUM STEASOY FLOUR. CONTAINS: WHEAT, SOY.), Fresh Yellow Onions, er, Dried Oregano), Hoagie Rolls 6", Sauce Marinara a 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | PROPRIONATE AROYL LACTYLATE, Chopped Garlic, ng on your calorie needs: 2000 65g 20g | E CHO - 50% FAT - 24% |
| Ingredients: Furkey Meatballs (Turkey Ground, ERUCTOSE CORN SYRUP, WHEAT OPERSERVATIVE), MONO-AND DIGLE CALCIUM SULFATE, SOY LECITHIN, Fresh Parsley, Cracked Black Pepper* * Percent Daily Values are based on Total Fat | Egg Whole, Bread Crumbs Whole Wheat(WHOLE WHEAT FLOUR, GLUTEN, SOYBEAN OIL, YEAST, SALT, WHEAT BRAN, CALCIUM YCERIDES, DATEM, MONOCALCIUM PHOSPHATE, SODIUM STEA SOY FLOUR. CONTAINS: WHEAT, SOY.), Fresh Yellow Onions, er, Dried Oregano), Hoagie Rolls 6", Sauce Marinara a 2000 calorie diet. Your daily values may be higher or lower dependir Calories Less Than Less Than Less Than | PROPRIONATE AROYL LACTYLATE, Chopped Garlic, Ing on your calorie needs: 2000 65g 20g 300mg | 2500 81 2500 81 2500 |

LEGAL DISCLAIMER



Soup Veg Medit

SUPC: 8141204

| Amount Per Serving | | | |
|---|--|--|--|
| Calories: 100 | | Calories from Fat: 9 | |
| | | % Daily Value* | |
| Total Fat: Saturated Fat: Trans Fat: Polyunsaturated Fat: Monounsaturated Fat: | 1 GM 0 GM 0 GM 0 GM 0.5 GM | 2% 0% | Calorie Percentages |
| Cholesterol: | 0 MG | 0% | |
| Sodium: | 480 MG | 20% | |
| Potassium: | 850 MG | 24% | |
| Fotal Carbohydrate: Dietary Fiber: Sugars: | 17 GM 5 GM 5 GM | 6% 20% | |
| Protein: | 5 GM | | |
| | V'' | | |
| itamin A: 20% | Vitamin C: 8% | | |
| alcium: 6% | Iron: 6% | | |
| Ingredients: FANGERINE TOMATO PUREE (TANGE) FOOKED GARBANZO BEANS, COOKED ESS THAN 2% OF: LEEKS, ONIONS, FOTASSIUM CHLORIDE, SPICE, YEAST CHEESE (MILK, CULTURES, SALT, ENZ | Iron: 6% RINE TOMATO PASTE, WATER), CARROTS, DICED TOMATOE D RED BEANS, ZUCCHINI, SPINACH, GREAT NORTHERN BEAI ROASTED RED PEPPERS, CORNSTARCH, BUTTERNUT SQUA EXTRACT, NATURAL FLAVORING, EXTRA VIRGIN OLIVE OIL ZYMES), PARMESAN CHEESE (MILK, CULTURES, SALT, ENZY | NS, PEAS, CONTAINS SH, SALT, SUGAR, ., GARLIC, CHEDDAR | № PRO - 21%■ CHO - 70%※ FAT - 9% |
| COOKED GARBANZO BEANS, COOKED ESS THAN 2% OF: LEEKS, ONIONS, F COTASSIUM CHLORIDE, SPICE, YEAST CHEESE (MILK, CULTURES, SALT, ENZ CELERY, CELERY LEAVES, SEA SALT, | Iron: 6% RINE TOMATO PASTE, WATER), CARROTS, DICED TOMATOE D RED BEANS, ZUCCHINI, SPINACH, GREAT NORTHERN BEAI ROASTED RED PEPPERS, CORNSTARCH, BUTTERNUT SQUA EXTRACT, NATURAL FLAVORING, EXTRA VIRGIN OLIVE OIL ZYMES), PARMESAN CHEESE (MILK, CULTURES, SALT, ENZY | NS, PEAS, CONTAINS SH, SALT, SUGAR, ., GARLIC, CHEDDAR (MES), CABBAGE, | ■ CHO - 70%※ FAT - 9% |
| alcium: 6% Ingredients: TANGERINE TOMATO PUREE (TANGE OOKED GARBANZO BEANS, COOKED ESS THAN 2% OF: LEEKS, ONIONS, F OTASSIUM CHLORIDE, SPICE, YEAST HEESE (MILK, CULTURES, SALT, ENZ ELERY, CELERY LEAVES, SEA SALT, * Percent Daily Values are based on a 2 | Iron: 6% RINE TOMATO PASTE, WATER), CARROTS, DICED TOMATOE D RED BEANS, ZUCCHINI, SPINACH, GREAT NORTHERN BEAI ROASTED RED PEPPERS, CORNSTARCH, BUTTERNUT SQUATEXTRACT, NATURAL FLAVORING, EXTRA VIRGIN OLIVE OIL ZYMES), PARMESAN CHEESE (MILK, CULTURES, SALT, ENZY, PARSLEY. | NS, PEAS, CONTAINS SH, SALT, SUGAR, ., GARLIC, CHEDDAR MES), CABBAGE, ing on your calorie needs: | ■ CHO - 70% |
| alcium: 6% ngredients: CANGERINE TOMATO PUREE (TANGE) OOKED GARBANZO BEANS, COOKED ESS THAN 2% OF: LEEKS, ONIONS, FOTASSIUM CHLORIDE, SPICE, YEAST HEESE (MILK, CULTURES, SALT, ENZ ELERY, CELERY LEAVES, SEA SALT, * Percent Daily Values are based on a 2 | RINE TOMATO PASTE, WATER), CARROTS, DICED TOMATOE DEED BEANS, ZUCCHINI, SPINACH, GREAT NORTHERN BEAR ROASTED RED PEPPERS, CORNSTARCH, BUTTERNUT SQUATEXTRACT, NATURAL FLAVORING, EXTRA VIRGIN OLIVE OIL ZYMES), PARMESAN CHEESE (MILK, CULTURES, SALT, ENZY, PARSLEY. 2000 calorie diet. Your daily values may be higher or lower depending Calories | NS, PEAS, CONTAINS SH, SALT, SUGAR, ., GARLIC, CHEDDAR MES), CABBAGE, ing on your calorie needs: | ☐ CHO - 70%※ FAT - 9% |
| alcium: 6% ngredients: ANGERINE TOMATO PUREE (TANGE OOKED GARBANZO BEANS, COOKED ESS THAN 2% OF: LEEKS, ONIONS, F OTASSIUM CHLORIDE, SPICE, YEAST HEESE (MILK, CULTURES, SALT, ENZ ELERY, CELERY LEAVES, SEA SALT, * Percent Daily Values are based on a 2 Total Fat Sat Fat | RINE TOMATO PASTE, WATER), CARROTS, DICED TOMATOED RED BEANS, ZUCCHINI, SPINACH, GREAT NORTHERN BEAN ROASTED RED PEPPERS, CORNSTARCH, BUTTERNUT SQUARE EXTRACT, NATURAL FLAVORING, EXTRA VIRGIN OLIVE OIL ZYMES), PARMESAN CHEESE (MILK, CULTURES, SALT, ENZY PARSLEY. 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than | NS, PEAS, CONTAINS SH, SALT, SUGAR, ., GARLIC, CHEDDAR MES), CABBAGE, ing on your calorie needs: 2000 65g | E CHO - 70% FAT - 9% 250 8' 25 |
| alcium: 6% Ingredients: TANGERINE TOMATO PUREE (TANGE: OOKED GARBANZO BEANS, COOKED ESS THAN 2% OF: LEEKS, ONIONS, F OTASSIUM CHLORIDE, SPICE, YEAST HEESE (MILK, CULTURES, SALT, ENZ ELERY, CELERY LEAVES, SEA SALT, * Percent Daily Values are based on a 2 Total Fat Sat Fat Cholesterol | Iron: 6% RINE TOMATO PASTE, WATER), CARROTS, DICED TOMATOE D RED BEANS, ZUCCHINI, SPINACH, GREAT NORTHERN BEAN ROASTED RED PEPPERS, CORNSTARCH, BUTTERNUT SQUAREXTRACT, NATURAL FLAVORING, EXTRA VIRGIN OLIVE OIL ZYMES), PARMESAN CHEESE (MILK, CULTURES, SALT, ENZY, PARSLEY. 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than | NS, PEAS, CONTAINS SH, SALT, SUGAR, ., GARLIC, CHEDDAR MES), CABBAGE, ing on your calorie needs: 2000 65g 20g 300mg | E CHO - 70% |
| Ingredients: FANGERINE TOMATO PUREE (TANGE) COOKED GARBANZO BEANS, COOKED ESS THAN 2% OF: LEEKS, ONIONS, FOTASSIUM CHLORIDE, SPICE, YEAST CHEESE (MILK, CULTURES, SALT, ENZ ELERY, CELERY LEAVES, SEA SALT, * Percent Daily Values are based on a 2 | RINE TOMATO PASTE, WATER), CARROTS, DICED TOMATOED RED BEANS, ZUCCHINI, SPINACH, GREAT NORTHERN BEAR ROASTED RED PEPPERS, CORNSTARCH, BUTTERNUT SQUATEXTRACT, NATURAL FLAVORING, EXTRA VIRGIN OLIVE OIL ZYMES), PARMESAN CHEESE (MILK, CULTURES, SALT, ENZY, PARSLEY. 2000 calorie diet. Your daily values may be higher or lower depending Calories Less Than Less Than Less Than | NS, PEAS, CONTAINS SH, SALT, SUGAR, , GARLIC, CHEDDAR MES), CABBAGE, ing on your calorie needs: 2000 65g 20g | E CHO - 70% FAT - 9% 250 8' 25 |

Notes

Fat 9

Calories per gram:

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.

Carbohydrate 4

2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.

Protein 4

3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.



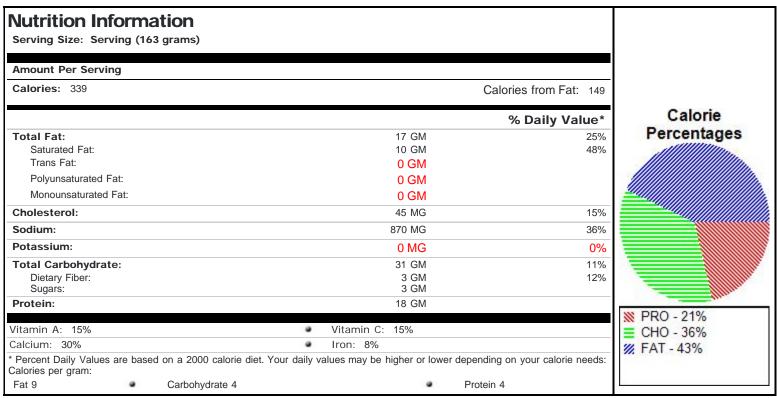
Vegetable Chow Mein w/Tofu

| Serving Size: Serving (223 grams) | n | | |
|---|---|--|---|
| Amount Per Serving | | | |
| Calories: 325 | Calc | ories from Fat: 154 | |
| | | % Daily Value* | |
| Thiamine Mononitrate, Riboflavin, Fo | 17 GM 2.5 GM 0 GM 7 GM 6 GM 0 MG 370 MG 370 MG 280 MG 34 GM 3 GM 8 | 26% 11% 0% 15% 8% 11% 12% educed Iron, added to retard for # 6. Allergens: | Calorie Percentages PRO - 10% CHO - 42% FAT - 47% |
| | mat processes eggs.), Cabbage Napa Tresii, Tresii Cariots, Tres | in celery (celery), | |
| Wheat. Manufactured on equipment | | | |
| Vheat. Manufactured on equipment to loisin Sauce, Sesame Oil | a 2000 calorie diet. Your daily values may be higher or lower depending Calories | | 250 |
| Wheat. Manufactured on equipment a loisin Sauce, Sesame Oil * Percent Daily Values are based on a | | 2000 | |
| Wheat. Manufactured on equipment to oisin Sauce, Sesame Oil * Percent Daily Values are based on a | Calories | 2000 65g | 81 |
| /heat. Manufactured on equipment to oisin Sauce, Sesame Oil * Percent Daily Values are based on a Total Fat Sat Fat | Calories Less Than Less Than | 2000 65g 20g | 81 25 |
| Vheat. Manufactured on equipment to loisin Sauce, Sesame Oil * Percent Daily Values are based on a Total Fat Sat Fat Cholesterol | Calories Less Than Less Than Less Than | 2000 65g 20g 300mg | 2500 81 25 375m |
| Wheat. Manufactured on equipment a loisin Sauce, Sesame Oil * Percent Daily Values are based on a Total Fat Sat Fat Cholesterol Sodium | Calories Less Than Less Than | 2000 65g 20g 300mg 2400mg | 81 25 375m 3000m |
| Wheat. Manufactured on equipment of Hoisin Sauce, Sesame Oil * Percent Daily Values are based on a Total Fat | Calories Less Than Less Than Less Than | 2000 65g 20g 300mg | 8 2 375r |

LEGAL DISCLAIMER



Cheese Pizza



Ingredients:

Cheese Mozzarella Whl Mlk Loaf Arezzo(Pasteurized milk, cheese cultures, salt, enzymes.), Sauce Pizza Cal WlOil(Vine-Ripened Tomatoes, Soybean Oil, Salt, Olive Oil, Spices, Garlic Powder and Citric Acid.), Dough Pizza Whl Grain 14" Prsh RICHS(WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, CONTAINS LESS THAN 2% OF THE FOLLOWING: SOYBEAN OIL, WHEAT GLUTEN, SALT, POTASSIUM CHLORIDE, ASCORBIC ACID, ENZYME. CONTAINS: WHEAT MAY CONTAIN MILK, SOY, EGG AND SESAME)

Allergens: Wheat

LEGAL DISCLAIMER

The nutritional information listed on our site is provided solely for the purpose of giving you as much information as possible regarding the nutritional content of analyzed recipes. While we have taken extreme care in compiling the nutritional information, the basic food item data comes from the USDA as well as various manufacturers, and therefore the information is approximate and may vary based on the specific product used, the cooking method and time, and your adherence to the recipe. As such, the nutritional information is not intended for medical nutrition therapy. If you are following a strict diet for medical or dietary reasons, it is important that you consult your physician or registered dietitian and remain under appropriate medical supervision while using the nutritional information contained in our site. The recipes were analyzed using software provided by The CBORD Group, Inc.

IMPORTANT DISCLAIMER:

These items' qualification as "gluten-free" is dependent on the accuracy of the gluten-free representations of the manufacturers of the items and their ingredients. Therefore, Sysco and its affiliates do not guarantee that any item will be completely gluten-free. Consumers with celiac disease and/or gluten sensitivities should exercise proper caution in the consumption of any food items and should always consider their individual dietary requirements and needs.