

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: \*Sriracha Honey Chicken

Ingredient Code: LI100557

Allergens: Contains Egg, Wheat,

Measure	Weight In Grams
1 Serving (L v1)	113.4000
4 Ounce serving (L v1)	111.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
185.185	5.291	0.882	0.000	44.092	423.280	23.810	0.882	9.700	9.700	10.582	0.635	17.637	88.183	1.058	(M)	(M)	(M)	(M)

## Nutrients per 1 Serving (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
210.000	6.000	1.000	0.000	50.000	480.000	27.000	1.000	11.000	11.000	12.000	0.720	20.000	100.000	1.200	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Annie's Cheddar Bunnies

Ingredient Code: LI100398

Sub Ingredients: Organic Wheat Flour, Organic Expeller-Pressed Sunflower Oil, Salt, Organic Cheddar Cheese (pasteurized organic milk, cheese cultures, sea salt, non-animal enzymes), Baking Soda, Organic Yeast, Organic Paprika, Monocalcium Phosphate, Cultured Organic Milk, Organic Nonfat Dry Milk, Organic Annatto (for color), Organic Onion Powder, Organic Celery Seed Powder, Enzymes.

Allergens: Contains Milk, Wheat,

Measure	Weight In Grams
1 Each (L v1)	21.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
428.571	16.667	0.000	0.000	0.000	619.048	61.905	4.762	0.000	(M)	14.286	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 21 Gram (21.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	3.500	0.000	0.000	0.000	130.000	13.000	1.000	0.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Appel frudel  
 Ingredient Code: LI100446  
 Allergens: Contains Milk, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
21000.000	600.000	100.000	0.000	0.000	25000.000	3600.000	200.000	1000.000	900.000	400.000	150.000	0.000	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Gram (1.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
210.000	6.000	1.000	0.000	0.000	250.000	36.000	2.000	10.000	9.000	4.000	1.500	0.000	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Apple Chip Strawberry Flavored

Ingredient Code: LI100286

Sub Ingredients: Dried Apples, Natural Flavor

Measure	Weight In Grams
1 Each (L v1)	10.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
400.000	0.000	0.000	0.000	0.000	0.000	100.000	20.000	60.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (10.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
40.000	0.000	0.000	0.000	0.000	0.000	10.000	2.000	6.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Apple Cinnamon Muffin WG

Ingredient Code: LI100556

Sub Ingredients: WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), APPLESauce (APPLES, WATER, ASCORBIC ACID [TO RETAIN COLOR]), INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: FRACTIONATED INTERESTERIFIED PALM OIL, CANOLA OIL, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, WHEAT GLUTEN, OAT FIBER, MONO- AND DIGLYCERIDES, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), CINNAMON, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, SALT, NATURAL APPLE FLAVOR, SOY LECITHIN, SODIUM STEAROYL LACTYLATE, CARAMEL COLOR, ENZYMES. CONTAINS: EGGS, SOY, WHEAT.

Allergens: Contains Egg, Soy, Wheat,

Measure	Weight In Grams
1 Serving (L v1)	57.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
315.789	10.526	3.509	0.000	61.404	219.298	54.386	3.509	24.561	26.316	5.263	1.579	52.632	(M)	(M)	0.175	192.982	(M)	(M)

## Nutrients per 1 Serving (57.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
180.000	6.000	2.000	0.000	35.000	125.000	31.000	2.000	14.000	15.000	3.000	0.900	30.000	(M)	(M)	0.100	110.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Apple Frudel  
 Ingredient Code: LI100450  
 Allergens: Contains Milk, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per ( g )

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Apple Juice, Apple & Eve  
 Ingredient Code: LI100473

Measure	Weight In Grams
4 4 oz. carton (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
52.910	0.000	0.000	0.000	0.000	4.409	12.346	0.000	11.464	0.000	0.000	0.000	0.000	0.000	61.728	0.000	1.764	0.000	0.000

## Nutrients per 4 4 oz. carton (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	0.000	0.000	0.000	0.000	5.000	14.000	0.000	13.000	0.000	0.000	0.000	0.000	0.000	70.000	0.000	2.000	0.000	0.000

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Apple Sliced Fresh  
 Ingredient Code: LI100337

Measure	Weight In Grams
1/2 Cup (L v1)	182.0000
1 no. 10 can (L v1)	4,732.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
16.484	0.049	0.000	0.000	0.000	0.549	4.170	0.714	3.143	(M)	0.077	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/2 Cup (182.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
30.000	0.090	0.000	0.000	0.000	1.000	7.590	1.300	5.720	(M)	0.140	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Apple, Granny Smith, raw, with skin [100512]  
 Ingredient Code: LI100000

Measure	Weight In Grams
1 medium (3" dia) (L v1)	182.0000
1 large (3-1/4" dia) (L v1)	223.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
52.200	0.170	0.030	0.000	0.000	1.100	13.810	2.420	(M)	(M)	0.260	0.120	6.040	53.850	4.620	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Apples  
 Ingredient Code: LI100004

Measure	Weight In Grams
1/2 Cup (L v1)	55.0000
1 no. 10 can (L v1)	1,430.0000
1 NLEA serving (L v1)	242.0000
1 medium (3" dia) (L v1)	182.0000
1 small (2-3/4" dia) (L v1)	149.0000
1 extra small (2-1/2" dia) (L v1)	101.0000
1 large (3-1/4" dia) (L v1)	223.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
54.545	0.164	0.029	0.000	0.000	1.818	13.800	2.364	10.400	(M)	0.255	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/2 Cup (55.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
30.000	0.090	0.016	0.000	0.000	1.000	7.590	1.300	5.720	(M)	0.140	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Apples, Gala, raw, with skin [100521]  
 Ingredient Code: LI100005

Measure	Weight In Grams
1 medium (3" dia) (L v1)	182.0000
1 large (3-1/4" dia) (L v1)	223.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
52.200	0.170	0.030	0.000	0.000	1.100	13.810	2.420	(M)	(M)	0.260	0.120	6.040	53.850	4.620	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Applesauce Cup Tree Top

Ingredient Code: LI100395

Sub Ingredients: Apples, Water, Ascorbic Acid (Vitamin C)

Measure	Weight In Grams
1 Each (L v1)	113.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
44.248	0.000	0.000	0.000	0.000	0.000	10.619	1.770	9.735	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (113.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
50.000	0.000	0.000	0.000	0.000	0.000	12.000	2.000	11.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Applesauce, Unsweetened, Canned  
 Ingredient Code: LI100123

Measure	Weight In Grams
1/2 Cup (L v1)	122.0000
1 no. 10 can (L v1)	3,172.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
41.800	0.000	0.000	0.000	0.000	1.630	11.470	0.810	9.010	(M)	0.000	0.000	0.000	0.000	0.000	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Apricots, raw  
 Ingredient Code: LI100106

Measure	Weight In Grams
1 apricot (L v1)	35.0000
1 CUP, halves (L v1)	155.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
48.000	0.390	0.027	0.000	0.000	1.000	11.120	2.000	9.240	(M)	1.400	0.390	13.000	1926.000	10.000	(M)	(M)	86.350	0.750

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Asparagus, raw  
 Ingredient Code: LI100055

Measure	Weight In Grams
1 Cup (L v1)	134.0000
1 no. 10 can (L v1)	1,742.0000
1 spear, small (5" long or less) (L v1)	12.0000
1 spear, extra large (8-3/4" to 10" long) (L v1)	24.0000
1 spear, medium (5-1/4" to 7" long) (L v1)	16.0000
1 spear, large (7-1/4" to 8-1/2") (L v1)	20.0000
1 spear tip (2" long or less) (L v1)	3.5000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
20.000	0.120	0.040	0.000	0.000	2.000	3.880	2.100	1.880	(M)	2.200	2.140	24.000	756.000	5.600	(M)	(M)	93.220	0.580

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Avocados, raw, all commercial varieties  
 Ingredient Code: LI100107

Measure	Weight In Grams
1 avocado, NS as to Florida or California (L v1)	201.0000
1 CUP, cubes (L v1)	150.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	14.660	2.126	0.000	0.000	7.000	8.530	6.700	0.660	(M)	2.000	0.550	12.000	146.000	10.000	(M)	(M)	73.230	1.580

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Baby Carrots  
 Ingredient Code: LI100467

Measure	Weight In Grams
3/4 Cup (L v1)	170.1000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
26.455	0.000	0.000	0.000	0.000	1.764	6.467	1.764	1.176	0.000	0.000	0.000	0.000	0.000	0.000	0.000	1.764	0.000	0.000

## Nutrients per 6 Ounce (170.100 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
45.000	0.000	0.000	0.000	0.000	3.000	11.000	3.000	2.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	3.000	0.000	0.000

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bacon Bits Real Cooked

Ingredient Code: LI100344

Sub Ingredients: CURED WITH: WATER, SALT, SODIUM NITRITE, CONTAINS ONE OR MORE OF THE FOLLOWING: SUGAR, BROWN SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM ASCORBATE, APPLE FLAVOR (MAY CONTAIN WATER, SUGAR, DEXTROSE, NATURAL FLAVORING), FLAVORING.

Measure	Weight In Grams
1 tablespoons (L v1)	7.0000
1/2 Slice (L v1)	14.1750

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
500.000	42.857	14.286	0.000	71.429	1214.286	0.000	0.000	0.000	(M)	28.571	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 tablespoons (7.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
35.000	3.000	1.000	0.000	5.000	85.000	0.000	0.000	0.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bacon Strip  
 Ingredient Code: LI100558  
 Allergens: Contains Pork,

Measure	Weight In Grams
2 Piece (L v1)	17.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
529.412	41.176	14.706	(M)	88.235	1588.235	0.000	0.000	(M)	(M)	29.412	0.000	0.000	(M)	(M)	(M)	500.000	(M)	(M)

## Nutrients per 2 Piece (17.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	7.000	2.500	(M)	15.000	270.000	0.000	0.000	(M)	(M)	5.000	0.000	0.000	(M)	(M)	(M)	85.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bagel 51 % WWW FRANZ 2.3 oz

Ingredient Code: LI100198

Sub Ingredients: Whole wheat flour, enriched unbleached wheat flour, water, sugar, yeast., Contains 25 or less of each of the following: Vital wheat gluten, salt, vegetable oil (canola and/or soy, xanthan gum, yeast nutrient, dough conditioner, calcium sulfate, enzymes, calcium propionate

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	65.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
261.538	2.308	0.769	0.000	0.000	430.769	50.769	4.615	4.615	(M)	9.231	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (65.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
170.000	1.500	0.500	0.000	0.000	280.000	33.000	3.000	3.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bagel Bar Cinnamon Cream Cheese

Ingredient Code: LI100195

Sub Ingredients: Water, Whole Wheat Flour, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley, Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cream Cheese (Pasteurized, Milk and Cream, Cheese Culture, Salt, Carob Bean Gum), Cinnamon Filling (Water, Sugar, Brown Sugar,, Modified Food Starch, Cellulose Gel and Gum, Salt, Cinnamon, Natural Flavors, Fumaric Acid, Benzoate, of Soda and Potassium Sorbate [preservatives], Gellan Gum, Sodium Citrate), Brown Sugar, Dough, Conditioners (Wheat Flour, Sugar, Corn Flour, Soybean Oil, Calcium Sulfate, L-Cysteine, Ascorbic Acid,, Calcium Iodate, Calcium Peroxide, Enzymes), Vital Wheat Gluten, Extract of Malted Barley and Corn,, Bagel Premix (Dimagnesium Phosphate, Dicalcium Phosphate, Calcium Carbonate, Niacinamide, Zinc, Oxide, Thiamin Mononitrate, Pyridoxine Hydrochloride, Riboflavin), Yeast (Yeast, Sorbitan Monostearate,, Ascorbic Acid), Salt, Ammonium Sulfate.

Allergens: Contains Milk, Wheat,

Measure	Weight In Grams
1 Each (L v1)	71.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
281.690	7.042	4.225	0.000	21.127	281.690	43.662	2.817	5.634	(M)	8.451	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (71.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
200.000	5.000	3.000	0.000	15.000	200.000	31.000	2.000	4.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bagel Bar Strawberry  
 Ingredient Code: LI100196  
 Allergens: Contains Milk, Wheat,

Measure	Weight In Grams
1 Each (L v1)	71.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
281.690	5.634	2.817	0.000	14.085	267.606	46.479	2.817	8.451	(M)	8.451	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (71.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
200.000	4.000	2.000	0.000	10.000	190.000	33.000	2.000	6.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bagel WG Sliced

Ingredient Code: LI100197

Sub Ingredients: WHOLE WHEAT FLOUR, WATER, SUGAR, VITAL WHEAT GLUTEN, YEAST. CONTAINS 2% OR LESS OF: SALT, SORBIC ACID (PRESERVATIVE), DISTILLED MONOGLYCERIDES, MONO AND DIGLYCERIDES, SOYBEAN OIL, CALCIUM PROPIONATE (PRESERVATIVE), DOUGH CONDITIONERS (CALCIUM SULFATE, L-CYSTEINE), ENZYMES, WHEAT FLOUR, XANTHAN GUM, YELLOW CORN MEAL.T

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	56.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
250.000	1.786	0.000	0.000	0.000	321.429	51.786	7.143	8.929	(M)	14.286	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (56.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	1.000	0.000	0.000	0.000	180.000	29.000	4.000	5.000	(M)	8.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bagel, Strawberry Cream Cheese

Ingredient Code: LI100451

Allergens: Contains Milk, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
333.333	8.696	2.899	0.000	14.493	275.362	60.870	2.899	18.841	17.391	8.696	2.319	43.478	(M)	(M)	(M)	202.899	(M)	(M)

## Nutrients per 69 Gram (69.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
230.000	6.000	2.000	0.000	10.000	190.000	42.000	2.000	13.000	12.000	6.000	1.600	30.000	(M)	(M)	(M)	140.000	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Ingredient Name: Bananas, raw  
 Ingredient Code: LI100019

Measure	Weight In Grams
1 medium (7" to 7-7/8" long) (L v1)	118.0000
1 NLEA serving (L v1)	126.0000
1 large (8" to 8-7/8" long) (L v1)	136.0000
1 small (6" to 6-7/8" long) (L v1)	101.0000
1 extra large (9" or longer) (L v1)	152.0000
1 CUP, mashed (L v1)	225.0000
1 extra small (less than 6" long) (L v1)	81.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
89.000	0.330	0.112	0.000	0.000	1.000	22.840	2.600	12.230	(M)	1.090	0.260	5.000	64.000	8.700	(M)	(M)	74.910	0.820

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bananas, raw USDA  
 Ingredient Code: LI100437

Measure	Weight In Grams
1 medium (7" to 7-7/8" long) (L v1)	118.0000
1 NLEA serving (L v1)	126.0000
1 large (8" to 8-7/8" long) (L v1)	136.0000
1 small (6" to 6-7/8" long) (L v1)	101.0000
1 extra large (9" or longer) (L v1)	152.0000
1 CUP, mashed (L v1)	225.0000
1 extra small (less than 6" long) (L v1)	81.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
89.000	0.330	0.112	0.000	0.000	1.000	22.840	2.600	12.230	(M)	1.090	0.260	5.000	64.000	8.700	0.000	358.000	74.910	0.820

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bar Breakfast Apple Benefit

Ingredient Code: LI100199

Sub Ingredients: Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), dried apples, oats, interesterified soybean oil, eggs, invert syrup, canola oil, molasses, baking powder (baking soda, sodium acid pyrophosphate, corn starch, monocalcium phosphate), whey, natural flavors, inulin, xanthan gum, cinnamon, salt, soy lecithin.

Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	71.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
408.451	12.676	4.225	0.000	21.127	338.028	67.606	4.225	30.986	(M)	7.042	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (71.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
290.000	9.000	3.000	0.000	15.000	240.000	48.000	3.000	22.000	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

## Pre-Preparation Instructions

- Can be stored at room temperature or freezer ( check Best by date on box)

# Ingredient List Report

Ingredient Name: Bar Breakfast Banana Chocolate Benefit

Ingredient Code: LI100200

Sub Ingredients: Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), chocolate chunks (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin [an emulsifier], salt, vanilla), oats, eggs, interesterified soybean oil, invert syrup, banana puree (with added citric and/or ascorbic acid), canola oil, molasses, baking powder (baking soda, sodium acid pyrophosphate, corn starch, monocalcium phosphate), whey, natural flavors, xanthan gum, inulin, salt, spice.

Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	71.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
394.366	11.268	4.225	0.000	21.127	309.859	67.606	4.225	32.394	(M)	7.042	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (71.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
280.000	8.000	3.000	0.000	15.000	220.000	48.000	3.000	23.000	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bar Breakfast Blueberry Benefit

Ingredient Code: LI100201

Sub Ingredients: Whole wheat and enriched flour blend (whole wheat flour, wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, oats, interesterified soybean oil, eggs, invert syrup, dried apples, dried blueberries (blueberries, sugar, sunflower oil), white chocolate (sugar, cocoa butter, whole milk powder, nonfat dry milk, milkfat, soy lecithin [an emulsifier], vanilla extract), canola oil, whey, baking soda, natural flavors, inulin, xanthan gum, salt.

Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	86.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
334.884	8.372	1.279	0.000	22.093	147.674	60.698	3.953	27.907	(M)	4.186	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (86.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
288.000	7.200	1.100	0.000	19.000	127.000	52.200	3.400	24.000	(M)	3.600	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

## Pre-Preparation Instructions

- Can be stored at room temperature or freezer ( check Best By date on box)

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bar Breakfast French Toast Whole Grain Benefit

Ingredient Code: LI100548

Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	71.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
408.451	12.676	3.521	0.000	35.211	281.690	66.197	4.225	29.577	(M)	7.042	2.535	56.338	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (71.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
290.000	9.000	2.500	0.000	25.000	200.000	47.000	3.000	21.000	(M)	5.000	1.800	40.000	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bar Breakfast Oat Chocolate Chip Benefit  
 Ingredient Code: LI100549  
 Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	71.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
394.366	11.268	4.225	0.000	21.127	323.944	66.197	4.225	28.169	26.761	7.042	2.817	42.254	(M)	(M)	(M)	211.268	(M)	(M)

## Nutrients per 1 Each (71.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
280.000	8.000	3.000	0.000	15.000	230.000	47.000	3.000	20.000	19.000	5.000	2.000	30.000	(M)	(M)	(M)	150.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Basil, fresh  
 Ingredient Code: LI100056

Measure	Weight In Grams
5 leaves (L v1)	2.5000
1/4 cup leaves, whole (L v1)	6.0000
2 tbsp, chopped (L v1)	5.3000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
23.000	0.640	0.041	0.000	0.000	4.000	2.650	1.600	0.300	(M)	3.150	3.170	177.000	5275.000	18.000	(M)	(M)	92.060	1.490

(M) Indicates missing nutrient values.



# Ingredient List Report

Ingredient Name: BBQ Chicken Teriyaki  
 Ingredient Code: LI100574  
 Sub Ingredients: Chicken, Teriyaki Sauce  
 Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
2 1/2 ounces (L v1)	68.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
169.018	5.144	1.470	0.000	102.881	485.009	8.818	0.000	8.818	(M)	22.046	1.058	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 1/2 Ounce (68.040 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
115.000	3.500	1.000	0.000	70.000	330.000	6.000	0.000	6.000	(M)	15.000	0.720	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bean Dip PDX  
 Ingredient Code: LI100459

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
119.386	2.171	0.000	0.000	0.000	22.792	18.451	4.341	1.085	0.000	6.512	8.683	3.256	0.000	0.000	0.000	9.768	(M)	(M)

## Nutrients per 3 1/4 Ounce (92.138 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	2.000	0.000	0.000	0.000	21.000	17.000	4.000	1.000	0.000	6.000	8.000	3.000	0.000	0.000	0.000	9.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bean Kidney Dark Red

Ingredient Code: LI100348

Sub Ingredients: PREPARED DARK RED KIDNEY BEANS, WATER, SUGAR,SALT, CALCIUM CHLORIDE (FIRMING AGENT), DISODIUM EDTA (FOR COLOR RETENTION)

Measure	Weight In Grams
1/2 Cup (L v1)	125.0000
1 no. 10 can (L v1)	3,250.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
88.000	0.000	0.000	0.000	0.000	112.000	15.200	4.000	2.400	(M)	5.600	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/2 Cup (125.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	0.000	0.000	0.000	0.000	140.000	19.000	5.000	3.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bean Pinto Fancy Canned

Ingredient Code: LI100394

Sub Ingredients: PREPARED PINTO BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), CALCIUM DISODIUM EDTA (COLOR RETENTION)

Measure	Weight In Grams
1/2 Cup (L v1)	125.0000
1 no. 10 can (L v1)	3,250.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	0.000	0.000	0.000	0.000	112.000	16.000	4.000	0.800	(M)	5.600	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/2 Cup (125.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	0.000	0.000	0.000	0.000	140.000	20.000	5.000	1.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bean Pork Navy

Ingredient Code: LI100261

Sub Ingredients: PREPARED WHITE BEANS, WATER, TOMATO PUREE (WATER, TOMATO PASTE), SUGAR, SALT, PORK, VINEGAR, SPICES (DEXTROSE, PAPRIKA, ONION POWDER, SOYBEAN OIL, NATURAL FLAVORS), MODIFIED CORN STARCH, MOLASSES.

Measure	Weight In Grams
1/2 Cup (L v1)	130.0000
1 no. 10 can (L v1)	3,380.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
107.692	0.385	0.000	0.000	0.000	338.462	21.538	3.846	6.154	(M)	6.154	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/2 Cup (130.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	0.500	0.000	0.000	0.000	440.000	28.000	5.000	8.000	(M)	8.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Beans Baked Vegetable

Ingredient Code: LI1100262

Sub Ingredients: WATER, PREPARED BEANS, SUGAR, LESS THAN 2% OF THE FOLLOWING: SALT, TOMATO PASTE, MODIFIED CORN STARCH, DEXTROSE, PAPRIKA, SPICES, ONION POWDER, GARLIC POWDER.

Measure	Weight In Grams
1/2 Cup (L v1)	130.0000
1 no. 10 can (L v1)	3,380.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
107.692	0.385	0.000	0.000	0.000	338.462	21.538	3.846	6.154	(M)	6.154	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/2 Cup (130.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	0.500	0.000	0.000	0.000	440.000	28.000	5.000	8.000	(M)	8.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Beans Refried Veg Dehydrated

Ingredient Code: LI100263

Sub Ingredients: Pinto Beans, Interesterified Soybean Oil (with TBHQ to preserve freshness) and salt

Measure	Weight In Grams
1/2 Cup (L v1)	38.0000
1 Bag (L v1)	850.5000
1 no. 10 can (L v1)	988.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
368.421	6.579	0.000	0.000	0.000	842.105	63.158	18.421	2.632	(M)	18.421	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/2 Cup (38.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	2.500	0.000	0.000	0.000	320.000	24.000	7.000	1.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Beans, Black (Turtle), Low-sodium, Canned  
 Ingredient Code: LI100059

Measure	Weight In Grams
1/2 Cup (L v1)	120.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.830	0.000	0.000	0.000	0.000	116.660	16.660	6.660	0.000	(M)	5.830	2.250	33.330	0.000	0.000	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Beans, Garbanzo, Low-sodium, Canned  
 Ingredient Code: LI100060

Measure	Weight In Grams
1/2 Cup (L v1)	120.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
87.500	1.660	0.000	0.000	0.000	116.660	14.160	4.160	2.500	(M)	4.160	1.200	16.660	0.000	0.000	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Beans, Green, Low-sodium, Canned  
 Ingredient Code: LI100058

Measure	Weight In Grams
1/2 Cup (L v1)	77.0000
1 no. 10 can (L v1)	2,002.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
20.770	0.000	0.000	0.000	0.000	181.810	3.890	2.590	1.290	(M)	1.290	0.460	25.970	129.870	0.000	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Beans, Pink, Low-sodium, Canned  
 Ingredient Code: LI100061

Measure	Weight In Grams
1/2 Cup (L v1)	85.0000
1 no. 10 can (L v1)	2,210.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
148.230	0.000	0.000	0.000	0.000	164.700	28.230	5.880	0.000	(M)	9.410	2.110	47.050	0.000	0.000	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Beans, Red Kidney, Low-sodium, Canned  
 Ingredient Code: LI100063

Measure	Weight In Grams
1/2 Cup (L v1)	128.0000
1 no. 10 can (L v1)	3,328.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
81.250	0.000	0.000	0.000	0.000	109.370	14.840	5.460	1.560	(M)	5.460	0.840	31.250	0.000	0.000	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Beans, Refried, Low-sodium, Canned  
 Ingredient Code: LI100064

Measure	Weight In Grams
1/2 Cup (L v1)	130.0000
1 no. 10 can (L v1)	3,380.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
84.610	0.000	0.000	0.000	0.000	107.690	15.380	3.840	0.760	(M)	5.380	1.380	15.380	0.000	1.840	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Beans, Vegetarian, Low-sodium, Canned  
 Ingredient Code: LI100065

Measure	Weight In Grams
1/2 Cup (L v1)	130.0000
1 no. 10 can (L v1)	3,380.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
84.610	0.760	0.000	0.000	0.000	107.690	15.380	3.840	3.840	(M)	5.380	0.830	30.760	0.000	0.000	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Beef Patty Cooked Soy Low Sodium

Ingredient Code: LI100165

Sub Ingredients: Ground Beef (not more than 30% fat), Water, Textured Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Salt, Sodium Phosphates, Caramel Color

Allergens: Contains Soy,

Measure	Weight In Grams
1 Each (L v1)	70.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
242.857	18.571	7.143	1.429	50.000	314.286	2.857	1.429	0.000	(M)	17.143	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (70.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
170.000	13.000	5.000	1.000	35.000	220.000	2.000	1.000	0.000	(M)	12.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Beef Patty JTM Allergen Free

Ingredient Code: LI100191

Sub Ingredients: GROUND BEEF (no more than 20% fat), WATER, CONTAINS LESS, THAN 2% OF CITRUS FLOUR, SEASONING (potassium chloride,, flavor [contains maltodextrin]), SALT, SEASONING (natural flavor,, salt, beef fat), SPICES, CARAMEL COLOR.,

Measure	Weight In Grams
1 Case (L v1)	9,315.0000
1 Each (L v1)	69.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
240.580	17.391	6.957	1.159	71.014	371.014	1.449	1.449	0.000	(M)	17.391	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (69.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
166.000	12.000	4.800	0.800	49.000	256.000	1.000	1.000	0.000	(M)	12.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Beef Philly Steak JTM

Ingredient Code: LI100417

Sub Ingredients: Ground Beef (No More than 20% Fat), Water, Seasoning (Dextrose,, Hydrolyzed Soy Protein, Sugar, Salt, Sodium Phosphates, Tomato, Powder, Caramel Color, Onion and Garlic Powders, Autolyzed Yeast,, Citric Acid, Spices, Worcestershire Sauce Base (Vinegar, Autolyzed, Yeast Extract, Sugar, Salt, Natural Flavorings)), Spice Extractives,, Modified Corn Starch.

Allergens: Contains Soy,

Measure	Weight In Grams
2 7/8 OZ (L v1)	81.0810

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
176.367	9.867	4.193	0.000	49.333	479.767	3.700	0.000	2.467	2.467	16.033	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 7/8 Ounce (81.081 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
143.000	8.000	3.400	0.000	40.000	389.000	3.000	0.000	2.000	2.000	13.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Beef Sliced

Ingredient Code: LI100577

Sub Ingredients: Beef, Water, Egg Whites, Sodium Phosphates, Salt, White Pepper CONTAINS: EGGS

Allergens: Contains Egg,

Measure	Weight In Grams
2 1/8 ounces (L v1)	58.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.690	3.448	1.724	0.000	60.345	241.379	4.310	(M)	(M)	(M)	18.966	1.862	0.000	(M)	(M)	0.000	258.621	(M)	(M)

## Nutrients per 2 1/8 ounces (58.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	2.000	1.000	0.000	35.000	140.000	2.500	(M)	(M)	(M)	11.000	1.080	0.000	(M)	(M)	0.000	150.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Beets, pickled, canned, solids and liquids

Ingredient Code: LI100054

Sub Ingredients: Beets, Water, High Fructose Corn Syrup, Vinegar, Salt, Spice.

Measure	Weight In Grams
1 CUP slices (L v1)	227.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
65.000	0.080	0.013	0.000	0.000	149.000	16.280	0.800	11.050	(M)	0.800	0.410	11.000	49.000	2.300	(M)	(M)	81.880	0.960

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Beets, raw  
 Ingredient Code: LI100053

Measure	Weight In Grams
1 Cup (L v1)	136.0000
1 no. 10 can (L v1)	1,768.0000
1 beet (2" dia) (L v1)	82.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
43.000	0.170	0.027	0.000	0.000	78.000	9.560	2.800	6.760	(M)	1.610	0.800	16.000	33.000	4.900	(M)	(M)	87.580	1.080

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Belgium Waffle Buttery Maple

Ingredient Code: LI100454

Allergens: Contains Egg, Milk, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per ( g )

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Belgium Waffle Cinnamon  
 Ingredient Code: LI100455  
 Allergens: Contains Egg, Milk, Wheat,

Measure	Weight In Grams
1 Each (L v1)	68.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per ( g )

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Biscuit Baked WG Split

Ingredient Code: LI100202

Sub Ingredients: WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, PALM KERNEL OIL, SUGAR, BAKING SODA, CALCIUM ACID PYROPHOSPHATE, BUTTERMILK, SALT, SODIUM ALUMINUM PHOSPHATE, NONFAT MILK, WHEY PROTEIN CONCENTRATE, WHEY, PECTIN.

Allergens: Contains Milk, Wheat,

Measure	Weight In Grams
1 Each (L v1)	56.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
357.143	16.071	12.500	0.000	0.000	732.143	48.214	3.571	3.571	(M)	7.143	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (56.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
200.000	9.000	7.000	0.000	0.000	410.000	27.000	2.000	2.000	(M)	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Biscuit Mix

Ingredient Code: LI100411

Sub Ingredients: Enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, malted barley flour, enzymes, ascorbic acid), palm and soybean oil, sugar, buttermilk. Less than 2% of: baking soda, sodium acid pyrophosphate, sodium aluminum phosphate, salt, ascorbic acid.

Allergens: Contains Milk, Wheat,

Measure	Weight In Grams
1 Cup (L v1)	120.0000
1 no. 10 can (L v1)	1,560.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
400.000	12.500	7.500	0.000	0.000	1250.000	62.500	2.500	7.500	0.000	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 40 Gram (40.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	5.000	3.000	0.000	0.000	500.000	25.000	1.000	3.000	0.000	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Blackberries, raw  
 Ingredient Code: LI100108

Measure	Weight In Grams
1 Cup (L v1)	144.0000
1 no. 10 can (L v1)	1,872.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
43.000	0.490	0.014	0.000	0.000	1.000	9.610	5.300	4.880	(M)	1.390	0.620	29.000	214.000	21.000	(M)	(M)	88.150	0.370

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Blueberries Cult IND Frozen  
 Ingredient Code: LI100203  
 Sub Ingredients: Blueberries

Measure	Weight In Grams
1 Cup (L v1)	140.0000
1 no. 10 can (L v1)	1,820.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
50.000	0.714	0.000	0.000	0.000	0.000	12.143	2.857	8.571	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Cup (140.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	1.000	0.000	0.000	0.000	0.000	17.000	4.000	12.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Blueberries, raw  
 Ingredient Code: LI100013

Measure	Weight In Grams
1 Cup (L v1)	148.0000
1 no. 10 can (L v1)	1,924.0000
50 berries (L v1)	68.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
57.000	0.330	0.028	0.000	0.000	1.000	14.490	2.400	9.960	(M)	0.740	0.280	6.000	54.000	9.700	(M)	(M)	84.210	0.240

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Blueberries, unsweetened. Cultivated type, individually quick frozen (IQF) [100244]  
 Ingredient Code: LI100014

Measure	Weight In Grams
1/4 Cup (L v1)	39.0000
1 no. 10 can (L v1)	2,028.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
51.280	0.640	0.050	0.000	0.000	1.280	12.180	2.820	(M)	(M)	0.410	0.180	7.690	46.150	2.560	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Blueberry IND Frozen Bags  
 Ingredient Code: LI100204  
 Sub Ingredients: Cultivated Blueberries

Measure	Weight In Grams
1 Cup (L v1)	140.0000
1 no. 10 can (L v1)	1,820.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
50.000	0.714	0.000	0.000	0.000	0.000	12.143	2.857	8.571	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Cup (140.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	1.000	0.000	0.000	0.000	0.000	17.000	4.000	12.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bread Banana Slice

Ingredient Code: LI100205

Sub Ingredients: INGREDIENTS: WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), GRANULATED SUGAR, SOYBEAN OIL, BANANAS, EGG WHITES, DEFATTED SOY FLOUR, SODIUM ACID PYROPHOSPHATE, WHEAT GLUTEN, SODIUM BICARBONATE, MODIFIED CORN STARCH, MODIFIED WHEAT STARCH, DEXTROSE, MONO-AND DIGLYCERIDES, DRY HONEY SOLIDS, CORN STARCH, NATURAL FLAVOR, SALT, GUAR GUM, XANTHAN GUM, CINNAMON, WHEY.

Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	96.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
270.833	8.333	1.563	0.000	0.000	250.000	46.875	2.083	25.000	(M)	5.208	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (96.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
260.000	8.000	1.500	0.000	0.000	240.000	45.000	2.000	24.000	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

## Pre-Preparation Instructions

- Thaw and serve . Can be refrigerated up to 3 day's .

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bread Cinn Burst Slice

Ingredient Code: LI100206

Sub Ingredients: WATER, WHOLE WHEAT FLOUR,, ENRICHED WHEAT FLOUR (WHEAT FLOUR,, NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID),,, GRANULATED SUGAR, SOYBEAN OIL, FLAVOR, BITS (SUGAR, WHEAT FLOUR, CINNAMON,, DEXTROSE, SOYBEAN OIL, WHEAT STARCH), EGG, WHITES, DEFATTED SOY FLOUR, SODIUM ACID, PYROPHOSPHATE, WHEAT GLUTEN, SODIUM, BICARBONATE, MODIFIED CORN STARCH,, MODIFIED WHEAT STARCH, DEXTROSE, MONOAND DIGLYCERIDES, DRY HONEY SOLIDS,, NATURAL FLAVOR, CINNAMON, CORN STARCH,, SALT, GUAR GUM, XANTHAN GUM,, MONOCALCIUM PHOSPHATE, WHEY.

Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	96.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
281.250	8.333	1.563	0.000	0.000	250.000	47.917	2.083	26.042	(M)	5.208	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (96.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
270.000	8.000	1.500	0.000	0.000	240.000	46.000	2.000	25.000	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

## Pre-Preparation Instructions

- Thaw and serve . Can be kept in refrigerator for up to 3 day's.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bread Flat Bread WG

Ingredient Code: LI100209

Sub Ingredients: WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, NONFAT DRY MILK, WHEAT GLUTEN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SODIUM STEAROYL LACTYLATE, GUAR GUM

Allergens: Contains Milk, Wheat,

Measure	Weight In Grams
1 Each (L v1)	62.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
290.323	8.065	1.613	0.000	0.000	532.258	45.161	4.839	3.226	(M)	9.677	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (62.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
180.000	5.000	1.000	0.000	0.000	330.000	28.000	3.000	2.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bread Garlic Toast WG

Ingredient Code: LI100210

Sub Ingredients: WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: SOYBEAN OIL, SOY LECITHIN, WHEY, EGG, WHEAT STARCH, VITAL WHEAT GLUTEN, YEAST, SALT, SUGAR, POTASSIUM CHLORIDE, MALTODEXTRIN, DEXTROSE, DATEM, ASCORBIC ACID, ENZYME. TOPPING: SOYBEAN OIL, MARGARINE [SOYBEAN OIL, WATER, VEGETABLE MONO & DIGLYCERIDES, SALT, WHEY, SOY LECITHIN, SODIUM BENZOATE (PRESERVATIVE), CITRIC ACID, ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER (CREAM, SALT), GARLIC, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, TURMERIC AND ANNATTO EXTRACTS (COLOR), ONION, PARSLEY, SALT, NATURAL FLAVORS.

Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	29.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
241.379	8.621	1.724	0.000	0.000	327.586	37.931	3.448	0.000	(M)	6.897	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (29.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	2.500	0.500	0.000	0.000	95.000	11.000	1.000	0.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bread Slice Wild Berry

Ingredient Code: LI100207

Sub Ingredients: WATER, WHOLE WHEAT FLOUR,, ENRICHED WHEAT FLOUR (WHEAT FLOUR,, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID),, GRANULATED SUGAR, SOYBEAN OIL,, BLUEBERRIES, EGG WHITES, DEFATTED SOY, FLOUR, SODIUM ACID PYROPHOSPHATE,, WHEAT GLUTEN, SODIUM BICARBONATE,, MODIFIED CORN STARCH, MODIFIED WHEAT, STARCH, DEXTROSE, NATURAL FLAVOR, MONOAND DIGLYCERIDES, DRY HONEY SOLIDS, CORN, STARCH, SALT, GUAR GUM, XANTHAN GUM,, CINNAMON, MONOCALCIUM PHOSPHATE,, WHEY., Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	96.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
281.250	8.333	1.563	0.000	0.000	260.417	47.917	2.083	25.000	(M)	5.208	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (96.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
270.000	8.000	1.500	0.000	0.000	250.000	46.000	2.000	24.000	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

## Pre-Preparation Instructions

- Thaw and serve. Can be kept in refrigerator up to 3 day's .

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bread WW 22 Slice

Ingredient Code: LI100211

Sub Ingredients: Whole wheat flour, water, dried honey (honey, wheat starch, high fructose corn syrup, soy flour, soy lecithin), high fructose corn syrup, vital, wheat gluten, yeast. Contains 2% or less of soybean oil, salt, dried molasses (molasses, wheat starch, soy flour, soy lecithin), raisin juice concentrate, wheat, bran, sodium stearoyl lactylate, monocalcium phosphate, ammonium sulfate, soy flour, calcium sulfate, enzymes, azodicarbonamide, ascorbic acid, calcium, peroxide, calcium propionate (preservative).

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	31.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
258.065	32.258	0.000	0.000	0.000	451.613	45.161	6.452	6.452	(M)	9.677	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (31.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	10.000	0.000	0.000	0.000	140.000	14.000	2.000	2.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bread WW Round Top

Ingredient Code: LI100212

Sub Ingredients: Whole wheat flour, water, yeast, high fructose corn syrup, vital wheat gluten. Contains 2% or less of each of the following: wheat bran, molasses, salt, vegetable oil (canola and/or soy) yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, azodicarbonamide, monocalcium phosphate), calcium propionate (mold inhibitor), calcium sulfate, enzymes, nonfat dry milk, soy flour.

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	32.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
250.000	3.125	0.000	0.000	0.000	468.750	46.875	6.250	3.125	(M)	9.375	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (32.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	1.000	0.000	0.000	0.000	150.000	15.000	2.000	1.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bread Zucchini Slice

Ingredient Code: LI100208

Sub Ingredients: WATER, WHOLE WHEAT FLOUR,, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN,, REDUCED IRON, THIAMINE MONONITRATE,, RIBOFLAVIN, FOLIC ACID), GRANULATED SUGAR,, SOYBEAN OIL, ZUCCHINNI, EGG WHITES, DEFATTED, SOY FLOUR, SODIUM ACID PYROPHOSPHATE,, WHEAT GLUTEN, SODIUM BICARBONATE,, MODIFIED CORN STARCH, MODIFIED WHEAT, STARCH, DEXTROSE, MONO-AND DIGLYCERIDES,, DRY HONEY SOLIDS, CINNAMON, CORN STARCH,, SALT, GUAR GUM, XANTHAN GUM, NUTMEG,, MONOCALCIUM PHOSPHATE, WHEY. , Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	96.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
270.833	8.333	1.563	0.000	0.000	250.000	45.833	2.083	23.958	(M)	5.208	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (96.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
260.000	8.000	1.500	0.000	0.000	240.000	44.000	2.000	23.000	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bread, Sour Dough  
 Ingredient Code: LI100561  
 Allergens: Contains Milk, Wheat,

Measure	Weight In Grams
2 Slice (L v1)	56.7000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
119.929	1.323	0.282	(M)	(M)	268.078	22.892	1.411	0.106	(M)	3.880	1.111	33.510	(M)	(M)	(M)	49.383	(M)	(M)

## Nutrients per 2 Ounce (56.700 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
68.000	0.750	0.160	(M)	(M)	152.000	12.980	0.800	0.060	(M)	2.200	0.630	19.000	(M)	(M)	(M)	28.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Breadstick Cheese Bosco

Ingredient Code: LI100213

Sub Ingredients: Crust: Flour blend [Whole-wheat flour, Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], Water, Brown sugar, Corn oil, Dough conditioner (soybean oil, mono and diglycerides, soy shortening flakes), Salt, vital wheat gluten, Yeast, L-cysteine. Cheeses: Mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes). Reduced fat/reduced sodium mozzarella cheese (pasteurized part skim milk, nonfat milk, modified food starch\*, cheese culture, salt, potassium chloride\*, natural flavors\*, annatto (color), vitamin A palmitate, enzymes), \*Ingredients not in regular mozzarella cheese

Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
2 Each (L v1)	86.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
255.814	6.977	3.488	0.000	9.302	325.581	27.907	(M)	2.326	2.326	13.953	13.953	18.605	(M)	(M)	(M)	139.535	(M)	(M)

## Nutrients per 2 Each (86.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
220.000	6.000	3.000	0.000	8.000	280.000	24.000	(M)	2.000	2.000	12.000	12.000	16.000	(M)	(M)	(M)	120.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Breadstick Garlic WG

Ingredient Code: LI100216

Sub Ingredients: Whole Wheat Flour, Enriched Flour ({Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Malted Barley Flour), Water, Soybean Oil, Sugar, Contains Less Than 1%: Salt, Potassium Chloride, Yeast, Vegetable Protein, Ascorbic Acid, Enzymes. Spread: Vegetable Oil Blend (Soybean, Palm), Water, Garlic, Contains 2% Or Less: Salt, Sweet Cream Buttermilk, Natural Flavors, Monoglycerides, Spice, Onion Powder, Soy Lecithin, Lactic Acid, Citric Acid, Beta-Carotene (for color).

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	34.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
294.118	10.294	1.471	0.000	0.000	279.412	44.118	2.941	2.941	(M)	2.941	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (34.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	3.500	0.500	0.000	0.000	95.000	15.000	1.000	1.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Breadstick Pepperoni Cheese Bosco

Ingredient Code: LI100214

Sub Ingredients: CRUST: FLOUR BLEND [WHOLE-WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID)], WATER, BROWN SUGAR, CORN OIL, DOUGH CONDITIONER (SOYBEAN OIL, MONO AND DIGLYCERIDES, SOY SHORTENING FLAKES), SALT, VITAL WHEAT GLUTEN, YEAST, L-CYSTEINE. LOW MOISTURE PART SKIM MOZZARELLA CHEESE: PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES. PEPPERONI: PORK, BEEF, SALT, SPICES, SUGAR, LACTIC ACID STARTER CULTURE, EXTRACTIVE OF PAPRIKA, GARLIC POWDER, SPICE EXTRACTS, SODIUM NITRITE, BHA, BHT, CITRIC ACID. SEASONING: SALT, DEXTROSE, HYDROLYZED CORN PROTEIN, SPICES, TOMATO POWDER, GARLIC POWDER, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, NATURAL SMOKE FLAVOR, DISODIUM INOSINATE AND DISODIUM GUANYLATE, NOT MORE THAN 2% CALCIUM SILICATE AND SILICON DIOXIDE.

Allergens: Contains Milk, Wheat,

Measure	Weight In Grams
1 Each (L v1)	44.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
272.727	10.227	4.545	0.000	22.727	522.727	31.818	2.273	2.273	(M)	13.636	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (44.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	4.500	2.000	0.000	10.000	230.000	14.000	1.000	1.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Breadstick WG 1 oz  
 Ingredient Code: LI100215  
 Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
285.714	3.571	0.000	0.000	0.000	464.286	50.000	3.571	3.571	(M)	7.143	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	1.000	0.000	0.000	0.000	130.000	14.000	1.000	1.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Breakfast Bar Cinn Toast Crunch

Ingredient Code: LI100266

Sub Ingredients: Whole Grain Oats, Cereal (whole grain wheat, rice flour, sugar, maltodextrin, dextrose, canola oil, and/or rice bran oil, salt, trisodium phosphate, calcium carbonate, zinc and iron [mineral nutrients],, caramel color, A B Vitamin [niacinamide], Vitamin B6 [pyridoxine hydrochloride], Vitamin B2, [riboflavin], A B Vitamin [folic acid]), Corn Syrup, Sugar, Fructose, Canola And/or Rice Bran, Oil, Whole Wheat Flour, Brown Rice Flour, Chicory Root Extract, Whole Corn Flour. Contains 2% or, less of: Maltodextrin, Glycerin, WholeOat Flour, Wheat Starch, Calcium Carbonate, Salt, Color, Added, Cinnamon, Gelatin, Baking Soda, Natural Flavor, Soy Lecithin. BHT Added to Retain, Freshness.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	40.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
375.000	8.750	0.000	0.000	0.000	287.500	75.000	7.500	22.500	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (40.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	3.500	0.000	0.000	0.000	115.000	30.000	3.000	9.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Breakfast Bar Fruity Cheerios

Ingredient Code: LI100265

Sub Ingredients: Whole Grain Oats, Cereal (whole grain corn, sugar, whole grain oats, corn syrup, rice bran and/or, canola oil, calcium carbonate, pear puree concentrate, salt, whole grain corn flour, corn bran,, trisodium phosphate, Vitamin C [sodium ascorbate], natural flavor, color [red 40, yellow 6, blue 1, and other color added], zinc and iron [mineral nutrients], sodium citrate, A B Vitamin [niacinamide],, Vitamin B6 [pyridoxine hydrochloride], Vitamin B2 [riboflavin], Vitamin B1 [thiamin mononitrate],, Vitamin A [palmitate], A B Vitamin [folic acid], Vitamin B12, Vitamin D3, mixed tocopherols, BHT, and ascorbic acid added to retain freshness), Corn Syrup, Fructose, Sugar, Rice Bran And/or Canola, Oil, Chicory Root Extract, Whole Wheat Flour, Maltodextrin, Brown Rice Flour. Contains 2% or less, of: Glycerin, Calcium Carbonate, Corn Flour, Whole Oat Flour, Wheat Starch, Salt, Gelatin, Baking, Soda, Color (red 40, yellow 5), Natural and Artificial Flavor, Soy Lecithin. BHT Added to Retain, Freshness.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	40.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
375.000	10.000	2.500	0.000	0.000	237.500	72.500	7.500	22.500	(M)	7.500	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (40.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	4.000	1.000	0.000	0.000	95.000	29.000	3.000	9.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Breakfast Bar Ham, Egg, Cheese

Ingredient Code: LI100217

Sub Ingredients: Ground Fresh Ham Meat (Ground Pork no more than 30% fat), Frozen Cooked Scrambled Eggs (Whole Eggs, Water, Citric Acid), Pasteurized Process Cheddar Cheese ((Cheddar Cheese (Pasteurized Cultured Milk, Salt, Enzymes), Milkfat, Sodium Citrate, Sodium Phosphates, Salt, Sorbic Acid (Preservative), Artificial Color, Potassium Sorbate and Natamycin (Preservatives))), Water, Salt, Sugar, Smoke Flavoring, Sodium Erythorbate, Sodium Nitrite. Batter Ingredients: Water, Whole Wheat Flour, Modified Cornstarch, Soybean Oil, Sugar, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate, Spices, Flavoring. Breading Ingredients: Breading (Whole Grain Wheat Flour, Distilled Vinegar, Contains 2% or less of Malted Barley Flour, Yeast, Sea Salt, Leavening (Sodium Bicarbonate), Spice Extractive).

Allergens: Contains Egg, Milk, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
350.982	28.079	8.775	0.000	105.295	614.218	14.039	1.755	0.000	(M)	12.284	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 1/8 Ounce (56.983 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
200.000	16.000	5.000	0.000	60.000	350.000	8.000	1.000	0.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Breakfast Bar Nutri Grain Apple

Ingredient Code: LI100267

Sub Ingredients: WHOLE WHEAT FLOUR, INVERT SUGAR, WHOLE GRAIN OATS, CORN SYRUP, SOYBEAN OIL, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SUGAR, VEGETABLE GLYCERIN, SOLUBLE CORN FIBER, APPLE PUREE CONCENTRATE, DEXTROSE, FRUCTOSE, CONTAINS 2% OR LESS OF CALCIUM CARBONATE, WHEY, WHEAT BRAN, SALT, MODIFIED CORN STARCH, CELLULOSE, CINNAMON, SODIUM ALGINATE, NATURAL FLAVOR, POTASSIUM BICARBONATE, MALIC ACID, SODIUM CITRATE, MONO- AND DIGLYCERIDES, METHYLCELLULOSE, SOY LECITHIN, DICALCIUM PHOSPHATE, CITRIC ACID, WHEAT GLUTEN, NIACINAMIDE, CARRAGEENAN, VITAMIN A PALMITATE, ZINC OXIDE, REDUCED IRON, GUAR GUM, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN).

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	44.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
363.636	9.091	1.136	0.000	0.000	306.818	68.182	6.818	31.818	(M)	4.545	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (44.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	4.000	0.500	0.000	0.000	135.000	30.000	3.000	14.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Breakfast Bar Nutri Grain Strawberry

Ingredient Code: LI100268

Sub Ingredients: WHOLE WHEAT FLOUR, INVERT SUGAR, CORN SYRUP, WHOLE GRAIN OATS, SOYBEAN OIL, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SUGAR, VEGETABLE GLYCERIN, SOLUBLE CORN FIBER, STRAWBERRY PUREE CONCENTRATE, DEXTROSE, FRUCTOSE, CONTAINS 2% OR LESS OF CALCIUM CARBONATE, WHEY, WHEAT BRAN, SALT, NATURAL FLAVORS, MODIFIED CORN STARCH, CARROT JUICE FOR COLOR, CELLULOSE, SODIUM CITRATE, SODIUM ALGINATE, POTASSIUM BICARBONATE, CITRIC ACID, MONO- AND DIGLYCERIDES, DICALCIUM PHOSPHATE, METHYLCELLULOSE, SOY LECITHIN, WHEAT GLUTEN, MALIC ACID, NIACINAMIDE, CARRAGEENAN, VITAMIN A PALMITATE, ZINC OXIDE, REDUCED IRON, GUAR GUM, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN).

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	44.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
363.636	9.091	1.136	0.000	0.000	340.909	68.182	6.818	31.818	(M)	4.545	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (44.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	4.000	0.500	0.000	0.000	150.000	30.000	3.000	14.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Breakfast Bar Straw Cheerios

Ingredient Code: LI100264

Sub Ingredients: Whole Grain Oats, Cereal (whole grain oats, whole grain corn, sugar, corn starch, corn bran, whole grain rice, whole grain millet, whole sorghum, brown sugar syrup, salt, tripotassium phosphate, color [caramel color, annatto extract], vitamin E [mixed tocopherols] added to retain freshness, Vitamins and Minerals: calcium carbonate, zinc and iron [mineral nutrients], A B vitamin [niacinamide], A B vitamin [calcium pantothenate], vitamin C [sodium ascorbate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B1 [thiamin mononitrate], A B vitamin [folic acid], vitamin A [palmitate], vitamin B12, vitamin D3), Corn Syrup, Fructose, Canola Oil, Sugar, Sweetened Cranberries (sugar, cranberries), Chicory Root Extract, Whole Wheat Flour, Maltodextrin, Whole Grain Rice. Contains 2% or less of: Vegetable Glycerin, Calcium Carbonate, Corn Flour, Wheat Starch, Salt, Whole Grain Corn, Vegetable Juice Color, Baking Soda, Natural Flavor, Soy Lecithin

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	40.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
375.000	10.000	2.500	0.000	0.000	212.500	75.000	7.500	22.500	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (40.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	4.000	1.000	0.000	0.000	85.000	30.000	3.000	9.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Breakfast Fruity Cheerios  
 Ingredient Code: LI100449  
 Allergens: Contains Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
375.000	8.750	0.000	0.000	0.000	262.500	72.500	7.500	22.500	22.500	7.500	4.500	675.000	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 40 Gram (40.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	3.500	0.000	0.000	0.000	105.000	29.000	3.000	9.000	9.000	3.000	1.800	270.000	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Broccoli Florets, raw  
 Ingredient Code: LI100438

Measure	Weight In Grams
1 Bunch (L v1)	608.0000
1 NLEA serving (L v1)	148.0000
1 cup chopped (L v1)	91.0000
1 spear (about 5" long) (L v1)	31.0000
1 stalk (L v1)	151.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
34.000	0.370	0.114	0.000	0.000	33.000	6.640	2.600	1.700	(M)	2.820	0.730	47.000	623.000	89.200	0.000	316.000	89.300	0.870

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Broccoli, raw  
 Ingredient Code: LI100024

Measure	Weight In Grams
1 Bunch (L v1)	608.0000
1 NLEA serving (L v1)	148.0000
1 cup chopped (L v1)	91.0000
1 spear (about 5" long) (L v1)	31.0000
1 stalk (L v1)	151.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
50.000	0.600	0.039	0.000	0.000	33.000	8.000	4.000	3.000	(M)	4.000	0.730	47.000	623.000	89.200	(M)	(M)	89.300	0.870

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Brownie Ind wrapped WG

Ingredient Code: LI100218

Sub Ingredients: Wheat Flour (whole wheat flour 51% , unbleached wheat flour 49% [enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid]), Sugar, Water, Soybean Oil, Whole Eggs, Brown Sugar (sugar, invert sugar, molasses), Cocoa processed with alkali, Invert Sugar, Buttermilk, Natural & Artificial Flavor (contains coconut), Salt, Leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, and monocalcium phosphate), and Soy Lecithin (emulsifier).

Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	49.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
408.163	14.286	3.061	0.000	30.612	265.306	63.265	4.082	34.694	(M)	6.122	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (49.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
200.000	7.000	1.500	0.000	15.000	130.000	31.000	2.000	17.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Brussels sprouts, raw  
 Ingredient Code: LI100067

Measure	Weight In Grams
1 Cup (L v1)	88.0000
1 no. 10 can (L v1)	1,144.0000
1 sprout (L v1)	19.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
43.000	0.300	0.062	0.000	0.000	25.000	8.950	3.800	2.200	(M)	3.380	1.400	42.000	754.000	85.000	(M)	(M)	86.000	1.370

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bun Hamburger 4" WW

Ingredient Code: LI100219

Sub Ingredients: Whole wheat flour, water, sugar, yeast, vital wheat gluten, wheat bran. Contains 2% or less of soybean oil, molasses, salt, sodium stearoyl, lactylate, monocalcium phosphate, soy flour, calcium sulfate, ascorbic acid, calcium peroxide, ammonium sulfate, azodicarbonamide, calcium propionate, (preservative), enzymes.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	57.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
280.702	4.386	3.509	0.000	0.000	438.596	57.895	8.772	10.526	(M)	12.281	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (57.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	2.500	2.000	0.000	0.000	250.000	33.000	5.000	6.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bun Hot Dog WG Oven Fresh

Ingredient Code: LI100220

Sub Ingredients: WHOLE GRAIN WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, YEAST, VITAL WHEAT GLUTEN, SUGAR. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: VEGETABLE OIL (CANOLA AND/OR SOY), SALT, GUAR AND/OR XANTHAN GUM, YEAST NUTRIENT (AMMONIUM SULFATE), DOUGH CONDITIONERS (MONO-DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (MOLD INHIBITOR), CALCIUM SULFATE, ENZYMES.

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	60.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
250.000	2.500	0.000	0.000	0.000	316.667	43.333	3.333	5.000	(M)	11.667	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (60.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	1.500	0.000	0.000	0.000	190.000	26.000	2.000	3.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Bun, Slider

Ingredient Code: LI100405

Sub Ingredients: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Palm Oil, Salt, Yeast, Enzymes, Ascorbic Acid, Soy Oil.

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	35.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
285.714	4.286	1.429	0.000	0.000	542.857	57.143	0.000	8.571	5.714	8.571	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 35 Gram (35.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	1.500	0.500	0.000	0.000	190.000	20.000	0.000	3.000	2.000	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Burrito Bean Cheddar WG CN

Ingredient Code: LI100221

Sub Ingredients: Filling: Water, Pinto Beans, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Textured Vegetable Protein Product [Soy Flour, Caramel Color, Zinc Oxide, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Pyridoxine Hydrochloride (B6), Riboflavin (B2), Thiamine Mononitrate (B1), Vitamin A Palmitate, and Vitamin B12], Salt, Flavorings, Modified Food Starch (Refined From Corn). Whole Wheat Flour Tortilla, Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)]), Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate).

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	147.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
197.279	5.442	2.381	0.000	10.204	326.531	27.891	5.442	0.680	(M)	10.884	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (147.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
290.000	8.000	3.500	0.000	15.000	480.000	41.000	8.000	1.000	(M)	16.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Burrito Bean Cheese WG CN

Ingredient Code: LI100194

Sub Ingredients: TORTILLA (WHEAT FLOURS [WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR {WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID}], WATER, SOY FLOUR, SOYBEAN OIL, WHOLE GRAIN CORN FLOUR [STONEGROUND WHOLE WHITE CORN, CELLULOSE GUM, TRACE OF LIME], SALT, GUAR GUM, ANNATTO, TURMERIC) , WATER, PASTEURIZED PROCESSED AMERICAN CHEESE (AMERICAN CHEESES [MILK, CHEESE CULTURE, SALT, ENZYMES], WATER, SODIUM CITRATE, MILKFAT, SALT, COLOR [ANNATTO, APOCAROTENAL]), PINTO BEANS, GREEN CHILIES (GREEN CHILIES, CITRIC ACID), CONTAINS 2% OR LESS OF ONION, SOY FLOUR, SOYBEAN OIL, ISOLATED SOY PROTEIN (ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN), SALT, CHILI POWDER (CHILI PEPPER, SPICES, SALT, GARLIC POWDER), PAPRIKA, SPICE, GARLIC POWDER, SODIUM ALGINATE.

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	163.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
190.184	5.521	2.454	0.000	6.135	355.828	24.540	5.521	2.454	(M)	9.816	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (163.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
310.000	9.000	4.000	0.000	10.000	580.000	40.000	9.000	4.000	(M)	16.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Burrito Breakfast Egg Cheese Sausage Potato

Ingredient Code: LI100222

Sub Ingredients: Filling: Pre-Cooked Scrambled Eggs (Whole Eggs, Skim Milk, Soybean Oil, Corn Starch, Salt, Xanthan Gum, Citric Acid), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Diced Potato, Water, Cooked Sausage Crumble (Made with Turkey) [Ground Turkey Thigh Meat, Mechanically Separated Turkey, Water, Soy Protein Concentrate, Salt, Spices, Dextrose, Flavoring, Sugar], Green Chile Puree (Green Chile Peppers, Water and Citric Acid), Contains 2% or less of: Red Sauce Seasoning (Modified Corn Starch, Paprika, Spices, Onion And Garlic Powder, Dextrose, Tomato, Sugar, Natural Flavor, Extractive Of Paprika, Guar Gum, Salt, Citric Acid, Malic Acid, Xanthan Gum, Ascorbic Acid), Spices, White Vinegar, and Salt. Whole Wheat Flour Tortilla, Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)], Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate).

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	71.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
225.352	9.859	3.521	0.000	63.380	352.113	23.944	2.817	0.000	(M)	9.859	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (71.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	7.000	2.500	0.000	45.000	250.000	17.000	2.000	0.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Burrito Los Cabos  
 Ingredient Code: LI100445  
 Allergens: Contains Gluten, Milk, Soy, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
197.279	5.442	2.381	0.000	10.204	326.531	27.891	5.442	0.680	0.000	10.884	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 147 Gram (147.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
290.000	8.000	3.500	0.000	15.000	480.000	41.000	8.000	1.000	0.000	16.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

Tips/Comments
<ul style="list-style-type: none"> <li>place on sheet pans the day before serve and refrigerate.</li> </ul>

Pre-Preparation Instructions
<ul style="list-style-type: none"> <li>follow manufacturers cooking instructions</li> </ul>

# Ingredient List Report

Ingredient Name: Butter Salted  
 Ingredient Code: LI100412  
 Sub Ingredients: Cream, Salt.  
 Allergens: Contains Milk,

Measure	Weight In Grams
1 Cup (L v1)	224.0000
1 no. 10 can (L v1)	2,912.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
714.286	85.714	50.000	0.000	214.286	642.857	0.000	0.000	0.000	0.000	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 tablespoon (14.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	12.000	7.000	0.000	30.000	90.000	0.000	0.000	0.000	0.000	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw  
 Ingredient Code: LI100042

Measure	Weight In Grams
1/8 Cup (L v1)	18.0000
1 Head (L v1)	908.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
27.000	0.180	0.023	0.000	0.000	18.000	5.370	2.300	(M)	(M)	1.210	0.560	47.000	126.000	51.000	(M)	(M)	92.520	0.720

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cabbage, red, raw  
 Ingredient Code: LI100043

Measure	Weight In Grams
1 leaf (L v1)	23.0000
1 head, medium (about 5" dia) (L v1)	839.0000
1 head, small (4" dia) (L v1)	567.0000
1 head, large (about 5-1/2" dia) (L v1)	1,134.0000
1 cup, chopped (L v1)	89.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
31.000	0.160	0.021	0.000	0.000	27.000	7.370	2.100	3.830	(M)	1.430	0.800	45.000	1116.000	57.000	(M)	(M)	90.390	0.640

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: California Vegetable Blend  
 Ingredient Code: LI100504

Measure	Weight In Grams
3/4 Cup (L v1)	70.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
28.571	0.000	0.000	0.000	0.000	50.000	7.143	4.286	2.857	0.000	1.429	0.714	57.143	1.429	(M)	(M)	285.714	(M)	(M)

## Nutrients per 3/4 Cup (70.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
20.000	0.000	0.000	0.000	0.000	35.000	5.000	3.000	2.000	0.000	1.000	0.500	40.000	1.000	(M)	(M)	200.000	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cantaloupe, raw  
 Ingredient Code: LI100009

Measure	Weight In Grams
1 NLEA serving (L v1)	134.0000
1 wedge, small (1/8 of small melon) (L v1)	55.0000
1 melon, small (about 4-1/4" dia) (L v1)	441.0000
1 melon, large (about 6-1/2" dia) (L v1)	814.0000
1 CUP, balls (L v1)	177.0000
1 wedge, large (1/8 of large melon) (L v1)	102.0000
10 cantaloupe balls (L v1)	138.0000
1 wedge, medium (1/8 of medium melon) (L v1)	69.0000
1 melon, medium (about 5" dia) (L v1)	552.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
34.000	0.190	0.051	0.000	0.000	16.000	8.160	0.900	7.860	(M)	0.840	0.210	9.000	3382.000	36.700	(M)	(M)	90.150	0.650

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Carrot baby 1.6 oz package  
 Ingredient Code: LI100403

Measure	Weight In Grams
1 Package (L v1)	15.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
200.000	0.000	0.000	0.000	0.000	66.667	46.667	0.000	6.667	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Package (15.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
30.000	0.000	0.000	0.000	0.000	10.000	7.000	0.000	1.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Carrots, baby, raw  
 Ingredient Code: LI100025

Measure	Weight In Grams
1/2 Cup (L v1)	75.4110
1 no. 10 can (L v1)	1,960.6860
1 NLEA serving (L v1)	85.0000
1 large (L v1)	15.0000
1 medium (L v1)	10.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
34.478	0.203	0.032	0.000	0.000	58.347	8.133	2.387	3.854	(M)	0.787	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3/4 Cup (113.117 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
39.000	0.230	0.036	0.000	0.000	66.000	9.200	2.700	4.360	(M)	0.890	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Carrots, frozen, cooked, boiled, drained, without salt  
 Ingredient Code: LI100027

Measure	Weight In Grams
1 CUP, sliced (L v1)	146.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
37.000	0.680	0.120	0.000	0.000	59.000	7.730	3.300	4.080	(M)	0.580	0.530	35.000	16928.000	2.300	(M)	(M)	90.320	0.690

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Carrots, raw  
 Ingredient Code: LI100026

Measure	Weight In Grams
1 Slice (L v1)	3.0000
1 small (5-1/2" long) (L v1)	50.0000
1 cup chopped (L v1)	128.0000
1 medium (L v1)	61.0000
1 large (7-1/4" to 8-1/2" long) (L v1)	72.0000
1 strip large (3" long) (L v1)	7.0000
1 strip medium (L v1)	4.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
41.000	0.240	0.037	0.000	0.000	69.000	9.580	2.800	4.740	(M)	0.930	0.300	33.000	16706.000	5.900	(M)	(M)	88.290	0.970

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Cauliflower, raw  
 Ingredient Code: LI100068

Measure	Weight In Grams
1 floweret (L v1)	13.0000
1 cup chopped (1/2" pieces) (L v1)	107.0000
1 head large (6-7" dia.) (L v1)	840.0000
1 head medium (5-6" dia.) (L v1)	588.0000
1 head small (4" dia.) (L v1)	265.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
37.000	0.450	0.200	0.000	0.000	45.000	6.500	3.000	2.500	(M)	2.500	0.420	22.000	0.000	48.200	(M)	(M)	92.070	0.760

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Ceareal Granola Bob Redmill

Ingredient Code: LI100349

Sub Ingredients: Whole Grain Rolled Oats, Cane Sugar, Brown Rice, Mixed Fruit Concentrate (Pineapple Syrup, Pear Juice Concentrate, Peach Juice Concentrate), Oat Syrup Solids, Vanilla Extract, Mixed Tocopherols (antioxidants).

Measure	Weight In Grams
1/3 Cup (L v1)	54.0000
1 no. 10 can (L v1)	2,064.7059

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
314.815	3.704	0.000	0.000	0.000	0.000	61.111	5.556	18.519	(M)	11.111	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/3 Cup (54.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
170.000	2.000	0.000	0.000	0.000	0.000	33.000	3.000	10.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Celery, raw  
 Ingredient Code: LI100049

Measure	Weight In Grams
1 no. 10 can (L v1)	1,560.0000
1 stalk, large (11"-12" long) (L v1)	64.0000
1 NLEA serving (L v1)	110.0000
1 cup chopped (L v1)	101.0000
1 stalk, small (5" long) (L v1)	17.0000
1 strip (4" long) (L v1)	4.0000
1 stalk, medium (7-1/2" - 8" long) (L v1)	40.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
16.000	0.170	0.042	0.000	0.000	80.000	2.970	1.600	1.340	(M)	0.690	0.200	40.000	449.000	3.100	(M)	(M)	95.430	0.750

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Celery, raw 3/4  
 Ingredient Code: LI100481

Measure	Weight In Grams
1 no. 10 can (L v1)	1,560.0000
1 stalk, large (11"-12" long) (L v1)	64.0000
1 NLEA serving (L v1)	110.0000
1 cup chopped (L v1)	101.0000
1 stalk, small (5" long) (L v1)	17.0000
1 strip (4" long) (L v1)	4.0000
1 stalk, medium (7-1/2" - 8" long) (L v1)	40.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
24.000	0.240	0.042	0.000	0.000	115.000	4.500	1.500	1.500	(M)	1.500	0.300	60.000	0.000	0.000	(M)	(M)	0.000	0.000

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cereal Cheerios GF  
 Ingredient Code: LI100461  
 Allergens: Contains Tree nuts,

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
357.143	7.143	0.000	0.000	0.000	500.000	75.000	10.714	3.571	3.571	14.286	0.000	0.000	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 28 Gram (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	2.000	0.000	0.000	0.000	140.000	21.000	3.000	1.000	1.000	4.000	0.000	0.000	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: CEREAL CINNAMON CHEX GLUTEN FREE

Ingredient Code: LI100419

Sub Ingredients: Whole Grain Rice, Rice, Sugar, Canola Oil, Salt, Rice Fiber, Cinnamon, Molasses, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3

Measure	Weight In Grams
1 Each (L v1)	56.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
410.714	8.929	1.786	0.000	0.000	607.143	80.357	3.571	21.429	(M)	5.357	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 56 Gram (56.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
230.000	5.000	1.000	0.000	0.000	340.000	45.000	2.000	12.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cereal Cinnamon Toast Reduced Sugar  
 Ingredient Code: LI100462

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
428.571	8.929	0.000	0.000	0.000	571.429	78.571	10.714	21.429	21.429	14.286	7.143	7.143	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 28 Gram (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	2.500	0.000	0.000	0.000	160.000	22.000	3.000	6.000	6.000	4.000	2.000	2.000	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Cereal Frosted Mini Wheat  
 Ingredient Code: LI100463  
 Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
357.143	1.786	0.000	0.000	0.000	0.000	85.714	10.714	21.429	21.429	7.143	30.000	0.000	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 28 Gram (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	0.500	0.000	0.000	0.000	0.000	24.000	3.000	6.000	6.000	2.000	8.400	0.000	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cheese AMER 160 Sliced

Ingredient Code: LI100124

Sub Ingredients: MILK, CREAM, WATER, SODIUM CITRATE, SALT, CHEESE CULTURE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, ENZYMES, SOY LECITHIN, APO CAROTENAL AND BETA CAROTENE (COLOR).

Allergens: Contains Milk, Soy,

Measure	Weight In Grams
1 Slice (L v1)	14.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
352.734	31.746	17.637	0.000	88.183	1763.668	7.055	0.000	3.527	(M)	17.637	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/2 Ounce (14.175 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
50.000	4.500	2.500	0.000	12.500	250.000	1.000	0.000	0.500	(M)	2.500	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cheese Cheddar Medium Yellow Sliced  
 Ingredient Code: LI100125  
 Sub Ingredients: cultured milk, enzymes (rennet), salt, and annatto,  
 Allergens: Contains Milk,

Measure	Weight In Grams
1 Slice (L v1)	21.2625

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
388.007	31.746	21.164	0.000	88.183	599.647	0.000	0.000	0.000	(M)	24.691	1.270	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	9.000	6.000	0.000	25.000	170.000	0.000	0.000	0.000	(M)	7.000	0.360	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cheese Cheddar Mild Fancy Shredded

Ingredient Code: LI100126

Sub Ingredients: Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Color), Potato Starch, Corn Starch, Powdered Cellulose (added to prevent caking).

Allergens: Contains Milk,

Measure	Weight In Grams
1/2 Cup (L v1)	56.7000
1 no. 10 can (L v1)	1,474.2000
1 ounces (L v1)	28.3500

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
388.007	31.746	17.637	0.000	105.820	634.921	0.000	0.000	0.000	(M)	21.164	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	9.000	5.000	0.000	30.000	180.000	0.000	0.000	0.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cheese Colby Stick

Ingredient Code: LI100128

Sub Ingredients: Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes, Annatto (color) Vitamin A Palmitate.

Allergens: Contains Milk,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
317.460	21.164	14.109	0.000	70.547	705.467	0.000	0.000	0.000	(M)	24.691	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	6.000	4.000	0.000	20.000	200.000	0.000	0.000	0.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Cheese Medium .75 oz  
 Ingredient Code: LI100127  
 Sub Ingredients: cultured milk, enzymes (rennet), salt, and annatto,  
 Allergens: Contains Milk,

Measure	Weight In Grams
1 Each (L v1)	85.0500

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
105.820	8.230	5.291	0.000	23.516	146.972	0.000	0.000	0.000	(M)	5.879	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (85.050 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	7.000	4.500	0.000	20.000	125.000	0.000	0.000	0.000	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Cheese Parmesan Shredded

Ingredient Code: LI100134

Sub Ingredients: Parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor.

Allergens: Contains Milk,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
388.007	28.219	17.637	0.000	88.183	1128.748	7.055	0.000	0.000	(M)	31.746	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	8.000	5.000	0.000	25.000	320.000	2.000	0.000	0.000	(M)	9.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cheese Pepper Jack Sliced

Ingredient Code: LI100423

Sub Ingredients: Milk, Skim Milk, Cheese Culture, Water, Jalapeno Peppers, Cream, Sodium Citrate, Salt, Red Bell Peppers, Natural Flavor, Sorbic Acid (preservative), Lactic Acid, Soy Lecithin (non-sticking agent), Enzymes

Allergens: Contains Milk,

Measure	Weight In Grams
1 Slice (L v1)	21.2625

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
388.007	31.746	21.164	0.000	88.183	599.647	0.000	0.000	0.000	(M)	24.691	1.270	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	9.000	6.000	0.000	25.000	170.000	0.000	0.000	0.000	(M)	7.000	0.360	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cheese String Lite  
 Ingredient Code: LI100135  
 Sub Ingredients: Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Vitamin A Palmitate  
 Allergens: Contains Milk,

Measure	Weight In Grams
1 Each (L v1)	28.3500

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
211.640	10.582	7.055	0.000	35.273	705.467	3.527	0.000	3.527	(M)	24.691	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	3.000	2.000	0.000	10.000	200.000	1.000	0.000	1.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cheese Vegan Mozz Shred Daiya

Ingredient Code: LI100360

Sub Ingredients: Filtered water, tapioca flour, expeller pressed non-GMO canola and/or safflower oil, coconut oil, pea protein, salt, vegan natural flavours, inactive yeast, vegetable glycerin, xanthan gum, citric acid (vegan, for flavour), titanium dioxide (a naturally occurring mineral).

Measure	Weight In Grams
1/4 Cup (L v1)	28.0000
1 no. 10 can (L v1)	1,456.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
321.429	21.429	7.143	0.000	0.000	1000.000	25.000	3.571	0.000	(M)	3.571	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/4 Cup (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	6.000	2.000	0.000	0.000	280.000	7.000	1.000	0.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cheese, Provolone sliced  
 Ingredient Code: LI100501  
 Allergens: Contains Milk,

Measure	Weight In Grams
1 Each (L v1)	21.2625

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
329.210	28.218	16.461	0.000	70.545	846.541	0.000	0.000	0.000	0.000	23.515	0.470	752.481	(M)	(M)	0.047	141.090	(M)	(M)

## Nutrients per 3/4 Ounce (21.263 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	6.000	3.500	0.000	15.000	180.000	0.000	0.000	0.000	0.000	5.000	0.100	160.000	(M)	(M)	0.010	30.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Cheese, Swiss, sliced  
 Ingredient Code: LI100407  
 Allergens: Contains Milk,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
321.429	25.000	14.286	0.000	89.286	(M)	3.571	(M)	0.000	(M)	21.429	0.000	714.286	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 28 Gram (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	7.000	4.000	0.000	25.000	(M)	1.000	(M)	0.000	(M)	6.000	0.000	200.000	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cherries, sweet, raw  
 Ingredient Code: LI100109

Measure	Weight In Grams
1 NLEA serving (L v1)	140.0000
1 CUP, with pits, yields (L v1)	138.0000
1 CUP, without pits (L v1)	154.0000
1 cherry (L v1)	8.2000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
63.000	0.200	0.038	0.000	0.000	0.000	16.010	2.100	12.820	(M)	1.060	0.360	13.000	64.000	7.000	(M)	(M)	82.250	0.480

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cherries, tart, dried, sweetened  
 Ingredient Code: LI100110

Measure	Weight In Grams
1/4 Cup (L v1)	40.0000
1 no. 10 can (L v1)	2,080.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
333.000	0.730	0.146	0.000	0.000	13.000	80.450	2.500	67.150	(M)	1.250	0.680	38.000	2829.000	19.300	(M)	(M)	16.600	0.970

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chex Cinnamon Cereal 2oz, GF  
 Ingredient Code: LI100491

Measure	Weight In Grams
1 Each (L v1)	56.7000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
405.644	8.818	0.882	0.000	0.000	599.647	81.129	5.291	21.164	21.164	5.291	25.397	229.277	(M)	(M)	3.527	0.000	(M)	(M)

## Nutrients per 1 Each (56.700 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
230.000	5.000	0.500	0.000	0.000	340.000	46.000	3.000	12.000	12.000	3.000	14.400	130.000	(M)	(M)	2.000	0.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chicken and Vegetable Dumpling with Whole Wheat Wrapper

Ingredient Code: LI100579

Sub Ingredients: FILLING: CHICKEN, HYDRATED SOY PROTEIN CONCENTRATE, (WATER, SOY PROTEIN CONCENTRATE), GREEN CABBAGE,, GREEN ONION, CANOLA OIL, WATER, CARROT, SUGAR, SALT,, SESAME OIL, ISOLATED SOY PROTEIN WITH LESS THAN 2%, LECITHIN. DOUGH: WHOLE WHEAT FLOUR, ENRICHED WHEAT, FLOUR (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN,, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC, ACID], MALTED BARLEY FLOUR), WATER, MODIFIED CORN, STARCH, SALT, CANOLA OIL, WHEAT GLUTEN.

Measure	Weight In Grams
6 Each (L v1)	135.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
177.778	5.185	3.704	(M)	25.926	407.407	22.963	1.481	2.222	0.741	12.593	2.222	25.926	(M)	(M)	0.000	208.148	(M)	(M)

## Nutrients per 6 Each (135.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
240.000	7.000	5.000	(M)	35.000	550.000	31.000	2.000	3.000	1.000	17.000	3.000	35.000	(M)	(M)	0.000	281.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Chicken BBQ Teriyaki GF

Ingredient Code: LI100185

Sub Ingredients: Chicken:Chicken leg meat,water, sugar, soy sauce (water, soy bean, salt, and alcohol),, dark soy sauce (water, sugar, soy bean, salt, cornstarch, and extract of mushroom), lime juice 100%, salt, garlic, ginger and green onion., Sauce:Water, sugar, soy sauce (water, soybean, salt, and alcohol), dark soy sauce, (water, sugar, soybean, salt, cornstarch, and extract of mushroom), salt, garlic, lime, juice, ginger andgreen onion., ,

Allergens: Contains Soy,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
169.018	5.144	1.470	0.000	102.881	485.009	8.818	0.000	8.818	(M)	22.046	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 1/2 Ounce (68.040 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
115.000	3.500	1.000	0.000	70.000	330.000	6.000	0.000	6.000	(M)	15.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chicken Breast Filet WG CN

Ingredient Code: LI100178

Sub Ingredients: Chicken breast with rib meat, whole wheat flour, water, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, dried garlic, dried onion, dried yeast, garlic powder, isolated soy protein, maltodextrin, natural flavor, onion powder, paprika extract (color), rosemary extract (to protect flavor), salt, spice, sugar, torula yeast, turmeric extract (color), vegetable stock (carrot, onion, celery), wheat gluten, yeast extract. Breeding set in vegetable oil.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	105.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
190.476	8.571	1.429	0.000	42.857	276.190	8.571	2.857	0.000	(M)	18.095	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (105.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
200.000	9.000	1.500	0.000	45.000	290.000	9.000	3.000	0.000	(M)	19.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chicken Diced COMM  
 Ingredient Code: LI100183

Measure	Weight In Grams
1/4 Cup (L v1)	56.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
126.984	3.527	0.000	0.000	74.074	98.765	0.000	0.000	0.000	(M)	21.164	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 Ounce (56.700 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
72.000	2.000	0.000	0.000	42.000	56.000	0.000	0.000	0.000	(M)	12.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chicken Diced White

Ingredient Code: LI100179

Sub Ingredients: BONELESS SKINLESS CHICKEN BREAST MEAT WITH RIB MEAT, WATER, ISOLATED SOY PROTEIN PRODUCT (ISOLATED SOY PROTEIN, MODIFIED FOOD STARCH, UNMODIFIED CORN STARCH, CARRAGEENAN WITH LESS THAN 2% SOY LECITHIN), SALT, SODIUM PHOSPHATES, CARRAGEENAN.

Allergens: Contains Soy,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
105.820	2.352	0.588	0.000	58.789	529.101	1.176	0.000	0.000	(M)	22.340	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 Ounce (85.050 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	2.000	0.500	0.000	50.000	450.000	1.000	0.000	0.000	(M)	19.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chicken Drumstick

Ingredient Code: LI100180

Sub Ingredients: Chicken drumsticks, water, whole wheat flour, contains 2% or less of the following: citric acid, corn starch, extractives of paprika and turmeric, garlic powder, leavening (cream of tartar, baking soda), maltodextrin, natural flavor, onion powder, rice starch, salt, spices (including celery seed), wheat gluten, whole grain yellow corn flour, yeast extract. Breeding set in vegetable oil.

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	94.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
234.043	13.830	3.191	0.000	63.830	563.830	6.383	1.064	0.000	(M)	20.213	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (94.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
220.000	13.000	3.000	0.000	60.000	530.000	6.000	1.000	0.000	(M)	19.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chicken Fajita Strips

Ingredient Code: LI100181

Sub Ingredients: CHICKEN DARK MEAT, WATER, SEASONING (SALT, SPICES, TORULA YEAST, SUGAR, DEHYDRATED ONION, DEHYDRATED GARLIC, MALTODEXTRIN, NATURAL FLAVOR, MALIC ACID), ISOLATED SOY PROTEIN PRODUCT (ISOLATED SOY PROTEIN, MODIFIED FOOD STARCH, UNMODIFIED CORN STARCH, CARRAGEENAN WITH LESS THAN 2% SOY LECITHIN), SODIUM PHOSPHATES, CARRAGEENAN, SALT.

Allergens: Contains Soy,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
129.336	7.055	2.352	0.000	76.426	787.772	1.176	0.000	0.000	(M)	16.461	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 Ounce (85.050 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	6.000	2.000	0.000	65.000	670.000	1.000	0.000	0.000	(M)	14.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chicken Fajita Strips COMM  
 Ingredient Code: LI100182

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
126.569	4.150	2.075	0.000	76.771	628.696	2.075	0.000	2.075	(M)	18.674	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 1/2 Ounce (96.390 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
122.000	4.000	2.000	0.000	74.000	606.000	2.000	0.000	2.000	(M)	18.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chicken Legs Boneless Orange Mandarin

Ingredient Code: LI100184

Sub Ingredients: Chicken: Dark meat chicken chunks, water, cornstarch, white whole grain wheat flour, soybean oil, liquid whole eggs, salt, white pepper powder, garlic, ginger and green onion.,  
Sauce: Sugar, vinegar, water, soy sauce (water, soybeans, salt, sugar, wheat flour, extract, of mushroom), modified starch, mandarin orange juice and peel, garlic, ginger, green, onion and chili powder.,

Allergens: Contains Egg, Soy, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
146.972	2.939	0.490	0.000	39.193	274.348	18.617	0.000	9.798	(M)	10.778	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 5/8 Ounce (102.060 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	3.000	0.500	0.000	40.000	280.000	19.000	0.000	10.000	(M)	11.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chicken Nugget (Bites) Tyson WG 70364

Ingredient Code: LI100390

Sub Ingredients: Chicken, water, whole wheat flour, textured soy protein concentrate, isolated soy protein, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, dried garlic, dried onion, dried yeast, garlic powder, maltodextrin, natural flavor, onion powder, paprika extract (color), rosemary extract (to protect flavor), salt, spice, sugar, torula yeast, turmeric extract (color), vegetable stock (carrot, onion, celery), wheat gluten, yeast extract. Breeding set in vegetable oil.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
5 nuggets (L v1)	99.2250

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
264.046	15.117	2.016	0.000	25.195	403.124	16.125	2.016	1.008	(M)	17.133	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 5 nuggets (99.225 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
262.000	15.000	2.000	0.000	25.000	400.000	16.000	2.000	1.000	(M)	17.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chicken Patty Hot N Spicy

Ingredient Code: LI100186

Sub Ingredients: Chicken, water, whole wheat flour, textured soy protein concentrate, isolated soy protein, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, corn starch, extractives of paprika, garlic powder, leavening (cream of tartar, baking soda), maltodextrin, natural flavors, onion powder, salt, spices (including celery seed), sugar, vegetable stock (carrot, onion, celery), wheat gluten, yeast extract. Breeding set in vegetable oil.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	99.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
272.727	15.152	3.030	0.000	25.253	404.040	17.172	3.030	1.010	(M)	15.152	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (99.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
270.000	15.000	3.000	0.000	25.000	400.000	17.000	3.000	1.000	(M)	15.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chicken Popcorn  
 Ingredient Code: LI100470

Measure	Weight In Grams
12 Each (L v1)	95.2560

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
267.442	15.116	2.907	0.000	23.256	406.977	16.279	3.488	1.163	0.000	16.279	11.628	38.372	0.000	0.000	(M)	755.814	(M)	(M)

## Nutrients per 86 Gram (86.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
230.000	13.000	2.500	0.000	20.000	350.000	14.000	3.000	1.000	0.000	14.000	10.000	33.000	0.000	0.000	(M)	650.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Chicken Taco Meat

Ingredient Code: LI100187

Sub Ingredients: :Ground dark chicken, contains 2% or less of the following: caramelized sugar, garlic powder, isolated soy protein, maltodextrin, natural flavor, oats, onion powder, paprika, potato maltodextrin, salt, soy lecithin, spices, water, wheat flour, yeast extract.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
176.367	7.937	1.764	0.000	114.638	370.370	3.527	0.000	0.000	(M)	22.928	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 Ounce (56.700 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	4.500	1.000	0.000	65.000	210.000	2.000	0.000	0.000	(M)	13.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chicken Tender WG CN

Ingredient Code: LI100188

Sub Ingredients: Boneless, skinless, chicken breast with rib meat, whole wheat flour, water, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, dried garlic, dried onion, dried yeast, garlic powder, isolated soy protein, maltodextrin, natural flavor, onion powder, paprika extract (color), rosemary extract (to protect flavor), salt, spice, sugar, torula yeast, turmeric extract (color), vegetable stock (carrot, onion, celery), wheat gluten, yeast extract. Breeding set in vegetable oil.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
3 Each (L v1)	79.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
200.133	10.007	1.876	0.000	37.525	337.724	10.007	1.251	2.502	(M)	16.261	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 7/8 Ounce (79.947 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	8.000	1.500	0.000	30.000	270.000	8.000	1.000	2.000	(M)	13.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chicken Tender WG Tyson

Ingredient Code: LI100430

Sub Ingredients: Boneless, skinless, chicken breast with rib meat, whole wheat flour, water, contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, dried garlic, dried onion, dried yeast, garlic powder, isolated soy protein, maltodextrin, natural flavor, onion powder, paprika extract (color), rosemary extract (to protect flavor), salt, spice, sugar, torula yeast, turmeric extract (color), vegetable stock (carrot, onion, celery), wheat gluten, yeast extract. Breeding set in vegetable oil.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
3 Each (L v1)	119.9205

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
139.241	7.595	1.266	0.000	25.316	253.165	7.595	1.266	1.266	1.266	12.658	1.013	(M)	(M)	(M)	(M)	481.013	(M)	(M)

## Nutrients per 79 Gram (79.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	6.000	1.000	0.000	20.000	200.000	6.000	1.000	1.000	1.000	10.000	0.800	(M)	(M)	(M)	(M)	380.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chicken Tenders ( Tyson Red Label)

Ingredient Code: LI100477

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
3 OZ (L v1)	112.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
250.000	12.500	2.232	0.000	44.643	598.214	15.179	0.893	0.000	0.000	18.750	0.893	17.857	(M)	(M)	0.000	(M)	(M)	(M)

## Nutrients per 112 Gram (112.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
280.000	14.000	2.500	0.000	50.000	670.000	17.000	1.000	0.000	0.000	21.000	1.000	20.000	(M)	(M)	0.000	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Chicken, breaded 8 pc baked  
 Ingredient Code: LI100486  
 Allergens: Contains Egg, Soy, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
176.471	10.588	2.941	0.000	52.941	576.471	5.882	0.000	0.000	0.000	16.471	1.176	12.941	(M)	0.000	(M)	223.529	(M)	(M)

## Nutrients per 85 Gram (85.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	9.000	2.500	0.000	45.000	490.000	5.000	0.000	0.000	0.000	14.000	1.000	11.000	(M)	0.000	(M)	190.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chili Con Carne w/ Beans  
 Ingredient Code: LI100422

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.588	3.882	1.294	0.000	5.882	618.824	12.471	3.059	1.176	(M)	6.235	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 85 Gram (85.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
94.000	3.300	1.100	0.000	5.000	526.000	10.600	2.600	1.000	(M)	5.300	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Chip Corn Fritos .75 oz  
 Ingredient Code: LI100272  
 Sub Ingredients: Corn, corn oil and salt.

Measure	Weight In Grams
1 Each (L v1)	21.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
571.429	38.095	4.762	0.000	0.000	571.429	57.143	4.762	0.000	(M)	4.762	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (21.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	8.000	1.000	0.000	0.000	120.000	12.000	1.000	0.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chip Corn Fritos 1 oz  
 Ingredient Code: LI100271  
 Sub Ingredients: Corn, corn oil and salt.

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
571.429	35.714	5.357	0.000	0.000	607.143	57.143	3.571	0.000	(M)	7.143	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	10.000	1.500	0.000	0.000	170.000	16.000	1.000	0.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chip Multigrain Original 1 oz

Ingredient Code: LI100273

Sub Ingredients: Whole corn, sunflower and/or canola oil, whole wheat, brown rice flour, whole oat flour, sugar, salt, natural flavoring, maltodextrin made from corn.

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
500.000	21.429	1.786	0.000	0.000	392.857	67.857	7.143	7.143	(M)	7.143	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	6.000	0.500	0.000	0.000	110.000	19.000	2.000	2.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chip Potato .5 oz

Ingredient Code: LI100274

Sub Ingredients: Potatoes, Sunflower Oil and/or Corn Oil, and Salt. No Preservatives.

Measure	Weight In Grams
1 Each (L v1)	14.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
571.429	35.714	3.571	0.000	0.000	642.857	57.143	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (14.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	5.000	0.500	0.000	0.000	90.000	8.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Chip Tortilla Round

Ingredient Code: LI100275

Sub Ingredients: Whole grain stoneground corn flour, safflower and/or soybean oil, salt and trace of lime.

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
423.280	28.219	3.527	0.000	0.000	476.190	38.801	3.527	0.000	(M)	3.527	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	8.000	1.000	0.000	0.000	135.000	11.000	1.000	0.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Chip Tortilla Triangle

Ingredient Code: LI100276

Sub Ingredients: Whole grain stoneground corn flour, safflower and/or soybean oil, salt and trace of lime.

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
423.280	28.219	3.527	0.000	0.000	476.190	38.801	3.527	0.000	(M)	3.527	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	8.000	1.000	0.000	0.000	135.000	11.000	1.000	0.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chip, Potato Baked  
 Ingredient Code: LI100478  
 Allergens: Contains Soy,

Measure	Weight In Grams
1 Each (L v1)	25.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
440.000	12.000	0.000	0.000	0.000	560.000	76.000	4.000	8.000	4.000	8.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 25 Gram (25.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	3.000	0.000	0.000	0.000	140.000	19.000	1.000	2.000	1.000	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

## Serving Instructions

- Serve 1 pck with Cheese Burgers.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chives, raw  
 Ingredient Code: LI100069

Measure	Weight In Grams
1 tbsp chopped (L v1)	3.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
30.000	0.730	0.146	0.000	0.000	3.000	4.350	2.500	1.850	(M)	3.270	1.600	92.000	4353.000	58.100	(M)	(M)	90.650	1.000

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Chocolate Chip Imitation

Ingredient Code: LI100277

Sub Ingredients: Sugar, hydrogenated palm kernel oil, cocoa, cocoa processed with alkali, dextrose, nonfat dry milk, and soy lecithin.

Allergens: Contains Milk, Soy,

Measure	Weight In Grams
1 tablespoon (L v1)	15.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
533.333	23.333	23.333	0.000	0.000	66.667	73.333	6.667	66.667	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 tablespoon (15.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	3.500	3.500	0.000	0.000	10.000	11.000	1.000	10.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Chocolate Chip Semi Real

Ingredient Code: LI100278

Sub Ingredients: Sugar, chocolate liquor, cocoa butter, butterfat(milk), soy lecithin, natural flavor

Allergens: Contains Milk, Soy,

Measure	Weight In Grams
1 tablespoon (L v1)	15.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
466.667	26.667	16.667	0.000	0.000	0.000	66.667	6.667	53.333	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 tablespoon (15.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	4.000	2.500	0.000	0.000	0.000	10.000	1.000	8.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Chocolate Pudding

Ingredient Code: LI100559

Sub Ingredients: WATER, SKIM MILK, SUGAR, MODIFIED CORN STARCH, WHEY, COCOA (PROCESSED WITH ALKALI), CONTAINS 2% OR LESS OF COCONUT OIL, CORN STARCH, MALTODEXTRIN, SALT, MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, CORN SYRUP SOLIDS, ARTIFICIAL FLAVORS, CARAMEL COLOR. CONTAINS: MILK.

Allergens: Contains Milk,

Measure	Weight In Grams
1/2 Cup (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
114.638	2.646	2.205	(M)	0.000	167.549	22.928	0.882	0.000	14.109	0.882	0.705	0.000	(M)	(M)	0.000	105.820	(M)	(M)

## Nutrients per 1/2 Cup (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	3.000	2.500	(M)	0.000	190.000	26.000	1.000	0.000	16.000	1.000	0.800	0.000	(M)	(M)	0.000	120.000	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cilantro leaves, raw  
 Ingredient Code: LI100076

Measure	Weight In Grams
1/4 Cup (L v1)	4.0000
1 no. 10 can (L v1)	208.0000
9 sprigs (L v1)	20.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
23.000	0.520	0.014	0.000	0.000	46.000	3.670	2.800	0.870	(M)	2.130	1.770	67.000	6748.000	27.000	(M)	(M)	92.210	1.470

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cinnamon Toast Crunch 25% Less Sugar

Ingredient Code: LI100575

Sub Ingredients: Whole Grain Wheat, Sugar, Rice Flour, Polydextrose, Canola And/or Sunflower Oil, Maltodextrin, Dextrose, Salt, Cinnamon, Trisodium Phosphate, Soy Lecithin, Caramel Color. Bht Added To Preserve Freshness. Vitamins And Minerals: Calcium Carbonate, Vitamin C (sodium Ascorbate), Iron And Zinc (mineral Nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine Hydrochloride), Vitamin B1 (thiamin Mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic Acid), Vitamin B12, Vitamin D3.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Serving (L v1)	56.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
375.000	8.929	0.893	(M)	0.000	571.429	78.571	12.500	(M)	19.643	5.357	8.036	232.143	(M)	(M)	3.571	169.643	(M)	(M)

## Nutrients per 1 Serving (56.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
210.000	5.000	0.500	(M)	0.000	320.000	44.000	7.000	(M)	11.000	3.000	4.500	130.000	(M)	(M)	2.000	95.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cocoa, dry powder, unsweetened  
 Ingredient Code: LI100100  
 Sub Ingredients: Cocoa Powder, Silicon Dioxide.

Measure	Weight In Grams
1 Cup (L v1)	86.0000
1 no. 10 can (L v1)	1,118.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
228.000	13.700	8.070	(M)	0.000	21.000	57.900	37.000	1.750	(M)	19.600	13.860	128.000	0.000	0.000	(M)	(M)	3.000	5.800

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cookie Cinn Elf Graham

Ingredient Code: LI100279

Sub Ingredients: WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, VEGETABLE OIL (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS), HONEY, CONTAINS TWO PERCENT OR LESS OF CALCIUM CARBONATE, MOLASSES, SALT, BAKING SODA, CINNAMON, SOY LECITHIN, VITAMIN A PALMITATE, BHT FOR FRESHNESS.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
428.571	14.286	3.571	0.000	0.000	375.000	75.000	3.571	28.571	(M)	7.143	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	4.000	1.000	0.000	0.000	105.000	21.000	1.000	8.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cookie Oreo

Ingredient Code: LI100280

Sub Ingredients: NBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), CORNSTARCH, SALT, SOY LECITHIN, VANILLIN - AN ARTIFICIAL FLAVOR, CHOCOLATE.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	22.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
454.545	20.455	4.545	0.000	0.000	386.364	72.727	4.545	40.909	(M)	4.545	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (22.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	4.500	1.000	0.000	0.000	85.000	16.000	1.000	9.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Corn Dog Chicken lowfat WG

Ingredient Code: LI100189

Sub Ingredients: WATER, WHOLE WHEAT FLOUR, WHOLE GRAIN CORN, SUGAR, CONTAINS 2% OR LESS OF LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SOY FLOUR, SOYBEAN OIL, SALT, EGG YOLK WITH SODIUM SILICOLUMINATE, ASCORBIC ACID, EGG WHITE, DRIED HONEY, ARTIFICIAL FLAVOR. FRIED IN VEGETABLE OIL. CHICKEN FRANK INGREDIENTS: MECHANICALLY SEPARATED CHICKEN, WATER, CORN SYRUP SOLIDS, CONTAINS LESS THAN 2% OR LESS OF SPICES, SALT, POTASSIUM LACTATE, POTASSIUM ACETATE, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, FLAVORINGS, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE.

Allergens: Contains Egg, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	113.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
212.389	7.965	2.212	0.000	35.398	415.929	26.549	1.770	7.080	6.195	7.965	1.327	88.496	(M)	(M)	0.000	212.389	(M)	(M)

## Nutrients per 1 Each (113.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
240.000	9.000	2.500	0.000	40.000	470.000	30.000	2.000	8.000	7.000	9.000	1.500	100.000	(M)	(M)	0.000	240.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Corn Dog Chicken WG Tyson

Ingredient Code: LI100418

Sub Ingredients: Ground dark chicken, water, isolated soy protein, corn syrup, mustard, sea salt, dextrose, natural flavoring (celery powder), hardwood smoked sugar, natural flavors (including extractives of celery seed), citric acid, ascorbic acid, extractives of paprika. BATTERED WITH: Water, whole wheat flour, sugar, whole grain yellow corn meal, leavening (sodium acid pyrophosphate, sodium bicarbonate), ascorbic acid, dextrose, egg yolks, honey, potassium chloride, salt, soy flour, wheat starch, corn starch, natural flavor, nonfat milk, soy lecithin. Fried in vegetable oil.

Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	112.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
267.857	14.286	3.125	0.000	44.643	357.143	22.321	2.679	7.143	(M)	12.500	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (112.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
300.000	16.000	3.500	0.000	50.000	400.000	25.000	3.000	8.000	(M)	14.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Corn Frozen Cut  
 Ingredient Code: LI100046

Measure	Weight In Grams
1 no. 10 can (L v1)	2,137.5900

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
48.000	0.400	0.000	0.000	0.000	8.000	9.600	0.800	1.600	(M)	0.800	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 125 Gram (125.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	0.500	0.000	0.000	0.000	10.000	12.000	1.000	2.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Ingredient Name: Corn on the Cob  
 Ingredient Code: LI100223  
 Sub Ingredients: Corn

Measure	Weight In Grams
1 Each (L v1)	75.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
93.333	0.667	0.000	0.000	0.000	0.000	21.333	2.667	2.667	(M)	2.667	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (75.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	0.500	0.000	0.000	0.000	0.000	16.000	2.000	2.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Corn Whole Frozen  
 Ingredient Code: LI100224  
 Sub Ingredients: Corn

Measure	Weight In Grams
2/3 Each (L v1)	93.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
86.022	0.538	0.000	0.000	0.000	0.000	20.430	2.151	2.151	(M)	3.226	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2/3 Each (93.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	0.500	0.000	0.000	0.000	0.000	19.000	2.000	2.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Corn, Frozen, 3/4  
 Ingredient Code: LI100480  
 Sub Ingredients: Corn

Measure	Weight In Grams
2/3 Each (L v1)	93.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
129.032	0.645	0.000	0.000	0.000	0.000	29.032	3.226	3.226	(M)	4.301	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2/3 Each (93.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	0.600	0.000	0.000	0.000	0.000	27.000	3.000	3.000	(M)	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Corn, sweet, yellow, canned, whole kernel, drained solids  
 Ingredient Code: LI100047

Measure	Weight In Grams
1 Cup (L v1)	164.0000
1 no. 10 can (L v1)	2,132.0000
1 can (12 oz) yields (L v1)	211.0000
1 can (303 x 406) (L v1)	298.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
67.000	1.220	0.245	0.000	0.000	205.000	14.340	2.000	4.440	(M)	2.290	0.270	3.000	46.000	1.800	(M)	(M)	81.410	0.750

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Corn, sweet, yellow, raw  
 Ingredient Code: LI100048

Measure	Weight In Grams
1 Cup (L v1)	145.0000
1 no. 10 can (L v1)	1,885.0000
1 ear, small (5-1/2" to 6-1/2" long) (L v1)	73.0000
1 ear, large (7-3/4" to 9" long) yields (L v1)	143.0000
1 ear, medium (6-3/4" to 7-1/2" long) yields (L v1)	102.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
86.000	1.350	0.325	0.000	0.000	15.000	18.700	2.000	6.260	(M)	3.270	0.520	2.000	187.000	6.800	(M)	(M)	76.050	0.620

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cornmeal Super Star WG  
 Ingredient Code: LI100490  
 Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
316.395	10.689	1.924	0.000	23.516	194.540	49.169	3.207	26.081	(M)	5.986	2.352	32.067	85.512	0.000	(M)	(M)	(M)	(M)

## Nutrients per 1 2/3 Ounce (46.777 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
148.000	5.000	0.900	0.000	11.000	91.000	23.000	1.500	12.200	(M)	2.800	1.100	15.000	40.000	0.000	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cottage Cheese Small Curd 2%

Ingredient Code: LI100158

Sub Ingredients: Cultured Nonfat Milk, Milk, Cream, Contains less than 2% of: Nonfat Milk, Whey, Salt, Maltodextrin, Guar Gum, Citric Acid, Carrageenan, Mono and Diglycerides, Locust Bean Gum, Natural Flavor, Potassium Sorbate and Carbon Dioxide (to preserve freshness), Vitamin A Palmitate, Enzyme.

Allergens: Contains Milk,

Measure	Weight In Grams
1/2 Cup (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
105.820	4.409	2.646	0.000	22.046	352.734	3.527	0.000	3.527	(M)	11.464	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Ounce (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	5.000	3.000	0.000	25.000	400.000	4.000	0.000	4.000	(M)	13.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cracker Cheez-it .75 oz

Ingredient Code: LI100281

Sub Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), white cheddar cheese (milk, cheese cultures, salt, enzymes), soybean oil (with TBHQ for freshness).Contains 2% or less of salt, calcium carbonate, paprika, yeast, paprika extract color, turmeric extract color, BHT for freshness, vitamin A palmitate, annatto extract color, soy lecithin.

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	21.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
476.190	16.667	4.762	0.000	0.000	714.286	66.667	4.762	0.000	(M)	14.286	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (21.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	3.500	1.000	0.000	0.000	150.000	14.000	1.000	0.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cracker Goldfish .75 oz

Ingredient Code: LI100283

Sub Ingredients: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OILS (CANOLA AND/OR SUNFLOWER), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), SALT, CONTAINS 2 PERCENT OR LESS OF: YEAST EXTRACT, NATURAL FLAVOR, PAPRIKA, SPICES (CELERY), BAKING SODA, MONOCALCIUM PHOSPHATE, DEHYDRATED ONIONS, ANNATTO EXTRACT FOR COLOR.

Allergens: Contains Milk, Wheat,

Measure	Weight In Grams
1 Each (L v1)	21.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
476.190	19.048	2.381	0.000	0.000	809.524	66.667	4.762	0.000	(M)	9.524	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (21.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	4.000	0.500	0.000	0.000	170.000	14.000	1.000	0.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cracker Goldfish Cinnamon .9 oz

Ingredient Code: LI100284

Sub Ingredients: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR,, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR,, SOYBEAN AND PALM OILS, FRUCTOSE, CONTAINS 2% OR LESS OF: CINNAMON, SALT,, CALCIUM CARBONATE, BAKING SODA, CORNSTARCH, FERRIC ORTHOPHOSPHATE,, VITAMIN A PALMITATE.

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	26.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
461.538	15.385	3.846	0.000	0.000	423.077	73.077	3.846	23.077	(M)	3.846	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (26.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	4.000	1.000	0.000	0.000	110.000	19.000	1.000	6.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cracker Goldfish Pretzel WG .75 oz

Ingredient Code: LI100282

Sub Ingredients: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OILS (CANOLA AND/OR SUNFLOWER), SALT, CONTAINS 2 PERCENT OR LESS OF: BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORNSTARCH, MONOCALCIUM PHOSPHATE), MALTED BARLEY FLOUR, NONFAT MILK.

Allergens: Contains Milk, Wheat,

Measure	Weight In Grams
1 Each (L v1)	21.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
428.571	7.143	0.000	0.000	0.000	952.381	76.190	4.762	0.000	(M)	9.524	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (21.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	1.500	0.000	0.000	0.000	200.000	16.000	1.000	0.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cracker Graham 2 pk

Ingredient Code: LI100285

Sub Ingredients: GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR),UNBLEACHEDENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID),SUGAR, SOYBEAN OIL, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, WHEAT STARCH, ARTIFICIAL FLAVOR

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	14.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
428.571	10.714	0.000	0.000	0.000	500.000	78.571	7.143	28.571	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (14.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	1.500	0.000	0.000	0.000	70.000	11.000	1.000	4.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cracker Graham Honey Square

Ingredient Code: LI100465

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	21.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
428.571	9.524	0.000	0.000	0.000	500.000	76.190	4.762	23.810	23.810	4.762	3.429	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 21 Gram (21.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	2.000	0.000	0.000	0.000	105.000	16.000	1.000	5.000	5.000	1.000	0.720	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cracker Graham, Honey Sugar 3 pack

Ingredient Code: LI100466

Allergens: Contains Gluten, Wheat,

Measure	Weight In Grams
1 Each (L v1)	21.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
428.571	9.524	0.000	0.000	0.000	500.000	76.190	4.762	23.810	23.810	4.762	2.857	47.619	0.000	0.000	0.000	190.476	0.000	0.000

## Nutrients per 1 Each (21.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	2.000	0.000	0.000	0.000	105.000	16.000	1.000	5.000	5.000	1.000	0.600	10.000	0.000	0.000	0.000	40.000	0.000	0.000

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Cracker Scoopy Doo  
 Ingredient Code: LI100464  
 Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
428.571	12.500	3.571	0.000	0.000	410.714	75.000	3.571	28.571	28.571	7.143	2.500	0.000	0.000	(M)	(M)	(M)	(M)	(M)

## Nutrients per 28 Gram (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	3.500	1.000	0.000	0.000	115.000	21.000	1.000	8.000	8.000	2.000	0.700	0.000	0.000	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cranberries Dried, IW  
 Ingredient Code: LI100496

Measure	Weight In Grams
1 Package (L v1)	32.8860

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
334.489	0.000	0.000	0.000	0.000	0.000	85.143	9.122	72.979	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Package (32.886 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	0.000	0.000	0.000	0.000	0.000	28.000	3.000	24.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Ingredient Name: Cream Cheese Cup

Ingredient Code: LI100129

Sub Ingredients: PASTEURIZED MILK AND CREAM, PASTEURIZED SKIM MILK, CHEESE CULTURE, SODIUM CITRATE\*, SALT, GUAR GUM, MODIFIED FOOD STARCH\*, CAROB BEAN GUM, XANTHAN GUM, NATURAL FLAVOR\*, VITAMIN A PALMITATE, ENZYMES. \*INGREDIENT NOT IN REGULAR CREAM CHEESE

Allergens: Contains Milk,

Measure	Weight In Grams
1 Each (L v1)	21.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
190.476	16.667	9.524	(M)	47.619	500.000	9.524	0.000	4.762	(M)	9.524	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (21.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
40.000	3.500	2.000	(M)	10.000	105.000	2.000	0.000	1.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cream Cheese Cup Philly

Ingredient Code: LI100130

Sub Ingredients: PASTEURIZED MILK AND CREAM, WHEY PROTEIN CONCENTRATE, CONTAINS LESS THAN 2% OF SALT, CAROB BEAN GUM, GUAR GUM, NATAMYCIN (A NATURAL MOLD INHIBITOR)\*, VITAMIN A PALMITATE, CHEESE CULTURE \*INGREDIENT NOT IN REGULAR CREAM CHEESE

Allergens: Contains Milk,

Measure	Weight In Grams
1 Each (L v1)	21.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
214.286	16.667	9.524	(M)	71.429	380.952	9.524	0.000	4.762	(M)	9.524	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (21.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
45.000	3.500	2.000	(M)	15.000	80.000	2.000	0.000	1.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cream Cheese Loaf

Ingredient Code: LI100131

Sub Ingredients: PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, CAROB BEAN GUM, XANTHAN GUM.

Allergens: Contains Milk,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
317.460	31.746	21.164	0.000	105.820	335.097	7.055	0.000	3.527	(M)	7.055	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	9.000	6.000	0.000	30.000	95.000	2.000	0.000	1.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cream Cheese pouch

Ingredient Code: LI100132

Sub Ingredients: PASTEURIZED MILK AND CREAM, WHEY PROTEIN CONCENTRATE, WHEY, SALT, CAROB BEAN GUM, XANTHAN GUM, GUAR GUM, NATAMYCIN (A NATURAL MOLD INHIBITOR), VITAMIN A PALMITATE, CHEESE CULTURE

Allergens: Contains Milk,

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
250.000	25.000	14.286	0.000	71.429	410.714	3.571	0.000	3.571	(M)	3.571	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	7.000	4.000	0.000	20.000	115.000	1.000	0.000	1.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cream Sour

Ingredient Code: LI100136

Sub Ingredients: Cultured Cream, Contains less than 2% of: Food Starch-Modified (Corn), Sodium Tripolyphosphate, Carrageenan, Locust Bean Gum, Guar Gum, Potassium Sorbate (to preserve freshness)

Allergens: Contains Milk,

Measure	Weight In Grams
2 tablespoon (L v1)	30.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
200.000	16.667	11.667	0.000	66.667	100.000	6.667	0.000	3.333	(M)	3.333	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 tablespoon (30.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	5.000	3.500	0.000	20.000	30.000	2.000	0.000	1.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cream Sour Lite

Ingredient Code: LI100137

Sub Ingredients: Cultured milk, cream, nonfat dry milk, modified corn starch, guar gum, sodium citrate, carrageenan, locust bean gum, Vitamin A palmitate.

Allergens: Contains Milk,

Measure	Weight In Grams
2 tablespoon (L v1)	30.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
133.333	10.000	6.667	0.000	33.333	100.000	6.667	0.000	6.667	(M)	3.333	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 tablespoon (30.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
40.000	3.000	2.000	0.000	10.000	30.000	2.000	0.000	2.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cream Sour Pure Cup

Ingredient Code: LI100138

Sub Ingredients: Pasteurized milk and cream, contains less than 2% nonfat dry milk, mono and diglycerides, modified food starch, guar gum, locust bean gum, carrageenan, cheese culture, potassium sorbate (preservative), sodium citrate, enzymes

Allergens: Contains Milk,

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
178.571	17.857	10.714	0.000	71.429	71.429	3.571	0.000	3.571	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
50.000	5.000	3.000	0.000	20.000	20.000	1.000	0.000	1.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Croissant WG Bake Crafters

Ingredient Code: LI100357

Sub Ingredients: Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted, Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate,, Riboflavin, Folic Acid), Margarine (Palm Oil, Water, Soybean, Oil, Sugar, Soy Lecithin, Mono-Diglycerides, Potassium, Sorbate, Citric Acid, Natural And Artificial Flavor, Beta, Carotene, Vitamin A Palmitate), Water, Whole Milk, Brown, Sugar, Yeast, Contains less than 2%: Malt Extract, Honey,, Dry Cultured Wheat Flour, Salt, Enzyme.,

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	62.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
290.323	9.677	4.839	0.000	0.000	274.194	41.935	4.839	6.452	3.226	6.452	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (62.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
180.000	6.000	3.000	0.000	0.000	170.000	26.000	3.000	4.000	2.000	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Crouton Garlic Homestyle

Ingredient Code: LI100287

Sub Ingredients: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OIL, WHEY, SALT, YEAST, 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, DEHYDRATED PARSLEY, GARLIC POWDER, CALCIUM PROPIONATE (PRESERVATIVE), NATURAL AND ARTIFICIAL FLAVOR, PARMESAN CHEESE AND ENZYME MODIFIED CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), CULTURED NONFAT MILK, ANNATTO (COLOR), EXTRACTIVES OF TURMERIC AND PAPRIKA (COLOR), ENZYMES, ASCORBIC ACID, TBHQ (TO PRESERVE FRESHNESS)

Allergens: Contains Milk, Wheat,

Measure	Weight In Grams
2 tablespoon (L v1)	7.0000
1 no. 10 can (L v1)	728.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
105.820	3.527	0.000	0.000	0.000	282.187	17.637	0.000	0.000	(M)	3.527	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
30.000	1.000	0.000	0.000	0.000	80.000	5.000	0.000	0.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cuban Black Bean Dip

Ingredient Code: LI100581

Sub Ingredients: Black Beans, Water, Onion, Organic Green Pepper, Organic Cider Vinegar, Olive Oil, Sea Salt, Lime Juice, Garlic, Coriander, Oregano, Bay Leaf

Measure	Weight In Grams
2 1/2 ounces (L v1)	130.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
115.385	2.308	0.000	0.000	0.000	230.769	19.231	4.615	1.538	0.000	6.154	1.385	30.769	(M)	(M)	0.000	361.538	(M)	(M)

## Nutrients per 2 1/2 ounces (130.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	3.000	0.000	0.000	0.000	300.000	25.000	6.000	2.000	0.000	8.000	1.800	40.000	(M)	(M)	0.000	470.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cucumber, with peel, raw  
 Ingredient Code: LI100044

Measure	Weight In Grams
1 cucumber (8-1/4") (L v1)	301.0000
1/2 CUP slices (L v1)	52.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
15.000	0.110	0.037	0.000	0.000	2.000	3.630	0.500	1.670	(M)	0.650	0.280	16.000	105.000	2.800	(M)	(M)	95.230	0.380

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Cumin Ground  
 Ingredient Code: LI100433

Measure	Weight In Grams
1 tablespoon (L v1)	6.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
333.333	16.667	0.000	(M)	0.000	166.667	33.333	0.000	0.000	(M)	16.667	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 6 Gram (6.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
20.000	1.000	0.000	(M)	0.000	10.000	2.000	0.000	0.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Donut Hole, Vanilla  
 Ingredient Code: LI100567

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per ( g )

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Donut Ring WG - Richs  
 Ingredient Code: LI100551  
 Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	69.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
405.797	23.188	10.145	0.000	0.000	449.275	43.478	2.899	8.696	7.246	7.246	2.174	14.493	(M)	(M)	0.870	159.391	(M)	(M)

## Nutrients per 1 Each (69.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
280.000	16.000	7.000	0.000	0.000	310.000	30.000	2.000	6.000	5.000	5.000	1.500	10.000	(M)	(M)	0.600	109.980	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dough Chocolate Chip WG

Ingredient Code: LI100227

Sub Ingredients: WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SEMI-SWEET CHOCOLATE CHIPS; (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT, MILK), WATER, SOYBEAN OIL, INVERT SUGAR, EGGS, MALTODEXTRIN, CANOLA OIL, CONTAINS; 2% OR LESS OF: MOLASSES, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), PALM AND PALM KERNEL OIL, SOY LECITHIN, SALT, DATEM, SODIUM STEAROYL LACTYLATE,; NATURAL AND ARTIFICIAL FLAVORS, MODIFIED CORN STARCH.

Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
464.286	21.429	10.714	0.000	17.857	357.143	60.714	0.000	35.714	(M)	3.571	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	6.000	3.000	0.000	5.000	100.000	17.000	0.000	10.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

## Pre-Preparation Instructions

- Place 7 by 5 on a large, lined sheet pan.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dough Cinnamon Swirl WG

Ingredient Code: LI100228

Sub Ingredients: WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: MALTODEXTRIN, EGGS, MODIFIED CORNSTARCH, CINNAMON, CITRUS FIBER, NATURAL AND ARTIFICIAL FLAVOR, SALT, MOLASSES, DISTILLED MONOGLYCERIDES, POTASSIUM CHLORIDE, DATEM, SODIUM STEAROYL LACTYLATE, COLORED WITH (CARMEL COLOR, BETA CAROTENE), PECTIN, MODIFIED TAPIOCA STARCH, ASCORBIC ACID, ENZYME

Allergens: Contains Egg, Wheat,

Measure	Weight In Grams
1 Each (L v1)	74.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
243.243	1.351	0.676	0.000	0.000	182.432	50.000	4.054	13.514	(M)	6.757	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (74.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
180.000	1.000	0.500	0.000	0.000	135.000	37.000	3.000	10.000	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dough Cookie Carnival

Ingredient Code: LI100226

Sub Ingredients: WHOLE WHEAT FLOUR, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANDY COATED SEMI-SWEET CHOCOLATE GEMS (SEMI-SWEET CHOCOLATE [SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, NATURAL VANILLA FLAVOR, MILK], SUGAR, ARTIFICIAL COLORING [TITANIUM DIOXIDE, BLUE 2 LAKE, YELLOW 6 LAKE, YELLOW 5 LAKE, RED 40 LAKE, BLUE 1 LAKE, YELLOW 6], GUM ARABIC, CORN SYRUP, CONFECTIONERS GLAZES [SHELLAC AND/OR CARNAUBA WAX AND/OR BEESWAX, REFINED COCONUT OIL]), WATER, INVERT SUGAR, EGGS, CANOLA OIL, SOYBEAN OIL, CONTAINS 2% OR LESS OF: LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), MOLASSES, PALM AND PALM KERNEL OIL, SOY LECITHIN, SALT, DATEM, SODIUM STEAROYL LACTYLATE, MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVORS, MODIFIED CORN STARCH.

Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
392.857	12.500	3.571	0.000	0.000	303.571	64.286	3.571	28.571	(M)	3.571	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	3.500	1.000	0.000	0.000	85.000	18.000	1.000	8.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dough Cookie Sugar  
 Ingredient Code: LI100225  
 Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
428.571	17.857	7.143	0.000	17.857	375.000	64.286	0.000	32.143	(M)	3.571	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	5.000	2.000	0.000	5.000	105.000	18.000	0.000	9.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dough Dinner Roll 1.25 oz

Ingredient Code: LI100230

Sub Ingredients: WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, WHEAT GLUTEN, SUGAR, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYMES (CONTAINS WHEAT), ASCORBIC ACID, SALT.

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	35.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
228.571	4.286	0.000	0.000	0.000	200.000	40.000	5.714	5.714	(M)	8.571	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (35.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	1.500	0.000	0.000	0.000	70.000	14.000	2.000	2.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dough Dinner Roll 2.5 oz

Ingredient Code: LI100229

Sub Ingredients: WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, WHEAT GLUTEN, SUGAR, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, FRUCTOSE, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, HONEY, ENZYME (CONTAINS WHEAT), ASCORBIC ACID, SALT.

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	71.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
239.437	4.225	0.000	0.000	0.000	197.183	40.845	4.225	5.634	(M)	9.859	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (71.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
170.000	3.000	0.000	0.000	0.000	140.000	29.000	3.000	4.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dough Pizza 5" WG

Ingredient Code: LI100389

Sub Ingredients: WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, WHEAT GLUTEN, DEXTROSE, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, OAT FIBER, SOYBEAN OIL, SALT, POTASSIUM CHLORIDE, ENZYME, ASCORBIC ACID, WHEAT STARCH, DEXTRIN

Allergens: Contains Wheat,

Measure	Weight In Grams
1 crust (L v1)	61.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
262.295	2.459	0.000	0.000	0.000	229.508	49.180	4.918	6.557	(M)	11.475	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 crust (61.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	1.500	0.000	0.000	0.000	140.000	30.000	3.000	4.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dough Pizza 7"

Ingredient Code: LI100562

Sub Ingredients: INGREDIENTS FOR U.S MARKET: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, SOYBEAN OIL, WHEAT GLUTEN, ASCORBIC ACID, ENZYME.

Allergens: Contains Wheat, May contain Egg, Milk, Soy,

Measure	Weight In Grams
1 Serving (L v1)	52.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
230.769	1.923	0.000	(M)	0.000	461.538	44.231	1.923	1.923	1.923	7.692	2.885	19.231	(M)	(M)	0.769	96.154	(M)	(M)

## Nutrients per 1 Serving (52.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	1.000	0.000	(M)	0.000	240.000	23.000	1.000	1.000	1.000	4.000	1.500	10.000	(M)	(M)	0.400	50.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dough Pizza Presheeted 16" Proofed & Bake-ready

Ingredient Code: LI100554

Sub Ingredients: INGREDIENTS FOR U.S MARKET: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, SOYBEAN OIL, WHEAT GLUTEN, ASCORBIC ACID, ENZYMES.

Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Serving (L v1)	61.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
229.508	2.459	0.000	0.000	0.000	475.410	45.902	1.639	42.623	1.639	8.197	2.951	16.393	(M)	(M)	0.820	81.967	(M)	(M)

## Nutrients per 1 Serving (61.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	1.500	0.000	0.000	0.000	290.000	28.000	1.000	26.000	1.000	5.000	1.800	10.000	(M)	(M)	0.500	50.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dough Pizza WG 5in

Ingredient Code: LI100359

Sub Ingredients: WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, WHEAT GLUTEN, DEXTROSE, CONTAINS LESS THAN 2% OF THE FOLLOWING: SUGAR, OAT FIBER, SOYBEAN OIL, SALT, POTASSIUM CHLORIDE, ENZYME, ASCORBIC ACID, WHEAT STARCH, DEXTRIN.

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	71.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
225.352	2.113	0.000	0.000	0.000	197.183	42.254	4.225	5.634	(M)	9.859	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (71.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	1.500	0.000	0.000	0.000	140.000	30.000	3.000	4.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dressin Mix Ranch No MSG

Ingredient Code: LI100291

Sub Ingredients: Maltodextrin, Salt, Whey, Dehydrated Garlic, Dehydrated Onion, Dextrose, Gum Blend (Xanthan, Carrageenan), Spice, Parsley, Natural Flavor, Less Than 2% Silicon Dioxide (Anticaking).

Allergens: Contains Milk,

Measure	Weight In Grams
1/4 teaspoon (L v1)	1.0000
1 no. 10 can (L v1)	2,496.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	0.000	0.000	9500.000	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/4 teaspoon (1.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	0.000	0.000	95.000	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dressing Caesar gallon

Ingredient Code: LI100288

Sub Ingredients: Soybean Oil, Water, Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Corn Vinegar, Whole Egg and Egg Yolks, Corn Syrup, Sugar, Salt, Contains less than 2% of Anchovy Paste (Anchovy, Salt, Defatted Soy Flour, Water), Distilled Vinegar, Spices (Includes Mustard), Garlic\*, Citric Acid, Lemon Juice Concentrate, Natural Flavor, Xanthan Gum, Onion\*, Sodium Benzoate (a Preservative), Calcium Disodium EDTA added to Protect Flavor, Caramel Color, Oleoresin Turmeric & Annatto Extract (Color), Red Pepper. \*Dehydrated

Allergens: Contains Egg, Fish, Milk, Soy,

Measure	Weight In Grams
2 tablespoon (L v1)	29.0000
1 no. 10 can (L v1)	3,016.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
482.759	48.276	8.621	0.000	34.483	1206.897	6.897	0.000	3.448	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 tablespoon (29.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	14.000	2.500	0.000	10.000	350.000	2.000	0.000	1.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dressing Caesar Reduced Calorie

Ingredient Code: LI100289

Sub Ingredients: Water, Soybean Oil, Corn Vinegar, Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Whole Egg and Egg Yolks, Salt, Sugar, Contains less than 2% of Distilled Vinegar, Food Starch-Modified, Garlic\*, Onion\*, Spices (Include Mustard), Anchovy Extract, Lemon Juice Concentrate, Xanthan Gum, Propylene Glycol Alginate, Sodium Benzoate (A Preservative), Calcium Disodium EDTA added to Protect Flavor, Caramel Color. \*Dehydrated Contains

Allergens: Contains Egg, Fish, Milk,

Measure	Weight In Grams
2 tablespoon (L v1)	30.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
233.333	23.333	5.000	0.000	0.000	1066.667	6.667	0.000	3.333	(M)	3.333	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 tablespoon (30.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	7.000	1.500	0.000	0.000	320.000	2.000	0.000	1.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dressing Honey Mustard

Ingredient Code: LI100290

Sub Ingredients: Soybean Oil, Sugar, Water, Corn Syrup, Distilled Vinegar, Prepared Mustard (Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric, Spice), Egg Yolks, Whole Egg, Honey, Contains less than 2% of Salt, Red Wine Vinegar, Propylene Glycol Alginate, Natural Flavors, Parsley\*, Lemon Juice Concentrate. \*Dehydrated

Allergens: Contains Egg,

Measure	Weight In Grams
2 tablespoon (L v1)	30.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
500.000	46.667	8.333	0.000	33.333	533.333	23.333	0.000	16.667	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 tablespoon (30.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	14.000	2.500	0.000	10.000	160.000	7.000	0.000	5.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dressing Ranch Cup

Ingredient Code: LI100292

Sub Ingredients: SOYBEAN OIL, BUTTERMILK (CULTURED LOWFAT MILK, MILK, NONFAT DRY MILK, SALT, SODIUM CITRATE, VITAMIN A PALMITATE), DISTILLED WHITEVINEGAR, EGG YOLKS, CONTAINS LESS THAN 2% OF: SALT, SUGAR, ONIONPOWDER, GARLIC POWDER, SPICES, SODIUM BENZOATE AND POTASSIUMSORBATE AS PRESERVATIVES, PROPYLENE GLYCOL ALGINATE, WORCESTERSHIRE SAUCE CONCENTRATE (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR, AMMONIA BISULFITES), XANTHAN GUM, MONOSODIUM GLUTAMATE, LEMON JUICE CONCENTRATE, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR.

Allergens: Contains Egg, Milk, Soy,

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
535.714	60.714	8.929	0.000	53.571	785.714	3.571	0.000	3.571	(M)	3.571	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	17.000	2.500	0.000	15.000	220.000	1.000	0.000	1.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dressing Ranch Special Recipe

Ingredient Code: LI100293

Sub Ingredients: Water, Soybean Oil, Cultured Lowfat Buttermilk, Egg Yolks, Distilled Vinegar, Contains less than 2% of Salt, Sugar, Garlic\*, Spices, Parsley, Mustard Seed, Xanthan Gum, Onion\*, Phosphoric Acid, Maltodextrin, Sodium Benzoate and Potassium Sorbate (as Preservatives), Lactic Acid, Propylene Glycol Alginate, Natural Flavor. \*Dehydrated

Allergens: Contains Egg, Milk,

Measure	Weight In Grams
2 tablespoon (L v1)	29.0000
1 no. 10 can (L v1)	3,016.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
310.345	34.483	5.172	0.000	34.483	827.586	3.448	0.000	3.448	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 tablespoon (29.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	10.000	1.500	0.000	10.000	240.000	1.000	0.000	1.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dressing Sesame Oriental

Ingredient Code: LI100347

Sub Ingredients: SUGAR, WATER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, SODIUM BENZOATE [PRESERVATIVE]), PEACH JUICE CONCENTRATE, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF SALT, WHITE WINE VINEGAR, NATURAL FLAVOR, SESAME SEED, SESAME OIL, LEMON JUICE CONCENTRATE, GARLIC,\* CAMEL COLOR, GUAR GUM, SPICE, PAPRIKA, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). \*DRIED.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
2 tablespoon (L v1)	35.0000
1 no. 10 can (L v1)	3,640.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
285.714	14.286	1.429	0.000	0.000	1085.714	40.000	0.000	34.286	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 tablespoon (35.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	5.000	0.500	0.000	0.000	380.000	14.000	0.000	12.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Dressing, Coleslaw  
 Ingredient Code: LI100502  
 Allergens: Contains Egg,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
419.355	35.484	6.452	0.000	32.258	870.968	25.806	0.000	25.806	25.806	0.000	0.000	0.000	0.000	0.000	(M)	(M)	(M)	(M)

## Nutrients per 31 Gram (31.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	11.000	2.000	0.000	10.000	270.000	8.000	0.000	8.000	8.000	0.000	0.000	0.000	0.000	0.000	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Edamame, frozen, prepared  
 Ingredient Code: LI100050  
 Sub Ingredients: Edamame

Measure	Weight In Grams
1 Cup (L v1)	155.0000
1 no. 10 can (L v1)	2,015.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
180.000	7.500	1.000	0.009	0.000	6.000	12.000	7.000	3.000	(M)	11.910	2.270	63.000	298.000	6.100	(M)	(M)	72.770	1.210

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Egg Hardboiled whole peeled pillow  
 Ingredient Code: LI100139  
 Sub Ingredients: Hard Cooked Eggs.  
 Allergens: Contains Egg,

Measure	Weight In Grams
1 Each (L v1)	45.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
155.556	11.111	3.333	0.000	377.778	122.222	2.222	0.000	2.222	(M)	13.333	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (45.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	5.000	1.500	0.000	170.000	55.000	1.000	0.000	1.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Egg Patty RD 3.5

Ingredient Code: LI100339

Sub Ingredients: WHOLE EGGS, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, WHEY SOLIDS, SALT, NONFAT DRIED MILK, CITRIC ACID

Allergens: Contains Egg, Milk,

Measure	Weight In Grams
1 Each (L v1)	35.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
171.429	11.429	2.857	0.000	271.429	314.286	2.857	0.000	0.000	(M)	8.571	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (35.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	4.000	1.000	0.000	95.000	110.000	1.000	0.000	0.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Egg Roll  
 Ingredient Code: LI100492  
 Allergens: Contains Soy, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
238.636	10.227	0.568	0.000	0.000	386.364	31.818	2.273	2.273	0.000	4.545	1.136	4.545	(M)	(M)	(M)	39.773	(M)	(M)

## Nutrients per 88 Gram (88.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
210.000	9.000	0.500	0.000	0.000	340.000	28.000	2.000	2.000	0.000	4.000	1.000	4.000	(M)	(M)	(M)	35.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Egg Scrambled Mix Boil in bag

Ingredient Code: LI100140

Sub Ingredients: WHOLE EGGS, WHEY, SKIM MILK, XANTHAN GUM, CITRIC ACID, 0.12% WATER ADDED AS CARRIER FOR CITRIC ACID. CITRIC ACID ADDED TO PRESERVE COLOR.

Allergens: Contains Egg,

Measure	Weight In Grams
1/2 Cup (L v1)	124.0000
1 no. 10 can (L v1)	3,224.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
112.903	7.258	2.419	0.000	278.226	120.968	2.419	0.000	1.613	(M)	9.677	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/2 Cup (124.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	9.000	3.000	0.000	345.000	150.000	3.000	0.000	2.000	(M)	12.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Egg whole Liquid Fresh w Citric Acid TFF

Ingredient Code: LI100141

Sub Ingredients: WHOLE EGG, CITRIC ACID, 0.15% WATER ADDED AS CARRIER FOR CITRIC ACID. CITRIC ACID ADDED TO PRESERVE COLOR.

Allergens: Contains Egg,

Measure	Weight In Grams
3 tablespoon (L v1)	46.0000
1 no. 10 can (L v1)	3,189.3333

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
152.174	9.783	3.261	0.000	369.565	141.304	0.000	0.000	0.000	(M)	13.043	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 tablespoon (46.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	4.500	1.500	0.000	170.000	65.000	0.000	0.000	0.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Egg Whole Liquid w Citric Acid 5LB

Ingredient Code: LI100142

Sub Ingredients: WHOLE EGG, CITRIC ACID, 0.15% WATER ADDED AS CARRIER FOR CITRIC ACID. CITRIC ACID ADDED TO PRESERVE COLOR.

Allergens: Contains Egg,

Measure	Weight In Grams
3 tablespoon (L v1)	46.0000
1 no. 10 can (L v1)	3,189.3333

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
152.174	9.783	3.261	0.000	369.565	141.304	0.000	0.000	0.000	(M)	13.043	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 tablespoon (46.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	4.500	1.500	0.000	170.000	65.000	0.000	0.000	0.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: English Muffin 51 %  
 Ingredient Code: LI100457  
 Allergens: Contains Gluten, Wheat,

Measure	Weight In Grams
1 Each (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
183.333	8.333	0.000	0.000	0.000	300.000	36.667	3.333	1.667	(M)	8.333	1.667	111.667	0.000	0.000	0.000	0.000	(M)	(M)

## Nutrients per 60 Gram (60.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	5.000	0.000	0.000	0.000	180.000	22.000	2.000	1.000	(M)	5.000	1.000	67.000	0.000	0.000	0.000	0.000	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Fajita Seasoning  
 Ingredient Code: LI100500

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
250.000	0.000	0.000	0.000	0.000	8250.000	75.000	0.000	0.000	0.000	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Gram (4.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
10.000	0.000	0.000	0.000	0.000	330.000	3.000	0.000	0.000	0.000	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Falafel  
 Ingredient Code: LI100537

Measure	Weight In Grams
3 Each (L v1)	28.3000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
600.707	28.269	5.300	0.000	0.000	1448.763	70.671	14.134	10.601	0.000	21.201	7.067	166.078	(M)	(M)	0.000	777.244	(M)	(M)

## Nutrients per 3 Each (28.300 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
170.000	8.000	1.500	0.000	0.000	410.000	20.000	4.000	3.000	0.000	6.000	2.000	47.000	(M)	(M)	0.000	219.960	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Feta Crumbles

Ingredient Code: LI100428

Sub Ingredients: Feta Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose to prevent caking, Natamycin to protect flavor.

Allergens: Contains Milk,

Measure	Weight In Grams
1 ounces (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
250.000	21.429	14.286	0.000	89.286	1107.143	3.571	0.000	3.571	0.000	14.286	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 28 Gram (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	6.000	4.000	0.000	25.000	310.000	1.000	0.000	1.000	0.000	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Fish Nugget Comm Credit

Ingredient Code: LI100177

Sub Ingredients: 64.2% FISH (ALASKA POLLOCK) 35.8% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEAT GLUTEN, SALT, SUGAR, IODIZED SALT, YEAST, WHOLE YELLOW CORN FLOUR, SOY FLOUR, DEXTROSE, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, EXTRACTIVES OF PAPRIKA, SPICE EXTRACT, SPICE.

Allergens: Contains Fish, Soy, Wheat,

Measure	Weight In Grams
4 Each (L v1)	114.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
201.754	8.772	0.877	0.000	39.474	315.789	17.544	1.754	0.877	(M)	14.035	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Each (114.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
230.000	10.000	1.000	0.000	45.000	360.000	20.000	2.000	1.000	(M)	16.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Fish Nugget Ocean Treasure

Ingredient Code: LI100175

Sub Ingredients: 67.04% FISH (ALASKA POLLOCK AND COD), 32.96% BATTER AND BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEAT GLUTEN, IODIZED SALT, SALT, SUGAR, YEAST, WHOLE YELLOW CORN FLOUR, SOY FLOUR, DEXTROSE, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, EXTRACTIVES OF PAPRIKA, SPICE EXTRACT, SPICE, WATER). CONTAINS FISH (ALASKA POLLOCK AND COD), WHEAT, SOY.

Allergens: Contains Fish, Soy, Wheat,

Measure	Weight In Grams
4 Each (L v1)	113.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
203.540	7.965	0.885	0.000	39.823	336.283	17.699	1.770	0.885	(M)	15.044	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Each (113.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
230.000	9.000	1.000	0.000	45.000	380.000	20.000	2.000	1.000	(M)	17.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Fish Stick Baja

Ingredient Code: LI100176

Sub Ingredients: 65% FISH (ALASKA POLLOCK), 35% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], WHOLE WHITE CORN TORTILLA PIECES [WHOLE WHITE CORN FLOUR, VEGETABLE OIL {CORN, SOYBEAN AND/OR SUNFLOWER}], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHOLE GRAIN YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR [PROCESSED WITH LIME], SALT, WHEAT GLUTEN, YEAST EXTRACT, DRIED GARLIC, DRIED ONION, DRIED YEAST, GREEN JALAPENO PEPPER, MALTODEXTRIN, SPICES, SUGAR, PAPRIKA EXTRACT [COLOR], COCONUT OIL, CITRIC ACID, NATURAL FLAVORS, ARTIFICIAL FLAVORS, CORN SYRUP SOLIDS, LACTIC ACID, CALCIUM LACTATE, SODIUM CASEINATE [A MILK DERIVATIVE], DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES).

Allergens: Contains Fish, Milk, Wheat,

Measure	Weight In Grams
4 Each (L v1)	113.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
203.540	9.735	0.885	0.000	39.823	433.628	15.929	1.770	0.000	(M)	14.159	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Each (113.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
230.000	11.000	1.000	0.000	45.000	490.000	18.000	2.000	0.000	(M)	16.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Frank All-Beef 8 per #

Ingredient Code: LI100166

Sub Ingredients: Beef, water, contains 2% or less of salt, spices, sorbitol, sodium phosphates, paprika, sodium erythorbate, flavorings, sodium nitrite

Measure	Weight In Grams
1 Each (L v1)	57.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
280.702	29.825	14.035	0.877	61.404	1035.088	1.754	0.000	0.000	(M)	10.526	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (57.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	17.000	8.000	0.500	35.000	590.000	1.000	0.000	0.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Frank Turkey Jennio CN

Ingredient Code: LI100190

Sub Ingredients: Mechanically Separated Turkey, Water, Contains 2% or less Seasoning (Corn, Syrup Solids, Dextrose, Sugar, Paprika, Natural Flavoring), Salt, Potassium Chloride, Natural, Flavor (Celery Juice Powder), Natural Flavoring, Natural Smoke Flavoring.

Measure	Weight In Grams
1 Each (L v1)	56.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
232.143	19.643	5.357	0.000	80.357	1250.000	1.786	0.000	0.000	(M)	12.500	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (56.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	11.000	3.000	0.000	45.000	700.000	1.000	0.000	0.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Franz 51 WG Bagel 2.3 oz

Ingredient Code: LI100376

Sub Ingredients: Whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid) water, sugar, yeast, Contains 2% or less of each of the following: vital wheat gluten, salt, vegetable oil(canola and/or Soy), xanthan gum, yeast nutrient (ammonium sulfate), calcium sulfate, enzymes, calcium propionate (mold inhibitor)

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	65.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
261.538	2.308	0.769	0.000	0.000	415.385	50.769	4.615	3.077	(M)	10.769	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (65.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
170.000	1.500	0.500	0.000	0.000	270.000	33.000	3.000	2.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Franz 51 WG blueberry bagel 2.3 oz

Ingredient Code: LI100377

Sub Ingredients: Whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid) water, sugar, yeast, blueberry flavored bits (sugar, wheat flour, corn cereal, soybean oil, wheat starch, natural and artificial flavors, blue #2 and red #40) Contains 2% or less of each of the following: vital wheat gluten, salt, vegetable oil (canola and/or Soy), xanthan gum, yeast nutrient (ammonium sulfate), calcium sulfate, enzymes, calcium propionate (mold inhibitor)

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	65.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
261.538	2.308	0.769	0.000	0.000	400.000	52.308	4.615	6.154	(M)	9.231	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (65.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
170.000	1.500	0.500	0.000	0.000	260.000	34.000	3.000	4.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Franz 51 WG Hoagie

Ingredient Code: LI100374

Sub Ingredients: Whole grain wheat flour, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin, mononitrate, riboflavin and folic acid)

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	65.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
246.154	2.308	0.769	0.000	0.000	323.077	44.615	3.077	4.615	(M)	10.769	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (65.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	1.500	0.500	0.000	0.000	210.000	29.000	2.000	3.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Franz 51 WG Hot Dog Bun

Ingredient Code: LI100373

Sub Ingredients: Whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid) water, sugar, yeast, vital wheat gluten. Contains 2% or less of the following: salt, vegetable oil (canola and/or Soy), guar and/or xanthan gum, yeast nutrient (ammonium sulfate), dough conditioners (sodium stearoyl lactylate ascorbic acid, monocalcium phosphate) calcium sulfate, enzymes, calcium propionate (mold inhibitor)

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	60.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
233.333	2.500	0.833	0.000	0.000	316.667	45.000	5.000	3.333	(M)	11.667	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (60.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	1.500	0.500	0.000	0.000	190.000	27.000	3.000	2.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Franz 51 WG Round Top

Ingredient Code: LI100371

Sub Ingredients: Whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid) water, sugar, yeast, vital wheat gluten. Contains 2% or less of each of the following: salt, vegetable oil (canola and/or Soy), guar and/or xanthan gum, yeast nutrient (ammonium sulfate), dough conditioners (sodium stearoyl lactylate ascorbic acid, monocalcium phosphate) calcium sulfate, enzymes, calcium propionate (mold inhibitor) nonfat dry milk, soy flour.

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Slice (L v1)	32.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
250.000	1.563	0.000	0.000	0.000	390.625	46.875	3.125	3.125	(M)	12.500	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Slice (32.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	0.500	0.000	0.000	0.000	125.000	15.000	1.000	1.000	(M)	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Franz 51 WG Tea Roll 1oz

Ingredient Code: LI100375

Sub Ingredients: Whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid) water, sugar, yeast, vital wheat gluten. Contains 2% or less of the following: salt, vegetable oil (canola and/or Soy), guar and/or xanthan gum, yeast nutrient (ammonium sulfate), dough conditioners (sodium stearoyl lactylate ascorbic acid, monocalcium phosphate) calcium sulfate, enzymes, calcium propionate (mold inhibitor)

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
250.000	1.786	0.000	0.000	0.000	321.429	42.857	3.571	3.571	(M)	10.714	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	0.500	0.000	0.000	0.000	90.000	12.000	1.000	1.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Franz Stoneground Deli Bread

Ingredient Code: LI100369

Sub Ingredients: Whole wheat flour, water, sugar, yeast, vital wheat gluten. Contains 2% or less of each of the following: wheat bran, crushed wheat, raisin juice concentrate, molasses, salt, vegetable oil(canola and/or Soy), distilled vinegar, dough conditioners (ascorbic acid) calcium sulfate, enzymes, calcium propionate (mold inhibitor), nonfat dry milk, soy flour.

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Slice (L v1)	40.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
250.000	2.500	1.250	0.000	0.000	500.000	47.500	7.500	5.000	(M)	10.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Slice (40.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	1.000	0.500	0.000	0.000	200.000	19.000	3.000	2.000	(M)	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Franz WW 4" Bun

Ingredient Code: LI100372

Sub Ingredients: whole wheat, water, sugar, yeast, vital wheat gluten, vegetable oil (canola and/or soy), Contains 2% or less of each of the following: salt, yeast nutrient (ammonium sulphate), dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, azodicarbonamide), calcium sulfate, enzymes, calcium propionate (mold inhibitor).

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	57.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
245.614	3.509	1.754	0.000	0.000	456.140	43.860	7.018	5.263	(M)	10.526	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (57.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	2.000	1.000	0.000	0.000	260.000	25.000	4.000	3.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Ingredient Name: Franz WW Round Top

Ingredient Code: LI100370

Sub Ingredients: Whole wheat flour, water, high fructose corn syrup, yeast, vital wheat gluten. Contains 2% or less of each of the following: wheat bran, crushed wheat, molasses, salt, vegetable oil (canola and/or soy), yeast nutrient (ammonium sulphate) dough conditioners (mono-diglycerides, sodium stearoyl lactylate, ascorbic acid, azodicarbonamide, monocalcium phosphate) calcium sulfate, enzymes, calcium propionate (mold inhibitor), nonfat dry milk, soy flour.

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Slice (L v1)	30.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
233.333	3.333	0.000	0.000	0.000	466.667	46.667	6.667	3.333	(M)	10.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Slice (30.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	1.000	0.000	0.000	0.000	140.000	14.000	2.000	1.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: French Bread Pizza

Ingredient Code: LI100555

Sub Ingredients: INGREDIENTS: FRENCH BREAD (WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), SUGAR, DOUGH CONDITIONER [WHEAT FLOUR, ASCORBIC ACID, ENZYMES], YEAST, SEA SALT, SALT, SOY LECITHIN, NON FAT DRY MILK). LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES). SAUCE (WATER, TOMATO PASTE [31% NTSS], SEASONING [MODIFIED FOOD STARCH, SUGAR, CONTAINS 2% OR LESS OF: DEXTROSE, SEA SALT, DRIED ONION, SPICE, DEHYDRATED ROMANO CHEESE (SHEEP'S AND COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), PAPRIKA, DRIED GARLIC, CITRIC ACID]).

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Serving (L v1)	156.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
224.359	9.615	4.487	0.000	22.436	314.103	22.436	1.923	6.410	1.282	12.179	1.282	217.949	51.282	0.000	0.000	(M)	(M)	(M)

## Nutrients per 1 Serving (156.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
350.000	15.000	7.000	0.000	35.000	490.000	35.000	3.000	10.000	2.000	19.000	2.000	340.000	80.000	0.000	0.000	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Fresh Grapes  
 Ingredient Code: LI100006

Measure	Weight In Grams
1 Cup (L v1)	151.0000
1 no. 10 can (L v1)	1,963.0000
1 NLEA serving (L v1)	126.0000
10 grapes (L v1)	49.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
69.000	0.160	0.054	0.000	0.000	2.000	18.100	0.900	15.480	(M)	0.720	0.360	10.000	66.000	3.200	(M)	(M)	80.540	0.480

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Fresh Strawberries  
 Ingredient Code: LI100011

Measure	Weight In Grams
1 NLEA serving (L v1)	147.0000
1 large (1-3/8" dia) (L v1)	18.0000
1 medium (1-1/4" dia) (L v1)	12.0000
1 CUP, halves (L v1)	152.0000
1 extra large (1-5/8" dia) (L v1)	27.0000
1 small (1" dia) (L v1)	7.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
32.000	0.300	0.015	0.000	0.000	1.000	7.680	2.000	4.890	(M)	0.670	0.410	16.000	12.000	58.800	(M)	(M)	90.950	0.400

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Fresh Tomato  
 Ingredient Code: LI100494

Measure	Weight In Grams
1 Each (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
8.818	0.000	0.000	0.000	0.000	0.000	1.764	0.882	1.764	(M)	0.000	0.150	5.291	(M)	(M)	0.000	132.275	(M)	(M)

## Nutrients per 1 Each (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
10.000	0.000	0.000	0.000	0.000	0.000	2.000	1.000	2.000	(M)	0.000	0.170	6.000	(M)	(M)	0.000	150.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids

Ingredient Code: LI100119

Sub Ingredients: Peaches, Pears, Water, Grapes, Pineapple, Pear Juice Concentrate, Cherries Artificially Colored Red with Carmine

Measure	Weight In Grams
1/2 Cup (L v1)	123.0000
1 no. 10 can (L v1)	3,198.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
45.000	0.070	0.010	0.000	0.000	4.000	11.630	1.100	(M)	(M)	0.400	0.300	8.000	233.000	3.000	(M)	(M)	87.700	0.200

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Garlic, Chopped in Water  
 Ingredient Code: LI100078

Measure	Weight In Grams
1 Cup (L v1)	136.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
149.000	0.500	0.089	0.000	0.000	17.000	33.060	2.100	1.000	(M)	6.360	1.700	181.000	9.000	31.200	(M)	(M)	58.580	1.500

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Ginger root, raw  
 Ingredient Code: LI100090

Measure	Weight In Grams
1 teaspoon (L v1)	2.0000
1 no. 10 can (L v1)	1,248.0000
5 slices (1" dia) (L v1)	11.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	0.750	0.203	0.000	0.000	13.000	17.770	2.000	1.700	(M)	1.820	0.600	16.000	0.000	5.000	(M)	(M)	78.890	0.770

(M) Indicates missing nutrient values.



# Ingredient List Report

Ingredient Name: Glaze Orange Zesty Minors

Ingredient Code: LI100469

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
184.211	0.000	0.000	(M)	(M)	394.737	47.368	(M)	44.737	44.737	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 38 Gram (38.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	0.000	0.000	(M)	(M)	150.000	18.000	(M)	17.000	17.000	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

### Pre-Preparation Instructions

- Toss Chicken in Glaze, return to oven just for a few minutes for glaze to stick.

### Serving Instructions

- 12 each per serving

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Glaze Sweet & Sour Minor's  
 Ingredient Code: LI100479  
 Allergens: Contains Soy,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
109.375	1.563	0.000	(M)	(M)	500.000	21.875	(M)	18.750	18.750	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 32 Gram (32.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
35.000	0.500	0.000	(M)	(M)	160.000	7.000	(M)	6.000	6.000	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Glaze Teryiaki, Minors  
 Ingredient Code: LI100487

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
136.364	3.030	0.000	(M)	(M)	1000.000	24.242	(M)	18.182	12.121	3.030	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 33 Gram (33.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
45.000	1.000	0.000	(M)	(M)	330.000	8.000	(M)	6.000	4.000	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Graham Cracker, Honey Sugar, 3pk  
 Ingredient Code: LI100468

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per ( g )

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Ground Beef  
 Ingredient Code: LI100364

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
230.453	16.461	5.879	2.352	72.898	70.547	0.000	0.000	0.000	(M)	18.812	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 1/2 Ounce (42.525 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
98.000	7.000	2.500	1.000	31.000	30.000	0.000	0.000	0.000	(M)	8.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Hawaiian Teriyaki Sauce Baste & Glaze  
 Ingredient Code: LI100553

Measure	Weight In Grams
1 tablespoon (L v1)	18.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
277.778	8.333	0.000	0.000	0.000	1611.111	50.000	0.000	50.000	(M)	5.556	0.000	(M)	0.000	0.000	0.000	(M)	(M)	(M)

## Nutrients per 1 tablespoon (18.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
50.000	1.500	0.000	0.000	0.000	290.000	9.000	0.000	9.000	(M)	1.000	0.000	(M)	0.000	0.000	0.000	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Honey Graham Toasters Cereal  
 Ingredient Code: LI100476

Measure	Weight In Grams
1 bowl (L v1)	56.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
403.509	10.526	0.877	0.000	0.000	842.105	75.439	5.263	35.088	33.333	5.263	78.947	26.316	0.000	0.000	0.000	3.298	0.000	0.000

## Nutrients per 57 Gram (57.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
230.000	6.000	0.500	0.000	0.000	480.000	43.000	3.000	20.000	19.000	3.000	45.000	15.000	0.000	0.000	0.000	1.880	0.000	0.000

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Honey Pure Clover Grade A in Jug  
 Ingredient Code: LI100393  
 Sub Ingredients: Honey

Measure	Weight In Grams
1 tablespoon (L v1)	21.0000
1 no. 10 can (L v1)	4,368.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
285.714	0.000	0.000	0.000	0.000	0.000	76.190	0.000	76.190	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 tablespoon (21.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	0.000	0.000	0.000	0.000	0.000	16.000	0.000	16.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Honey Scooters  
 Ingredient Code: LI100475  
 Allergens: Contains Wheat,

Measure	Weight In Grams
1 bowl (L v1)	57.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
385.965	4.386	0.000	0.000	0.000	684.211	80.702	5.263	29.825	29.825	7.018	87.719	26.316	0.000	0.000	0.000	3.509	0.000	0.000

## Nutrients per 57 Gram (57.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
220.000	2.500	0.000	0.000	0.000	390.000	46.000	3.000	17.000	17.000	4.000	50.000	15.000	0.000	0.000	0.000	2.000	0.000	0.000

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Honeydew, raw Melon  
 Ingredient Code: LI100008

Measure	Weight In Grams
10 honeydew balls (L v1)	138.0000
1 NLEA serving (L v1)	134.0000
1 wedge (1/8 of 6" to 7" dia melon) (L v1)	160.0000
1 wedge (1/8 of 5-1/4" dia melon) (L v1)	125.0000
1 melon (5-1/4" dia) (L v1)	1,000.0000
1 CUP, balls (L v1)	177.0000
1 melon (6" - 7" dia) (L v1)	1,280.0000
1 cup, diced (approx 20 pieces per cup) (L v1)	170.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
36.000	0.140	0.038	0.000	0.000	18.000	9.090	0.800	8.120	(M)	0.540	0.170	6.000	50.000	18.000	(M)	(M)	89.820	0.410

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Horseradish, prepared

Ingredient Code: LI100101

Sub Ingredients: Grated horseradish, water, soybean oil, white distilled vinegar, high fructose corn syrup, eggs, sugar, modified corn starch, salt, lemon juice, xanthan gum, sodium metabisulfite and sodium benzoate,(preservatives, artificial flavor, citric acid, spices, calcium disodium edta (retains product freshness) paprika

Measure	Weight In Grams
1 tablespoon (L v1)	15.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
200.000	10.000	0.000	0.000	0.000	400.000	20.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 5 Gram (5.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
10.000	0.500	0.000	0.000	0.000	20.000	1.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Hot Dog Jennio No Nitrate

Ingredient Code: LI100167

Sub Ingredients: Mechanically Separated Turkey, Water, Contains 2% or less Seasoning (Corn, Syrup Solids, Dextrose, Sugar, Paprika, Natural Flavoring), Salt, Potassium Chloride,, Cultured Celery Powder, Acerola Cherry Powder, Natural Smoke Flavoring.

Measure	Weight In Grams
1 Each (L v1)	56.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
196.429	16.071	4.464	0.000	89.286	428.571	0.000	0.000	0.000	(M)	14.286	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (56.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	9.000	2.500	0.000	50.000	240.000	0.000	0.000	0.000	(M)	8.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Hummus  
 Ingredient Code: LI100444  
 Allergens: Contains Soy,

Measure	Weight In Grams

### Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

### Nutrients per ( g )

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Hummus - ZeeZee 3oz  
 Ingredient Code: LI100533

Measure	Weight In Grams
1 Each (L v1)	85.0500

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
129.336	2.352	0.000	0.000	0.000	117.578	21.164	5.879	3.527	0.000	7.055	2.352	39.976	(M)	(M)	0.000	217.519	(M)	(M)

## Nutrients per 1 Each (85.050 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	2.000	0.000	0.000	0.000	100.000	18.000	5.000	3.000	0.000	6.000	2.000	34.000	(M)	(M)	0.000	185.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Hummus PDX  
 Ingredient Code: LI100458

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
176.367	8.818	0.000	0.000	0.000	264.550	19.400	3.527	3.527	0.000	7.055	14.109	7.055	0.000	0.000	0.000	(M)	(M)	(M)

## Nutrients per 2 Ounce (56.700 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	5.000	0.000	0.000	0.000	150.000	11.000	2.000	2.000	0.000	4.000	8.000	4.000	0.000	0.000	0.000	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Ice Cream Chocolate Ã¼clair Bar

Ingredient Code: LI100161

Sub Ingredients: Reduced Fat Ice Cream (Skim Milk, Milk, Sugar, Corn Syrup, Polydextrose, Cream, Contains 1% or Less of Natural Flavors, Propylene Glycol Monoesters, Mono and Diglycerides, Guar Gum, Carob Bean Gum, Tara Gum, Carrageenan, Vitamin A Palmitate). Fudge Center (Water, Sugar, Corn Syrup, Whey, Cocoa Processed With Alkali, Skim Milk, Contains 1% or Less of Mono and Diglycerides, Carob Bean Gum, Guar Gum, Citric Acid). Coating [Cake Crunch {Wheat Flour, Sugar, Canola Oil, Caramel Color, Contains 2% or Less of Soy Lecithin, Cocoa Processed With Alkali, Salt, Artificial Flavor, Baking Soda}, Soybean Oil, Palm Oil].

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	81.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
222.222	8.642	1.852	0.000	0.000	92.593	34.568	2.469	19.753	(M)	2.469	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (81.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)	Ash (g)
180.000	7.000	1.500	0.000	0.000	75.000	28.000	2.000	16.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Ingredient Name: Ice Cream Fudge bar  
 Ingredient Code: LI100143  
 Allergens: Contains Milk,

Measure	Weight In Grams
1 Each (L v1)	93.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
139.785	1.613	1.075	0.000	0.000	69.892	27.957	0.000	22.581	(M)	3.226	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (93.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	1.500	1.000	0.000	0.000	65.000	26.000	0.000	21.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: ice Cream Orange Dream Bar

Ingredient Code: LI100159

Sub Ingredients: Reduced Fat Ice Cream (Milk, Buttermilk, Whey, Sugar, Corn Syrup, Cream, Skim Milk, Contains 1% or less of Mono & Diglycerides, Carob Bean Gum, Guar Gum, Carrageenan, Natural Flavors, Polysorbate 80, Vitamin A Palmitate). Orange Fat Free Sherbet (Water, Sugar, Corn Syrup, Milk\*, Whey, Skim Milk, Contains 1% or less of Citric Acid, Concentrated Orange Juice, Oil of Orange, Hydroxypropyl Methylcellulose, Guar Gum, Cellulose Gum, Yellow 6, Xanthan Gum). \*Adds a dietarily insignificant amount of fat.

Allergens: Contains Milk,

Measure	Weight In Grams
1 Each (L v1)	73.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
136.986	1.370	1.370	0.000	6.849	34.247	27.397	0.000	21.918	(M)	1.370	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (73.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	1.000	1.000	0.000	5.000	25.000	20.000	0.000	16.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Ice Cream Sandwich Vanilla

Ingredient Code: LI100144

Sub Ingredients: Reduced Fat Ice Cream (Milk, Buttermilk, Whey, Cream, Sugar, Corn Syrup, Skim Milk, Contains 1% or less of Natural Flavors, Mono, and Diglycerides, Carob Bean Gum, Cellulose Gum, Carrageenan, Annatto Extract for Color, Vitamin A Palmitate). Wafers (Wheat Flour, Sugar, Dextrose, Caramel Color, Soybean Oil, Palm Oil, Contains 2% or less of Corn Flour, High Fructose Corn Syrup, Corn Syrup, Food Starch-Modified, Cocoa Processed with Alkali, Baking Soda, Salt, Soy Lecithin, Mono and Diglycerides).

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	63.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
238.095	0.000	7.143	0.000	23.810	174.603	42.857	0.000	20.635	(M)	3.175	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (63.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	0.000	4.500	0.000	15.000	110.000	27.000	0.000	13.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Ice Cream Strawberry Shortcake

Ingredient Code: LI100145

Sub Ingredients: Reduced Fat Ice Cream (Milk, Corn Syrup, Sugar, Skim Milk, Buttermilk, Cream, Whey, Contains 2% or less of Maltodextrin, Mono & Diglycerides, Carob Bean Gum, Vanilla Extract, Artificial Flavor, Cellulose Gum, Carrageenan, Vitamin A Palmitate). Flavored Center (Water, Sugar, High Fructose Corn Syrup, Whey, Strawberries, Corn Syrup, Cream, Contains 2% or less of Natural Flavor, Guar Gum, Hydroxypropyl Methylcellulose, Carob Bean Gum, Dextrose, Red 40, Malic Acid, Polysorbate 80). Coating {Cake Crunch (Bleached Wheat Flour, Sugar, Palm Oil, Contains 2% or less of: Salt, Baking Soda, Soy Lecithin, Artificial Flavors, Soybean Oil, Red 40 Lake), Vegetable Oil (Soybean and Palm Oil)}.

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	77.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
233.766	9.091	1.948	0.000	0.000	84.416	35.065	0.000	20.779	(M)	3.896	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (77.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
180.000	7.000	1.500	0.000	0.000	65.000	27.000	0.000	16.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Ice Cream Vanilla Bar

Ingredient Code: LI100160

Sub Ingredients: Reduced Fat Ice Cream (Milk, Buttermilk, Whey, Sugar, Corn Syrup, Cream, Skim Milk, Contains 1% or less of Natural and Artificial Flavors, Mono and Diglycerides, Guar Gum, Carob Bean Gum, Carrageenan, Polysorbate 80, Caramel Color, Annatto for Color, Vitamin A Palmitate). Coating (Coconut Oil, Sugar, Milk, Soybean Oil, Cocoa, Cocoa Processed with Alkali, Cocoa Butter, Unsweetened Chocolate, Soy Lecithin, Salt, Artificial Flavor).

Allergens: Contains Milk, Soy,

Measure	Weight In Grams
1 Each (L v1)	65.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
169.231	10.769	9.231	0.000	7.692	38.462	16.923	0.000	13.846	(M)	1.538	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (65.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	7.000	6.000	0.000	5.000	25.000	11.000	0.000	9.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Italian Seasoning  
 Ingredient Code: LI100425  
 Sub Ingredients: MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, AND BASIL

Measure	Weight In Grams
1 1/2 teaspoon (L v1)	1.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Gram (1.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Jam Strawberry Freezerves

Ingredient Code: LI100231

Sub Ingredients: Pure Cane Sugar, Fruit, Fruit Pectin, Food Starch and Citric Acid (from Lemons), All ingredients are GMO FREE & GLUTEN FREE

Measure	Weight In Grams
1 tablespoon (L v1)	18.0000
1 no. 10 can (L v1)	3,744.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
222.222	0.000	0.000	0.000	0.000	0.000	61.111	16.667	61.111	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 tablespoon (18.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
40.000	0.000	0.000	0.000	0.000	0.000	11.000	3.000	11.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Juice Apple Earthwise 4 oz

Ingredient Code: LI100378

Sub Ingredients: 100% Apple Juice from Concentrate(Filtered Water, Concentrated Apple Juice) Absorbic Acid ( Vitamin C ) , Contains Apple Juice Concentrate from USA, Argentina , China.

Measure	Weight In Grams
1 Each (L v1)	112.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
53.571	0.000	0.000	0.000	0.000	8.929	12.500	0.000	11.607	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (112.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	0.000	0.000	0.000	0.000	10.000	14.000	0.000	13.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Juice Fuit Punch Earthwise 4 oz

Ingredient Code: LI100379

Sub Ingredients: 100% Fruit Punch from Concentrate(Filtered Water, Concentrated Apple Juice,Concentrated Cranberry Juice,Concentrated Blackberry Juice)Natural Flavor. Absorbic Acid ( Vitamin C ) , Fruit and Vegetable Juice Concentrate ( Color ) .

Measure	Weight In Grams
1 Each (L v1)	112.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
44.643	0.000	0.000	0.000	0.000	8.929	12.500	0.000	10.714	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (112.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
50.000	0.000	0.000	0.000	0.000	10.000	14.000	0.000	12.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Juice Grape Earthwise 4 oz  
 Ingredient Code: LI100381

Measure	Weight In Grams
1 Each (L v1)	112.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
53.571	0.000	0.000	0.000	0.000	8.929	12.500	0.000	11.607	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (112.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	0.000	0.000	0.000	0.000	10.000	14.000	0.000	13.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Juice Orange Earthwise 4 oz

Ingredient Code: LI100380

Sub Ingredients: 100% orange Juice from Concentrate ( Filtered Water, Concentrated Orange Juice) Absorbic Acid( Vitamin C) Contains Orange Juice Concentrate from USA Brazil.

Measure	Weight In Grams
1 Each (L v1)	112.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
44.643	0.000	0.000	0.000	0.000	8.929	12.500	0.000	10.714	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (112.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
50.000	0.000	0.000	0.000	0.000	10.000	14.000	0.000	12.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Kale, raw  
 Ingredient Code: LI100070

Measure	Weight In Grams
1 cup 1" pieces, loosely packed (L v1)	16.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
49.000	0.930	0.091	0.000	0.000	38.000	8.750	3.600	2.260	(M)	4.280	1.470	150.000	9990.000	120.000	(M)	(M)	84.040	2.010

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Ketchup Fancy Heinz

Ingredient Code: LI100294

Sub Ingredients: TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING.

Measure	Weight In Grams
1 tablespoon (L v1)	17.0000
1 no. 10 can (L v1)	3,536.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
117.647	0.000	0.000	0.000	0.000	941.176	29.412	0.000	23.529	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 tablespoon (17.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
20.000	0.000	0.000	0.000	0.000	160.000	5.000	0.000	4.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Ketchup pkt

Ingredient Code: LI100295

Sub Ingredients: Tomato Concentrate Made from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.

Measure	Weight In Grams
1 Each (L v1)	9.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
111.111	0.000	0.000	0.000	0.000	944.444	33.333	0.000	22.222	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (9.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
10.000	0.000	0.000	0.000	0.000	85.000	3.000	0.000	2.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Ketchup, Bulk  
 Ingredient Code: LI100472

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
117.647	0.000	0.000	0.000	0.000	941.176	29.412	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

## Nutrients per 17 Gram (17.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
20.000	0.000	0.000	0.000	0.000	160.000	5.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Kickin' Nuggets (Vegan/Plant Based)

Ingredient Code: LI100539

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
5 Pieces (L v1)	85.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
247.059	15.294	1.176	0.000	0.000	400.000	15.294	1.176	1.176	1.176	14.118	3.294	70.588	(M)	(M)	0.000	388.235	(M)	(M)

## Nutrients per 5 Pieces (85.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
210.000	13.000	1.000	0.000	0.000	340.000	13.000	1.000	1.000	1.000	12.000	2.800	60.000	(M)	(M)	0.000	330.000	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Ingredient Name: Kiwi  
 Ingredient Code: LI100010

Measure	Weight In Grams
1 NLEA serving (L v1)	148.0000
1 fruit (2" dia) (L v1)	69.0000
1 CUP, sliced (L v1)	180.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
61.000	0.520	0.029	0.000	0.000	3.000	14.660	3.000	8.990	(M)	1.140	0.310	34.000	87.000	92.700	(M)	(M)	83.070	0.610

(M) Indicates missing nutrient values.

### Tips/Comments

- Check for ripeness. Do not serve unripened fruit. Kiwi should be firm, but not hard. Ripen at room temperature if necessary.

### Pre-Preparation Instructions

- Wash and cut in half crosswise.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Kyoto Blend Vegetable  
 Ingredient Code: LI100572  
 Allergens: Contains Soy,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
2.581	0.086	0.000	0.000	0.000	0.645	0.301	0.129	0.129	0.000	0.172	0.172	0.086	(M)	(M)	(M)	10.711	(M)	(M)

## Nutrients per 82 Ounce (2324.700 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	2.000	0.000	0.000	0.000	15.000	7.000	3.000	3.000	0.000	4.000	4.000	2.000	(M)	(M)	(M)	249.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Lasagna Roll Up WG  
 Ingredient Code: LI100503  
 Allergens: Contains Egg, Milk, Wheat,

Measure	Weight In Grams
1 Each (L v1)	99.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
181.818	6.061	3.535	0.000	45.455	353.535	22.222	2.020	1.010	0.000	9.091	1.091	202.020	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 99 Gram (99.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
180.000	6.000	3.500	0.000	45.000	350.000	22.000	2.000	1.000	0.000	9.000	1.080	200.000	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Leeks, (bulb and lower leaf-portion), raw  
 Ingredient Code: LI100071

Measure	Weight In Grams
1 Cup (L v1)	89.0000
1 Slice (L v1)	6.0000
1 no. 10 can (L v1)	1,157.0000
1 leek (L v1)	89.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
61.000	0.300	0.040	0.000	0.000	20.000	14.150	1.800	3.900	(M)	1.500	2.100	59.000	1667.000	12.000	(M)	(M)	83.000	1.050

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Lemon juice, raw  
 Ingredient Code: LI100112

Measure	Weight In Grams
1 Cup (L v1)	244.0000
1 no. 10 can (L v1)	3,172.0000
1 wedge yields (L v1)	5.9000
1 lemon yields (L v1)	48.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
22.000	0.240	0.040	0.000	0.000	1.000	6.900	0.300	2.520	(M)	0.350	0.080	6.000	6.000	38.700	(M)	(M)	92.310	0.210

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Lemon, Slice  
 Ingredient Code: LI100113

Measure	Weight In Grams
2 Slice (L v1)	12.0000
1 tablespoon (L v1)	6.0000
1 no. 10 can (L v1)	1,248.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
24.000	0.200	0.000	0.000	0.000	1.000	5.000	1.600	1.500	(M)	0.600	0.200	10.000	(M)	300.000	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Lettuce, cos or romaine, raw  
 Ingredient Code: LI100020

Measure	Weight In Grams
1 Cup (L v1)	47.0000
1 Head (L v1)	626.0000
1 no. 10 can (L v1)	611.0000
1 NLEA serving (L v1)	85.0000
1 leaf inner (L v1)	6.0000
1 leaf outer (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
17.000	0.300	0.039	0.000	0.000	8.000	3.290	2.100	1.190	(M)	1.230	0.970	33.000	8710.000	4.000	(M)	(M)	94.610	0.580

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Lettuce, green leaf, raw  
 Ingredient Code: LI100021

Measure	Weight In Grams
1 Head (L v1)	360.0000
1 cup shredded (L v1)	36.0000
1 leaf inner (L v1)	4.8000
1 leaf outer (L v1)	24.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
15.000	0.150	0.020	0.000	0.000	28.000	2.870	1.300	0.780	(M)	1.360	0.860	36.000	7405.000	9.200	(M)	(M)	94.980	0.620

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Lettuce, iceberg (includes crisphead types), raw  
 Ingredient Code: LI100022

Measure	Weight In Grams
1 cup shredded (L v1)	72.0000
1 NLEA serving (L v1)	89.0000
1 head, medium (6" dia) (L v1)	539.0000
1 head, small (L v1)	324.0000
1 leaf, medium (L v1)	8.0000
1 leaf, large (L v1)	15.0000
1 head, large (L v1)	755.0000
1 leaf, small (L v1)	5.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
14.000	0.140	0.018	0.000	0.000	10.000	2.970	1.200	1.970	(M)	0.900	0.410	18.000	502.000	2.800	(M)	(M)	95.640	0.360

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Lime juice, raw  
 Ingredient Code: LI100114

Measure	Weight In Grams
1 Cup (L v1)	242.0000
1 no. 10 can (L v1)	3,146.0000
1 lime yields (L v1)	44.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
25.000	0.070	0.008	0.000	0.000	2.000	8.420	0.400	1.690	(M)	0.420	0.090	14.000	50.000	30.000	(M)	(M)	90.790	0.310

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Limes, raw  
 Ingredient Code: LI100115

Measure	Weight In Grams
1/2 Cup (L v1)	259.1190
1 no. 10 can (L v1)	6,737.0940
1 NLEA serving (L v1)	67.0000
1 fruit (2" dia) (L v1)	67.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
30.000	0.200	0.022	0.000	0.000	2.000	10.540	2.800	1.690	(M)	0.700	0.600	33.000	50.000	29.100	(M)	(M)	88.260	0.300

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Mac & Cheese LOL WG

Ingredient Code: LI100391

Sub Ingredients: Cooked Enriched Whole Grain Pasta (Water, Whole Durum Wheat Flour, Semolina, Egg Whites, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Reduced Fat, American Cheese (Cultured Pasteurized Milk And Skim Milk, Salt, Sodium Phosphate, Contains Less Than 2% Of Lactic Acid, Annatto And Oleoresin Paprika (Color), Vitamin A, Palmitate, Enzymes), Water, Maltodextrin, Contains Less Than 2% Of Natural Flavor, Autolyzed Yeast Extract, Butter (Cream, Salt), Food Starch-Modified, Xanthan Gum

Allergens: Contains Egg, Milk, Wheat,

Measure	Weight In Grams
1 Cup (L v1)	252.0000
1 no. 10 can (L v1)	3,276.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
166.667	6.349	3.571	0.000	17.857	579.365	18.254	0.794	3.571	(M)	9.921	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Cup (252.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
420.000	16.000	9.000	0.000	45.000	1460.000	46.000	2.000	9.000	(M)	25.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Margarine Gold soft 5 lb tub

Ingredient Code: LI100401

Sub Ingredients: VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL) WATER, SALT, CONTAINS LESS THAN 2% OF NONFAT DRY MILK, SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: MILK, SOYBEAN.

Allergens: Contains Milk, Soy,

Measure	Weight In Grams
1 tablespoon (L v1)	14.0000
1 no. 10 can (L v1)	2,912.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
714.286	78.571	32.143	0.000	0.000	785.714	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 tablespoon (14.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	11.000	4.500	0.000	0.000	110.000	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Margarine Print Dairy

Ingredient Code: LI100146

Sub Ingredients: VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL) WATER, SALT, CONTAINS LESS THAN 2% OF NONFAT DRY MILK, SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: MILK, SOYBEAN.

Allergens: Contains Milk, Soy,

Measure	Weight In Grams
1 tablespoon (L v1)	14.0000
1 no. 10 can (L v1)	2,912.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
714.286	78.571	32.143	0.000	0.000	785.714	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 tablespoon (14.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	11.000	4.500	0.000	0.000	110.000	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Margarine Whipped Cup Country Crock

Ingredient Code: LI100147

Sub Ingredients: Purified water, soybean oil, palm kernel and palm oil, tricalcium phosphate, salt, mono and diglycerides, lactic acid, xanthan gum, lecithin (soy), potassium sorbate (used to protect quality), natural flavor, vitamin A palmitate, beta carotene (color), vitamin D3

Allergens: Contains Milk, Soy,

Measure	Weight In Grams
1 Each (L v1)	5.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
500.000	50.000	0.000	0.000	0.000	800.000	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (5.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
25.000	2.500	0.000	0.000	0.000	40.000	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Mayonnaise Lite GAL

Ingredient Code: LI100297

Sub Ingredients: WATER, SOYBEAN OIL, VINEGAR, MODIFIED FOOD STARCH\*, EGG YOLKS, CONTAINS LESS THAN 2% OF SALT, EGGS, NATURAL FLAVOR, MUSTARD FLOUR, POTASSIUM SORBATE\* AND CALCIUM DISODIUM EDTA (AS PRESERVATIVES), PHOSPHORIC ACID\*, OLEORESIN PAPRIKA\*\*INGREDIENT NOT NORMALLY FOUND IN MAYONNAISE

Allergens: Contains Egg,

Measure	Weight In Grams
1 tablespoon (L v1)	15.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
233.333	23.333	3.333	0.000	0.000	666.667	6.667	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 tablespoon (15.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
35.000	3.500	0.500	0.000	0.000	100.000	1.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Mayonnaise PKT

Ingredient Code: LI100298

Sub Ingredients: SOYBEAN OIL, WATER, EGG YOLK, DISTILLED VINEGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, NATURAL FLAVORS.

Allergens: Contains Egg,

Measure	Weight In Grams
1 Each (L v1)	9.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
666.667	77.778	11.111	0.000	0.000	611.111	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (9.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	7.000	1.000	0.000	0.000	55.000	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Mayonnaise RC Pail

Ingredient Code: LI100296

Sub Ingredients: Soybean Oil, Water, Egg Yolks and Whole Egg, Distilled Vinegar, Food Starch-Modified\*, Contains less than 2% of Salt, Lemon Juice Concentrate, Sodium Benzoate\* and Potassium Sorbate\* (As Preservatives), Calcium Disodium EDTA Added To Protect Flavor, Oleoresin Paprika\* (Color). \*Ingredients Not Normally Found In Mayonnaise

Allergens: Contains Egg,

Measure	Weight In Grams
1 tablespoon (L v1)	15.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
466.667	46.667	6.667	0.000	66.667	600.000	6.667	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 tablespoon (15.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	7.000	1.000	0.000	10.000	90.000	1.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Meatball Beef w-soy

Ingredient Code: LI100173

Sub Ingredients: Ground Beef (Not More Than 30% Fat), Water, Textured Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), Caramel Color], Seasoning [Dextrose, Tomato Powder, Soybean Oil, Disodium Inosinate And Disodium Guanylate, Spice Extractive, Nonfat Milk], Bell Peppers, Dehydrated Minced Onion, Bread Crumbs [Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika], Salt, Sodium Phosphate.

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
5 Meatballs (L v1)	70.8750

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
268.078	19.753	8.466	0.000	49.383	310.406	5.644	1.411	1.411	(M)	19.753	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 5 Meatballs (70.875 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
190.000	14.000	6.000	0.000	35.000	220.000	4.000	1.000	1.000	(M)	14.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Meatball Chicken Tyson

Ingredient Code: LI100174

Sub Ingredients: Ground chicken, water, textured soy protein concentrate, wheat flour, contains 2% or less of the following: dextrose, garlic powder, maltodextrin, natural flavors, onion powder, salt, soybean oil, spice, sugar, torula yeast, yeast, yeast extract

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
227.569	13.907	3.161	0.000	69.535	265.497	7.586	1.264	0.000	(M)	20.228	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 7/8 Ounce (79.097 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
180.000	11.000	2.500	0.000	55.000	210.000	6.000	1.000	0.000	(M)	16.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Milk Chocolate Skim

Ingredient Code: LI100148

Sub Ingredients: Skim milk, Sugar, Cocoa processed with Alkali, Salt, Carrageenen, Artificial Flavor (Vanillin), Vitamin A Palmitate, Vitamin D3.

Allergens: Contains Milk,

Measure	Weight In Grams
8 fluid ounce (L v1)	224.0000
1 Carton (L v1)	226.8000
1 no. 10 can (L v1)	2,912.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
61.728	0.000	0.000	0.000	2.205	70.547	11.464	0.000	9.700	5.291	3.527	0.441	117.725	58.201	(M)	1.323	147.266	(M)	(M)

## Nutrients per 1 Carton (226.800 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	0.000	0.000	0.000	5.000	160.000	26.000	0.000	22.000	12.000	8.000	1.000	267.000	132.000	(M)	3.000	334.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Milk Evaporated

Ingredient Code: LI100353

Sub Ingredients: MILK, DIPOTASSIUM PHOSPHATE, CARRAGEENAN, VITAMIN D3.

Allergens: Contains Milk,

Measure	Weight In Grams
2 tablespoon (L v1)	30.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
133.333	6.667	5.000	0.000	33.333	100.000	10.000	0.000	10.000	(M)	6.667	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 tablespoon (30.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
40.000	2.000	1.500	0.000	10.000	30.000	3.000	0.000	3.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Milk White 1 percent  
 Ingredient Code: LI100149  
 Allergens: Contains Milk,

Measure	Weight In Grams
8 fluid ounce (L v1)	224.0000
1 no. 10 can (L v1)	2,912.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
49.107	1.116	0.670	0.000	4.464	55.804	5.804	0.000	5.357	(M)	3.571	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 8 fluid ounce (224.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	2.500	1.500	0.000	10.000	125.000	13.000	0.000	12.000	(M)	8.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Milk White 1% 8 oz carton

Ingredient Code: LI100385

Sub Ingredients: LowFat milk, with Vitamin A Palmitate, Vitamin D3.

Allergens: Contains Milk,

Measure	Weight In Grams
8 fluid ounce (L v1)	224.0000
1 Carton (L v1)	226.8000
1 no. 10 can (L v1)	2,912.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
44.643	1.116	0.670	0.000	4.464	42.411	5.357	0.000	0.000	(M)	3.571	0.000	138.393	66.964	(M)	1.116	174.107	(M)	(M)

## Nutrients per 1 Cup (224.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	2.500	1.500	0.000	10.000	95.000	12.000	0.000	0.000	(M)	8.000	0.000	310.000	150.000	(M)	2.500	390.000	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Ingredient Name: Milk White Skim 8 oz carton

Ingredient Code: LI100384

Sub Ingredients: Fat Free milk, with Vitamin A Palmitate, Vitamin D3.

Allergens: Contains Milk,

Measure	Weight In Grams
8 fluid ounce (L v1)	224.0000
1 Carton (L v1)	226.8000
1 no. 10 can (L v1)	2,912.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
58.036	0.000	0.000	0.000	2.232	102.679	10.268	0.000	9.821	(M)	3.571	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 8 fluid ounce (224.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	0.000	0.000	0.000	5.000	230.000	23.000	0.000	22.000	(M)	8.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Mini Pancake Maple Burst WG

Ingredient Code: LI100235

Sub Ingredients: Water, Whole Wheat Flour, Enriched Flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), Sugar, Canola Oil, Leavening (potassium bicarbonate, sodium aluminum phosphate, baking soda, monocalcium phosphate). Contains less than 2% of: Nonfat Milk, Rice Syrup, Grape Juice, Modified Corn Starch, Salt, Egg White, Natural Flavor, Maple Syrup, Molasses

Allergens: Contains Egg, Milk, Wheat,

Measure	Weight In Grams
1 Each (L v1)	89.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
235.955	6.742	0.562	0.000	0.000	303.371	42.697	2.247	12.360	(M)	4.494	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (89.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
210.000	6.000	0.500	0.000	0.000	270.000	38.000	2.000	11.000	(M)	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Mini Pancakes Strawberry Splash

Ingredient Code: LI100236

Sub Ingredients: Water, Whole Wheat Flour, Enriched Flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), Sugar, Canola Oil. Contains less than 2% of: Leavening (potassium bicarbonate, sodium aluminum phosphate, baking soda, monocalcium phosphate), Nonfat Milk, Rice Syrup, Grape Juice, Whole Grain Yellow Corn Flour, Modified Corn Starch, Salt, Modified Potato Starch, Egg White, Dextrose, Fructose, Beet Juice Concentrate and Paprika Extract Added Color, Natural Flavor, Cellulose Gum, Citric Acid.

Allergens: Contains Egg, Milk, Wheat,

Measure	Weight In Grams
1 Each (L v1)	89.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
247.191	6.742	0.562	0.000	0.000	292.135	44.944	2.247	15.730	(M)	4.494	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (89.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
220.000	6.000	0.500	0.000	0.000	260.000	40.000	2.000	14.000	(M)	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Mix Gravy Brown Low Sodium 8-16oz

Ingredient Code: LI100301

Sub Ingredients: MALTODEXTRIN, MODIFIED CORNSTARCH, BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), HYDROLYZED SOY, CORN AND WHEAT PROTEIN, CORNSTARCH, BEEF FAT (BEEF FAT, BHT AND CITRIC ACID [PRESERVATIVES]), WHEY, ONION POWDER, 2% OR LESS OF YEAST EXTRACT, SUGAR, SOYBEAN OIL, SOY SAUCE (SOYBEAN, WHEAT, SALT), CARAMEL COLOR, XANTHAN GUM, GARLIC POWDER, SALT, DEXTROSE, DISODIUM GUANYLATE, DISODIUM INOSINATE, NATURAL FLAVORS, SPICE, CITRIC ACID, EXTRACTIVES OF PAPRIKA, DATEM, SOY LECITHIN, SULFITES.

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1/4 fluid ounce (L v1)	7.0000
1 no. 10 can (L v1)	2,912.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
357.143	7.143	0.000	0.000	0.000	1857.143	71.429	0.000	0.000	(M)	0.000	14.286	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/4 fluid ounce (7.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
25.000	0.500	0.000	0.000	0.000	130.000	5.000	0.000	0.000	(M)	0.000	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Mix Gravy Chicken 8-22.6oz

Ingredient Code: LI100299

Sub Ingredients: MALTODEXTRIN, CORNSTARCH, HYDROLYZED CORN AND WHEAT PROTEINS, MODIFIED CORNSTARCH, PALM OIL, CHICKEN FAT, SALT, 2% OR LESS OF SOYBEAN OIL, YEAST EXTRACT, COLOR ADDED, SUGAR, XANTHAN GUM, DISODIUM GUANYLATE, DISODIUM INOSINATE, ONION POWDER, NATURAL FLAVORS, PARSLEY, THIAMINE HYDROCHLORIDE, CARAMEL COLOR, TURMERIC.

Allergens: Contains Wheat, May contain Egg, Milk, Soy,

Measure	Weight In Grams
1/4 fluid ounce (L v1)	9.0000
1 1/2 tablespoons (L v1)	9.0000
1 no. 10 can (L v1)	3,744.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
388.889	5.556	0.000	0.000	0.000	2666.667	77.778	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 1/2 tablespoons (9.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
35.000	0.500	0.000	0.000	0.000	240.000	7.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Mix Gravy Turkey 8-22.6oz

Ingredient Code: LI100300

Sub Ingredients: MALTODEXTRIN, CORNSTARCH, MODIFIED CORNSTARCH, SALT, HYDROLYZED CORN, SOY AND WHEAT PROTEINS, YEAST EXTRACT, TURKEY FAT, 2% OR LESS OF SOYBEAN OIL, SOY SAUCE POWDER (SOY SAUCE [SOYBEANS, WHEAT, SALT], MALTODEXTRIN, SALT), COCONUT OIL, CORN SYRUP SOLIDS, XANTHAN GUM, DEXTROSE, DISODIUM INOSINATE, DISODIUM GUANYLATE, LACTIC ACID, COLOR ADDED, CALCIUM LACTATE, MONO & DIGLYCERIDES, SODIUM CASEINATE, POTASSIUM PHOSPHATE, NATURAL FLAVORS, SOY LECITHIN

Allergens: Contains Milk, Soy, Wheat, May contain Egg,

Measure	Weight In Grams
1/4 fluid ounce (L v1)	8.0000
1 no. 10 can (L v1)	3,328.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
375.000	6.250	0.000	0.000	0.000	3000.000	75.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/4 fluid ounce (8.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
30.000	0.500	0.000	0.000	0.000	240.000	6.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Mix Seasoning Taco  
 Ingredient Code: LI100302

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
272.389	3.821	0.490	0.000	0.000	5928.865	59.769	12.738	27.435	(M)	6.859	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 5/8 Ounce (102.060 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
278.000	3.900	0.500	0.000	0.000	6051.000	61.000	13.000	28.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Mozzarella Cheese Shredded

Ingredient Code: LI100133

Sub Ingredients: Cultured Pasteurized Part-Skim Milk, Salt, Enzymes, Anticaking Blend (potato starch, cellulose), Natamycin (natural mold inhibitor). CONTAINS: Milk

Allergens: Contains Milk,

Measure	Weight In Grams
1/2 cup shredded (L v1)	56.7000
1 OZ (L v1)	28.3500

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
317.460	21.164	12.346	0.000	52.910	634.921	3.527	0.000	3.527	(M)	24.691	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/4 cup shredded (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	6.000	3.500	0.000	15.000	180.000	1.000	0.000	1.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Muffin Blueberry WG IND Wrap

Ingredient Code: LI100232

Sub Ingredients: WHOLE WHEAT FLOUR, SUGAR, EGGS, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLUEBERRIES, INVERT SUGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: PALM OIL, CANOLA OIL, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, OAT FIBER, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), MONO- AND DIGLYCERIDES, MODIFIED CORN STARCH, POTASSIUM SORBATE (PRESERVATIVE), SODIUM ALGINATE, SALT, SOY LECITHIN, SODIUM STEAROYL LACTYLATE, NATURAL BLUEBERRY FLAVOR, NATURAL AND ARTIFICIAL FLAVOR, BLUEBERRY JUICE CONCENTRATE, MALIC ACID, BLACKBERRY JUICE CONCENTRATE, ENZYMES.

Allergens: Contains Egg, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	57.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
333.333	10.526	3.509	0.000	70.175	228.070	52.632	3.509	28.070	(M)	5.263	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (57.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
190.000	6.000	2.000	0.000	40.000	130.000	30.000	2.000	16.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Muffin English WW  
 Ingredient Code: LI100233  
 Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	60.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
203.333	2.500	0.833	0.000	0.000	360.000	43.333	6.667	3.333	(M)	11.667	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (60.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
122.000	1.500	0.500	0.000	0.000	216.000	26.000	4.000	2.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Mustard Pkt

Ingredient Code: LI100303

Sub Ingredients: DISTILLED WHITE VINEGAR, WATER, MUSTARD SEED, SALT, CONTAINS 2% OR LESS OF: TURMERIC, PAPRIKA, SPICES, NATURAL FLAVOR

Measure	Weight In Grams
1 Each (L v1)	6.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	0.000	0.000	1166.667	16.667	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (6.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	0.000	0.000	70.000	1.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Mustard, prepared, yellow

Ingredient Code: LI100102

Sub Ingredients: Water, Distilled Vinegar, Mustard Seed, Salt, Mustard Bran, Turmeric, Paprika, Natural Flavor.

Measure	Weight In Grams
1 no. 10 can (L v1)	3,237.0000
1 tsp or 1 packet (L v1)	5.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	0.000	0.000	0.000	0.000	1200.000	24.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 5 Gram (5.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
5.000	0.000	0.000	0.000	0.000	60.000	1.200	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Nectarines, raw  
 Ingredient Code: LI100018

Measure	Weight In Grams
1 NLEA serving (L v1)	140.0000
1 CUP slices (L v1)	143.0000
1 medium (2-1/2" dia) (L v1)	142.0000
1 small (2-1/3" dia) (L v1)	129.0000
1 large (2-3/4" dia) (L v1)	156.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
44.000	0.320	0.025	0.000	0.000	0.000	10.550	1.700	7.890	(M)	1.060	0.280	6.000	332.000	5.400	(M)	(M)	87.590	0.480

(M) Indicates missing nutrient values.

### Tips/Comments

- Check for ripeness. Do not serve unripened fruit. Fruit should not be hard. Place at room temperature to ripen.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: No Nut Butter Chocolate  
 Ingredient Code: LI100456

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
564.374	42.328	7.055	0.000	0.000	352.734	45.855	7.055	28.219	28.219	10.582	7.055	0.000	0.000	0.000	0.000	0.000	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	12.000	2.000	0.000	0.000	100.000	13.000	2.000	8.000	8.000	3.000	2.000	0.000	0.000	0.000	0.000	0.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Noodle Yakisoba WG  
 Ingredient Code: LI100552  
 Allergens: Contains Gluten, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
167.648	5.294	0.882	0.000	0.000	326.472	24.706	0.882	0.882	0.000	5.294	2.647	8.824	(M)	(M)	0.000	44.118	(M)	(M)

## Nutrients per 1/2 Cup (113.333 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
190.000	6.000	1.000	0.000	0.000	370.000	28.000	1.000	1.000	0.000	6.000	3.000	10.000	(M)	(M)	0.000	50.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Noodle Yakisoba White

Ingredient Code: LI100304

Sub Ingredients: Water, Enriched Wheat Flour ( Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid ), Soybean Oil, Potassium Sorbate and Sodium Benzoate added to retard spoilage, Salt, Potassium Carbonate, Sodium Carbonate. Colored with FD&C Yellow # 5 and Yellow Color # 6. , Allergens: Wheat. , Manufactured on equipment that processes eggs.

Allergens: Contains Egg, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
202.822	2.205	0.000	0.000	0.000	52.910	38.801	1.764	0.882	(M)	5.291	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Ounce (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
230.000	2.500	0.000	0.000	0.000	60.000	44.000	2.000	1.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Oats, Hot quick, Cereal  
 Ingredient Code: LI100565

Measure	Weight In Grams
1/2 Cup (L v1)	40.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
375.000	7.500	1.250	0.000	0.000	0.000	67.500	10.000	2.500	0.000	12.500	3.750	50.000	(M)	(M)	0.000	375.000	(M)	(M)

## Nutrients per 1/2 Cup (40.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	3.000	0.500	0.000	0.000	0.000	27.000	4.000	1.000	0.000	5.000	1.500	20.000	(M)	(M)	0.000	150.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Oil, Canola  
 Ingredient Code: LI100066  
 Sub Ingredients: Canola Oil

Measure	Weight In Grams
1 tablespoon (L v1)	14.0000
1 no. 10 can (L v1)	2,912.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
857.143	100.000	7.143	0.000	0.000	0.000	0.000	0.000	(M)	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 14 Gram (14.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	14.000	1.000	0.000	0.000	0.000	0.000	0.000	(M)	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Oil, olive, salad or cooking  
 Ingredient Code: LI100041  
 Sub Ingredients: Olive Oil

Measure	Weight In Grams
1 Cup (L v1)	216.0000
1 no. 10 can (L v1)	2,808.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
800.000	93.333	13.333	(M)	0.000	0.000	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 15 Gram (15.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	14.000	2.000	(M)	0.000	0.000	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Olives, ripe, canned (small-extra large)

Ingredient Code: LI100040

Sub Ingredients: Ripe Olives, Water, Salt and Ferrous gluconate added to stabilize color.

Measure	Weight In Grams
1 tablespoon (L v1)	8.4000
1 no. 10 can (L v1)	1,747.2000
1 small (L v1)	3.2000
1 large (L v1)	4.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
156.250	15.625	0.000	0.000	0.000	625.000	6.250	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 16 Gram (16.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
25.000	2.500	0.000	0.000	0.000	100.000	1.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Onion, green  
 Ingredient Code: LI100440

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per ( g )

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Onions, raw  
 Ingredient Code: LI100072

Measure	Weight In Grams
1 slice, large (1/4" thick) (L v1)	38.0000
1 small (L v1)	70.0000
10 rings (L v1)	60.0000
1 large (L v1)	150.0000
1 medium (2-1/2" dia) (L v1)	110.0000
1 slice, medium (1/8" thick) (L v1)	14.0000
1 slice, thin (L v1)	9.0000
1 cup, chopped (L v1)	160.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
40.000	0.100	0.042	0.000	0.000	4.000	9.340	1.700	4.240	(M)	1.100	0.210	23.000	2.000	7.400	(M)	(M)	89.110	0.350

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Onions, scallions (includes tops and bulb), raw  
 Ingredient Code: LI100073

Measure	Weight In Grams
1 medium (4-1/8" long) (L v1)	15.0000
1 small (3" long) (L v1)	5.0000
1 large (L v1)	25.0000
1 cup, chopped (L v1)	100.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
32.000	0.190	0.032	0.000	0.000	16.000	7.340	2.600	2.330	(M)	1.830	1.480	72.000	997.000	18.800	(M)	(M)	89.830	0.810

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Orange Mandarin, Whole Sections, LS

Ingredient Code: LI100121

Sub Ingredients: MANDARIN ORANGES, WATER, SUGAR, CITRIC ACID.

Measure	Weight In Grams
1 Cup (L v1)	189.0000
1 no. 10 can (L v1)	2,457.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
61.728	0.000	0.000	0.000	0.000	8.818	14.991	0.882	14.991	(M)	0.882	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Ounce (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	0.000	0.000	0.000	0.000	10.000	17.000	1.000	17.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Orange Tangerine Juice, Apple & Eve  
 Ingredient Code: LI100474

Measure	Weight In Grams
4 fluid ounce (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
44.092	0.000	0.000	0.000	0.000	22.046	10.582	0.000	10.582	0.000	0.000	0.000	0.000	0.000	61.728	0.000	1.764	0.000	0.000

## Nutrients per 4 fluid ounce (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
50.000	0.000	0.000	0.000	0.000	25.000	12.000	0.000	12.000	0.000	0.000	0.000	0.000	0.000	70.000	0.000	2.000	0.000	0.000

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Oranges; varieties include Navel, Valencia, Pineapple or Hamlin, raw [100283]  
 Ingredient Code: LI100001

Measure	Weight In Grams
1 medium (2-5/8" dia) (L v1)	131.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
41.737	0.106	0.018	0.000	0.000	0.000	10.362	2.090	(M)	(M)	0.829	0.088	35.000	198.580	46.922	(M)	(M)	(M)	(M)

## Nutrients per 4 Ounce (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
47.330	0.120	0.020	0.000	0.000	0.000	11.750	2.370	(M)	(M)	0.940	0.100	39.690	225.190	53.210	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Oreo Cookie Crumble

Ingredient Code: LI100560

Sub Ingredients: INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), INVERT SUGAR, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SOY LECITHIN, SALT, CHOCOLATE, NATURAL FLAVOR. CONTAINS: WHEAT, SOY.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Serving (L v1)	27.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
481.481	18.519	5.556	0.000	0.000	333.333	74.074	3.704	0.000	40.741	3.704	4.074	37.037	(M)	(M)	0.000	148.148	(M)	(M)

## Nutrients per 1 Serving (27.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	5.000	1.500	0.000	0.000	90.000	20.000	1.000	0.000	11.000	1.000	1.100	10.000	(M)	(M)	0.000	40.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Oyster Crackers  
 Ingredient Code: LI100495  
 Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Package (L v1)	14.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
428.571	10.714	0.000	0.000	0.000	1000.000	78.571	0.000	0.000	0.000	7.143	0.714	0.000	(M)	(M)	0.000	71.429	(M)	(M)

## Nutrients per 1 Package (14.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	1.500	0.000	0.000	0.000	140.000	11.000	0.000	0.000	0.000	1.000	0.100	0.000	(M)	(M)	0.000	10.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Pancake Blueberry Minis

Ingredient Code: LI100234

Sub Ingredients: Whole wheat flour, water, sugar, vegetable oil (soybean and/or canola, palm), buttermilk, eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), fructose, salt, natural flavors, milled corn, cornstarch, yellow corn flour, soy lecithin, corn syrup solids, black carrot juice concentrate for color, blueberry juice concentrate for color. Vitamins and Minerals: Vitamin A palmitate, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B12.

Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	86.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
244.186	6.977	1.163	0.000	11.628	360.465	40.698	4.651	12.791	(M)	4.651	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (86.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
210.000	6.000	1.000	0.000	10.000	310.000	35.000	4.000	11.000	(M)	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pancake Syrup  
 Ingredient Code: LI100482

Measure	Weight In Grams
1 packet (2/3 tbsp) (L v1)	59.2515

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
253.156	0.000	0.000	0.000	0.000	160.332	65.821	0.000	52.319	52.319	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

## Nutrients per 2 1/8 Ounce (59.252 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	0.000	0.000	0.000	0.000	95.000	39.000	0.000	31.000	31.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pancoating Butter- It  
 Ingredient Code: LI100498

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
840.000	95.000	15.000	15.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Pasta Penne  
 Ingredient Code: LI100352  
 Sub Ingredients: WHOLE GRAIN DURUM WHEAT FLOUR.  
 Allergens: Contains Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
352.734	1.764	0.000	0.000	0.000	0.000	74.074	3.527	3.527	(M)	14.109	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 Ounce (56.700 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
200.000	1.000	0.000	0.000	0.000	0.000	42.000	2.000	2.000	(M)	8.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pasta Spaghetti Precooked WG

Ingredient Code: LI100342

Sub Ingredients: Water, whole wheat flour, enriched durum semolina (durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), egg whites.

Allergens: Contains Egg, Wheat,

Measure	Weight In Grams
1 no. 10 can (L v1)	1,842.7500

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
155.203	0.705	0.000	0.000	0.000	21.164	31.041	3.527	0.705	(M)	5.644	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 5 Ounce (141.750 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
220.000	1.000	0.000	0.000	0.000	30.000	44.000	5.000	1.000	(M)	8.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Pasta Spaghetti WG  
 Ingredient Code: LI100341  
 Sub Ingredients: Durum Whole Wheat Flour.  
 Allergens: Contains Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
335.097	2.646	0.000	0.000	0.000	0.000	70.547	8.818	3.527	(M)	12.346	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 Ounce (56.700 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
190.000	1.500	0.000	0.000	0.000	0.000	40.000	5.000	2.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: PB&J Uncrustable

Ingredient Code: LI100258

Sub Ingredients: Peanut Butter: Peanuts, Sugar, Contains 2% or Less of: Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed and Soybean), Mono and Diglycerides, Salt. Bread: Unbleached Whole Wheat Flour, Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Sugar, Soybean Oil, Contains 2% or Less of: Wheat Gluten, Salt, Dough Conditioners (Distilled Mono and Diglycerides, Sodium Stearoyl Lactylate, DATEM, Enzymes [with Wheat Starch, Ascorbic Acid, Calcium Peroxide]).grape Jelly: Sugar, Grape Juice, Contains 2% or Less of: Pectin, Citric Acid, Potassium Sorbate (Preservative).

Allergens: Contains Peanuts, Wheat,

Measure	Weight In Grams
1 Each (L v1)	150.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
400.000	22.000	4.667	0.000	0.000	353.333	42.667	4.667	20.000	(M)	12.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (150.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
600.000	33.000	7.000	0.000	0.000	530.000	64.000	7.000	30.000	(M)	18.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pea Green  
 Ingredient Code: LI100237

Measure	Weight In Grams
2/3 Cup (L v1)	93.0000
1 no. 10 can (L v1)	1,831.8182

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
86.022	0.000	0.000	0.000	0.000	0.000	13.978	5.376	5.376	(M)	5.376	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2/3 Cup (93.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	0.000	0.000	0.000	0.000	0.000	13.000	5.000	5.000	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Peach slices cupped  
 Ingredient Code: LI100434

Measure	Weight In Grams
1 no. 10 can (L v1)	2,976.7500
1 CUP, halves or slices (L v1)	247.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
42.000	0.100	0.011	0.000	0.000	5.000	11.100	1.000	(M)	(M)	0.400	0.300	5.000	270.000	3.000	0.000	74.000	88.200	0.240

(M) Indicates missing nutrient values.

### Pre-Preparation Instructions

- Drain Peaches

### Serving Instructions

- Cup 1/2 cup peaches in 1/2 cup container. Use clear lid if self-serve.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Peaches, Diced, Cups, Frozen  
 Ingredient Code: LI100016

Measure	Weight In Grams
1 Each (L v1)	120.4875

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
64.000	0.000	0.000	0.000	0.000	0.000	15.200	0.800	12.800	(M)	0.800	0.000	0.000	320.000	91.200	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Peaches, yellow, raw  
 Ingredient Code: LI100017

Measure	Weight In Grams
1 NLEA serving (L v1)	147.0000
1 CUP slices (L v1)	154.0000
1 large (2-3/4" dia) (L v1)	175.0000
1 small (2-1/2" dia) (L v1)	130.0000
1 medium (2-2/3" dia) (L v1)	150.0000
1 extra large (3" dia) (L v1)	224.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
39.000	0.250	0.019	0.000	0.000	0.000	9.540	1.500	8.390	(M)	0.910	0.250	6.000	326.000	6.600	(M)	(M)	88.870	0.430

(M) Indicates missing nutrient values.

## Tips/Comments

- Check fruit for ripeness. Do not serve when hard. Ripen at room temperature.

# Ingredient List Report

Ingredient Name: Peanut Butter, smooth

Ingredient Code: LI100408

Sub Ingredients: Roasted Peanuts, Dextrose, Fully Hydrogenated Vegetable Oil (Rapeseed, Cottonseed, Soybean), Salt, Corn Syrup. CONTAINS: PEANUTS.

Allergens: Contains Peanuts,

Measure	Weight In Grams
2 tablespoons (L v1)	32.0000
1 Cup (L v1)	258.0000
1 no. 10 can (L v1)	3,354.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
588.000	49.540	9.519	0.000	0.000	476.000	23.980	5.700	6.500	(M)	21.930	2.160	54.000	0.000	0.000	(M)	(M)	1.550	3.000

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pears, canned, extra light syrup pack, solids and liquids

Ingredient Code: LI100120

Sub Ingredients: Pears, water, sugar

Measure	Weight In Grams
1 no. 10 can (L v1)	3,224.0000
1 half, with liquid (L v1)	76.0000
1 CUP, sliced (L v1)	247.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
47.000	0.100	0.006	0.000	0.000	2.000	12.200	1.600	(M)	(M)	0.300	0.200	7.000	0.000	2.000	(M)	(M)	87.300	0.100

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pears, raw  
 Ingredient Code: LI100117

Measure	Weight In Grams
1 NLEA serving (L v1)	166.0000
1 small (L v1)	148.0000
1 large (L v1)	230.0000
1 CUP, slices (L v1)	140.0000
1 medium (L v1)	178.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
57.000	0.140	0.022	0.000	0.000	1.000	15.230	3.100	9.750	(M)	0.360	0.180	9.000	25.000	4.300	(M)	(M)	83.960	0.320

(M) Indicates missing nutrient values.

## Tips/Comments

- Check for ripeness, Do not serve hard. Ripen at room temperature.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Peas and carrots, frozen, cooked, boiled, drained, without salt  
 Ingredient Code: LI100028

Measure	Weight In Grams
1/2 Cup (L v1)	80.0000
1 no. 10 can (L v1)	2,080.0000
1 PACKAGE (10 oz) yields (L v1)	278.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
48.000	0.420	0.077	0.000	0.000	68.000	10.120	3.100	4.360	(M)	3.090	0.940	23.000	9514.000	8.100	(M)	(M)	85.800	0.570

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Peas, edible-podded, raw  
 Ingredient Code: LI100031

Measure	Weight In Grams
10 pea pods (L v1)	34.0000
1 cup, chopped (L v1)	98.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
42.000	0.200	0.039	0.000	0.000	4.000	7.550	2.600	4.000	(M)	2.800	2.080	43.000	1087.000	60.000	(M)	(M)	88.890	0.560

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Peas, green, frozen, cooked, boiled, drained, without salt  
 Ingredient Code: LI100029

Measure	Weight In Grams
1/2 Cup (L v1)	80.0000
1 no. 10 can (L v1)	2,080.0000
1 PACKAGE (10 oz) yields (L v1)	253.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
78.000	0.270	0.049	0.000	0.000	72.000	14.260	4.500	4.400	(M)	5.150	1.520	24.000	2100.000	9.900	(M)	(M)	79.520	0.800

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Peas, green, frozen, unprepared  
 Ingredient Code: LI100030

Measure	Weight In Grams
1 Cup (L v1)	134.0000
1 Package (L v1)	284.0000
1 no. 10 can (L v1)	1,742.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
77.000	0.400	0.066	0.000	0.000	108.000	13.620	4.500	5.000	(M)	5.220	1.530	22.000	2058.000	18.000	(M)	(M)	79.980	0.780

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pepper Jalapeno Sliced

Ingredient Code: LI100305

Sub Ingredients: JALAPEÑO PEPPERS, WATER, DISTILLED VINEGAR, SALT, CALCIUM CHLORIDE, GARLIC POWDER

Measure	Weight In Grams
1/2 Cup (L v1)	3,402.0000
1 no. 10 can (L v1)	88,452.0000
1 ounces (L v1)	30.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
17.637	0.000	0.000	0.000	0.000	1164.021	3.527	0.000	3.527	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
5.000	0.000	0.000	0.000	0.000	330.000	1.000	0.000	1.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Pepper, Black , ground  
 Ingredient Code: LI100505

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	(M)	(M)	(M)	0.000	(M)	(M)	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Gram (1.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	(M)	(M)	(M)	0.000	(M)	(M)	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Ingredient Name: Pepperoni Sliced 14-16ct GF

Ingredient Code: LI100162

Sub Ingredients: Pork and beef, salt, spices, dextrose, lactic acid starter culture, oleoresin of paprika, flavoring, sodium nitrite, BHA, BHT, citric acid.

Measure	Weight In Grams
1 Slice (L v1)	2.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
493.827	45.855	17.637	0.000	105.820	1869.489	0.000	0.000	0.000	(M)	21.164	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	13.000	5.000	0.000	30.000	530.000	0.000	0.000	0.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Peppers, Banana , mild  
 Ingredient Code: LI100406

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
17.637	0.000	0.000	0.000	0.000	1622.575	7.055	0.000	0.000	(M)	0.000	0.000	0.000	0.000	0.000	0.000	3.527	0.000	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
5.000	0.000	0.000	0.000	0.000	460.000	2.000	0.000	0.000	(M)	0.000	0.000	0.000	0.000	0.000	0.000	1.000	0.000	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Peppers, chili, green, canned

Ingredient Code: LI100036

Sub Ingredients: Green Chile Peppers, Contains less than 2% of Calcium Chloride, Citric Acid, Salt.

Measure	Weight In Grams
1 Cup (L v1)	139.0000
1 no. 10 can (L v1)	1,807.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
21.000	0.270	0.028	0.000	0.000	397.000	4.600	1.700	(M)	(M)	0.720	1.330	36.000	126.000	34.200	(M)	(M)	93.250	1.310

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Peppers, jalapeno, raw  
 Ingredient Code: LI100035

Measure	Weight In Grams
1 CUP, sliced (L v1)	90.0000
1 pepper (L v1)	14.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
29.000	0.370	0.092	0.000	0.000	3.000	6.500	2.800	4.120	(M)	0.910	0.250	12.000	1078.000	118.600	(M)	(M)	91.690	0.530

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Peppers, sweet, green, raw  
 Ingredient Code: LI100032

Measure	Weight In Grams
1 no. 10 can (L v1)	1,934.4000
1 small (L v1)	74.0000
1 ring (3" dia, 1/4" thick) (L v1)	10.0000
1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia) (L v1)	164.0000
1 medium (approx 2-3/4" long, 2-1/2" dia) (L v1)	119.0000
10 strips (L v1)	27.0000
1 cup, chopped (L v1)	149.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
20.000	0.170	0.058	0.000	0.000	3.000	4.640	1.700	2.400	(M)	0.860	0.340	10.000	370.000	80.400	(M)	(M)	93.890	0.430

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Peppers, sweet, red, raw  
 Ingredient Code: LI100033

Measure	Weight In Grams
1 no. 10 can (L v1)	1,934.4000
1 small (L v1)	74.0000
1 cup, chopped (L v1)	149.0000
1 large (2-1/4 per pound, approx 3-3/4" long, 3" dia.) (L v1)	164.0000
1 medium (approx 2-3/4" long, 2-1/2 dia.) (L v1)	119.0000
1 ring (3" dia., 1/4" thick) (L v1)	10.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
31.000	0.300	0.027	0.000	0.000	4.000	6.030	2.100	4.200	(M)	0.990	0.430	7.000	3131.000	127.700	(M)	(M)	92.210	0.470

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Peppers, sweet, yellow, raw  
 Ingredient Code: LI100034

Measure	Weight In Grams
1 Cup (L v1)	124.7400
1 no. 10 can (L v1)	1,621.6200
1 pepper, large (3-3/4" long, 3" dia) (L v1)	186.0000
10 strips (L v1)	52.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
27.000	0.210	0.031	0.000	0.000	2.000	6.320	0.900	(M)	(M)	1.000	0.460	11.000	200.000	183.500	(M)	(M)	92.020	0.450

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Personal Cheese Pizza

Ingredient Code: LI100426

Sub Ingredients: CRUST: FLOUR BLEND (WHITE WHOLE WHEAT FLOUR, ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), DEFATTED SOY FLOUR, YEAST, ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF: SUGAR, SOY LECITHIN, SALT, DISTILLED MONO-GLYCERIDES, ASCORBIC ACID (DOUGH CONDITIONER). TOPPINGS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MODIFIED FOOD STARCH, SUGAR, CONTAINS 2% OR LESS OF: DEXTROSE, SEA SALT, DRIED ONION, SPICE, DEHYDRATED ROMANO CHEESE (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, DRIED GARLIC, CITRIC ACID.

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	126.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
222.222	9.524	4.762	0.000	23.810	325.397	20.635	2.381	6.349	1.587	11.905	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 126 Gram (126.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
280.000	12.000	6.000	0.000	30.000	410.000	26.000	3.000	8.000	2.000	15.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pesto Basil Arrezio

Ingredient Code: LI100427

Sub Ingredients: Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes), Granulated Garlic, Salt

Allergens: Contains Milk,

Measure	Weight In Grams
1/4 Cup (L v1)	57.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
333.333	33.333	5.263	0.000	26.316	666.667	3.509	0.000	0.000	0.000	7.018	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 57 Gram (57.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
190.000	19.000	3.000	0.000	15.000	380.000	2.000	0.000	0.000	0.000	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pickle Dill Chip GAL

Ingredient Code: LI100306

Sub Ingredients: Pickles, Water, Distilled Vinegar, Salt, Contains Less Than 2% of the Following: Calcium Chloride, Alum, Sodium Benzoate (preservative), Natural Flavors, Polysorbate 80, FD&C Yellow #5 and Blue #1.

Measure	Weight In Grams
1 Cup (L v1)	224.0000
1 no. 10 can (L v1)	2,912.0000
1 OZ (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
17.637	0.000	0.000	0.000	0.000	1375.661	3.527	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
5.000	0.000	0.000	0.000	0.000	390.000	1.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Pineapple, raw, all varieties  
 Ingredient Code: LI100002

Measure	Weight In Grams
1 CUP, chunks (L v1)	165.0000
1 slice, thin (3-1/2" dia x 1/2" thick) (L v1)	56.0000
1 slice (3-1/2" dia x 3/4" thick) (L v1)	84.0000
1 fruit (L v1)	905.0000
1 slice (4-2/3" dia x 3/4" thick) (L v1)	166.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	0.120	0.009	0.000	0.000	1.000	13.120	1.400	9.850	(M)	0.540	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

## Tips/Comments

- Do not serve unripened fruit. If too green and hard, ripen at room temperature.  
 1 LB yields approx. 3---1/2 cup servings

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pita Bread 6"  
 Ingredient Code: LI100538  
 Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	74.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
283.784	8.108	1.351	0.000	0.000	540.541	44.595	1.351	1.351	1.351	8.108	4.054	71.622	(M)	(M)	0.000	229.730	(M)	(M)

## Nutrients per 1 Each (74.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
210.000	6.000	1.000	0.000	0.000	400.000	33.000	1.000	1.000	1.000	6.000	3.000	53.000	(M)	(M)	0.000	170.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pizza Calzone - Albies WG  
 Ingredient Code: LI100507  
 Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	141.7500

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
190.476	7.055	2.822	0.000	21.164	380.952	21.164	2.116	2.822	1.411	11.993	1.411	156.614	(M)	(M)	(M)	76.896	(M)	(M)

## Nutrients per 1 Each (141.750 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
270.000	10.000	4.000	0.000	30.000	540.000	30.000	3.000	4.000	2.000	17.000	2.000	222.000	(M)	(M)	(M)	109.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pizza Crust Prebaked GF

Ingredient Code: LI100361

Sub Ingredients: RICE FLOUR, FILTERED WATER, TAPIOCA STARCH, POTATO STARCH, EXTRA VIRGIN OLIVE OIL, PALM AND SOYBEAN OILS, SUGAR, MODIFIED CORNSTARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: YEAST, POTASSIUM CHLORIDE, SALT, GELATIN, CELLULOSE GUM, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), XANTHAN GUM, NATURAL FLAVOR, DISTILLED MONOGLYCERIDES, GUAR GUM. MANUFACTURED ON SHARED EQUIPMENT WITH EGGS AND SOY

Measure	Weight In Grams
1/4 Each (L v1)	55.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
290.909	6.364	1.818	0.000	0.000	363.636	52.727	1.818	1.818	(M)	3.636	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/4 Each (55.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	3.500	1.000	0.000	0.000	200.000	29.000	1.000	1.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pizza Crust WG 16" Parbaked

Ingredient Code: LI100238

Sub Ingredients: WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, YEAST, SUGAR, SALT.

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Slice (L v1)	60.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
266.667	5.833	0.833	0.000	0.000	450.000	45.000	3.333	3.333	(M)	8.333	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Slice (60.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	3.500	0.500	0.000	0.000	270.000	27.000	2.000	2.000	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pizza Hut Cheese Pizza WG

Ingredient Code: LI100365

Sub Ingredients: Dough-WHEAT FLOUR BLEND (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [WHEAT, FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLICACID]),, WATER, YEAST, SOYBEAN OIL. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLICACID), SALT, DATEM, SUGAR, WHEAT GLUTEN, ENZYMES, ASCORBIC ACID, SUCRALOSE., Pan Spray: SOYBEAN OIL, SOY LECITHIN, NON-CHLOROFUOROCARBON PROPELLANT., CONTAINS SOY, Pizza Sauce: TOMATO PUREE(TOMATO PASTE, WATER), SALT, CONTAINS 2%OR LESS OF THE FOLLOWING: SPICES, GARLIC POWDER, TOMATO FIBERS, OLIVE OIL, CANOLA OIL, CITRIC ACID AND NATURAL FLAVORS. Lite Pizza Cheese: PASTEURIZED SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, NONFAT MILK,, MODIFIED FOOD STARCH\*, VEGETABLE OIL\* (APPLIED TO SURFACE), POTASSIUM CHLORIDE\*, SODIUM CITRATE\*, SODIUM PROPIONATE (ADDED AS A PRESERVATIVE), VITAMIN A PALMITATE. \*INGREDIENTS NOT IN REGULAR MOZZARELLA CHEESE-CONTAINS MILK  
Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Piece (L v1)	119.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
235.294	7.563	3.361	0.000	16.807	436.975	24.370	2.521	0.840	(M)	17.647	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Piece (119.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
280.000	9.000	4.000	0.000	20.000	520.000	29.000	3.000	1.000	(M)	21.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pizza Hut Hawaiian Pizza

Ingredient Code: LI100368

Sub Ingredients: Dough-WHEAT FLOUR BLEND (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [WHEAT, FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLICACID]),, WATER, YEAST, SOYBEAN OIL. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLICACID), SALT, DATEM, SUGAR, WHEAT GLUTEN, ENZYMES, ASCORBIC ACID, SUCRALOSE., Pan Spray: SOYBEAN OIL, SOY LECITHIN, NON-CHLOROFUOROCARBON PROPELLANT., CONTAINS SOY, Pizza Sauce: TOMATO PUREE(TOMATO PASTE, WATER), SALT, CONTAINS 2%OR LESS OF THE FOLLOWING: SPICES, GARLIC POWDER, TOMATO FIBERS, OLIVE OIL, CANOLA OIL, CITRIC ACID AND NATURAL FLAVORS. Lite Pizza Cheese: PASTEURIZED SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, NONFAT MILK,, MODIFIED FOOD STARCH\*, VEGETABLE OIL\* (APPLIED TO SURFACE), POTASSIUM CHLORIDE\*, SODIUM CITRATE\*, SODIUM PROPIONATE (ADDED AS A PRESERVATIVE), VITAMIN A PALMITATE. \*INGREDIENTS NOT IN REGULAR MOZZARELLA CHEESE-CONTAINS MILK Topping: Reduced Sodium/Fat, Pepperoni- PORK, BEEF, WATER, TEXTURED VEGETABLE PROTEIN PRODUCT\* [SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE(B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2)1 AND CYANOCOBALAMIN (B12)), SALT, CONTAINS LESS THAN 2% OF: SPICES, DEXTROSE, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, FLAVORING, SODIUM NITRITE, BHA, BHT, CITRIC ACID. CONTAINS SOY PORK, SEASONING

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Piece (L v1)	132.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
174.242	3.788	1.515	0.000	7.576	356.061	25.758	2.273	4.545	(M)	9.848	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Piece (132.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
230.000	5.000	2.000	0.000	10.000	470.000	34.000	3.000	6.000	(M)	13.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pizza Hut Pepperoni Pizza WG

Ingredient Code: LI100366

Sub Ingredients: Dough-WHEAT FLOUR BLEND (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [WHEAT, FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLICACID]),, WATER, YEAST, SOYBEAN OIL. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLICACID), SALT, DATEM, SUGAR, WHEAT GLUTEN, ENZYMES, ASCORBIC ACID, SUCRALOSE., Pan Spray: SOYBEAN OIL, SOY LECITHIN, NON-CHLOROFUOROCARBON PROPELLANT., CONTAINS SOY, Pizza Sauce: TOMATO PUREE(TOMATO PASTE, WATER), SALT, CONTAINS 2%OR LESS OF THE FOLLOWING: SPICES, GARLIC POWDER, TOMATO FIBERS, OLIVE OIL, CANOLA OIL, CITRIC ACID AND NATURAL FLAVORS. Lite Pizza Cheese: PASTEURIZED SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, NONFAT MILK,, MODIFIED FOOD STARCH\*, VEGETABLE OIL\* (APPLIED TO SURFACE), POTASSIUM CHLORIDE\*, SODIUM CITRATE\*, SODIUM PROPIONATE (ADDED AS A PRESERVATIVE), VITAMIN A PALMITATE. \*INGREDIENTS NOT IN REGULAR MOZZARELLA CHEESE-CONTAINS MILK Topping: Reduced Sodium/Fat, Pepperoni- PORK, BEEF, WATER, TEXTURED VEGETABLE PROTEIN PRODUCT\* [SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE(B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2)1 AND CYANOCOBALAMIN (B12)), SALT, CONTAINS LESS THAN 2% OF: SPICES, DEXTROSE, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, FLAVORING, SODIUM NITRITE, BHA, BHT, CITRIC ACID. CONTAINS SOY PORK, SEASONING

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Piece (L v1)	119.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
243.697	9.244	3.782	0.000	21.008	478.992	24.370	2.521	0.840	(M)	17.647	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Piece (119.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
290.000	11.000	4.500	0.000	25.000	570.000	29.000	3.000	1.000	(M)	21.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pizza Hut Sausage Pizza  
 Ingredient Code: LI100367

Sub Ingredients: Dough-WHEAT FLOUR BLEND (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [WHEAT, FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLICACID]),, WATER, YEAST, SOYBEAN OIL. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLICACID), SALT, DATEM, SUGAR, WHEAT GLUTEN, ENZYMES, ASCORBIC ACID, SUCRALOSE., Pan Spray: SOYBEAN OIL, SOY LECITHIN, NON-CHLOROFLUOROCARBON PROPELLANT., CONTAINS SOY, Pizza Sauce: TOMATO PUREE(TOMATO PASTE, WATER), SALT, CONTAINS 2%OR LESS OF THE FOLLOWING: SPICES, GARLIC POWDER, TOMATO FIBERS, OLIVE OIL, CANOLA OIL, CITRIC ACID AND NATURAL FLAVORS. Lite Pizza Cheese: PASTEURIZED SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, NONFAT MILK,, MODIFIED FOOD STARCH\*, VEGETABLE OIL\* (APPLIED TO SURFACE), POTASSIUM CHLORIDE\*, SODIUM CITRATE\*, SODIUM PROPIONATE (ADDED AS A PRESERVATIVE), VITAMIN A PALMITATE. \*INGREDIENTS NOT IN REGULAR MOZZARELLA CHEESE-CONTAINS MILK Topping: Reduced Sodium/Fat, Pepperoni- PORK, BEEF, WATER, TEXTURED VEGETABLE PROTEIN PRODUCT\* [SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE(B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2)1 AND CYANOCOBALAMIN (B12)), SALT, CONTAINS LESS THAN 2% OF: SPICES, DEXTROSE, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, FLAVORING, SODIUM NITRITE, BHA, BHT, CITRIC ACID. CONTAINS SOY PORK, SEASONING. All-Natural Italian Sausage- PORK, SEASONING (SPICES, PAPRIKA, SUGAR, GALIC POWDER, SALT, SPICE EXTRACTIVES), WATER, SALT.  
 Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Piece (L v1)	131.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
259.542	12.214	4.580	0.000	26.718	511.450	21.374	2.290	0.763	(M)	16.031	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Piece (131.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
340.000	16.000	6.000	0.000	35.000	670.000	28.000	3.000	1.000	(M)	21.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pizza Hut Veggie Pizza WG

Ingredient Code: LI100402

Sub Ingredients: Dough-WHEAT FLOUR BLEND (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [WHEAT, FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLICACID]),, WATER, YEAST, SOYBEAN OIL. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLICACID), SALT, DATEM, SUGAR, WHEAT GLUTEN, ENZYMES, ASCORBIC ACID, SUCRALOSE., Pan Spray: SOYBEAN OIL, SOY LECITHIN, NON-CHLOROFUOROCARBON PROPELLANT., CONTAINS SOY, Pizza Sauce: TOMATO PUREE(TOMATO PASTE, WATER), SALT, CONTAINS 2%OR LESS OF THE FOLLOWING: SPICES, GARLIC POWDER, TOMATO FIBERS, OLIVE OIL, CANOLA OIL, CITRIC ACID AND NATURAL FLAVORS. Lite Pizza Cheese: PASTEURIZED SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, NONFAT MILK,, MODIFIED FOOD STARCH\*, VEGETABLE OIL\* (APPLIED TO SURFACE), POTASSIUM CHLORIDE\*, SODIUM CITRATE\*, SODIUM PROPIONATE (ADDED AS A PRESERVATIVE), VITAMIN A PALMITATE. \*INGREDIENTS NOT IN REGULAR MOZZARELLA CHEESE-CONTAINS MILK  
Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Piece (L v1)	119.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
235.294	7.563	3.361	0.000	16.807	436.975	24.370	2.521	0.840	(M)	17.647	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Piece (119.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
280.000	9.000	4.000	0.000	20.000	520.000	29.000	3.000	1.000	(M)	21.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pizza Pepperoni Big Daddy

Ingredient Code: LI100239

Sub Ingredients: CRUST: WHOLE GRAIN BLEND (WHITE WHOLE WHEAT FLOUR, WHOLE GRAIN YELLOW CORN FLOUR, BROWN RICE FLOUR, WHOLE GRAIN OAT FLOUR), NONFAT MILK, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), SUGAR, WHEAT GLUTEN, CONTAINS 2% OR LESS OF: HYDROGENATED SOYBEAN OIL, PARMESAN CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SEA SALT, DATEM, DEXTROSE, GUAR GUM, SPICE, SALT, SOY LECITHIN, NATURAL FLAVOR, ASCORBIC ACID (DOUGH CONDITIONER), WHEAT STARCH, ENZYMES. TOPPING: LOW MOISTURE PART SKIM MOZZARELLA AND PARMESAN CHEESES (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), UNCURED TURKEY & BEEF PEPPERONI NO NITRATES OR NITRITES ADDED EXCEPT FOR THOSE NATURALLY OCCURRING IN CULTURED CELERY POWDER (TURKEY, BEEF, SALT, CONTAINS 2% OR LESS OF: SPICES, DEXTROSE, ROSEMARY EXTRACT, CULTURED CELERY POWDER, CHERRY POWDER, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, SUGAR, CITRIC ACID, NATURAL SMOKE FLAVOR, LIME JUICE CONCENTRATE), LITE MOZZARELLA CHEESE (CULTURED PASTEURIZED SKIM MILK, MODIFIED FOOD STARCH\*, SALT, ENZYMES, VITAMIN A PALMITATE) \*INGREDIENTS NOT IN REGULAR MOZZARELLA CHEESE, PROVOLONE AND WHITE CHEDDAR CHEESES (CULTURED PASTEURIZED MILK, SALT, ENZYMES), SPICE. SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, PARMESAN CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUGAR, DEXTROSE, SALT, DRIED GARLIC, SPICE, DRIED ONION, DEHYDRATED ROMANO CHEESE (CULTURED PASTEURIZED SHEEP'S AND COW'S MILK, SALT, ENZYMES), PAPRIKA, CITRIC ACID.

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Slice (L v1)	145.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
248.276	11.034	5.517	0.000	31.034	386.207	24.138	2.759	4.138	(M)	13.103	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Slice (145.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
360.000	16.000	8.000	0.000	45.000	560.000	35.000	4.000	6.000	(M)	19.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pizza Sausage Breakfast WG

Ingredient Code: LI100240

Sub Ingredients: CRUST: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF: WHEAT GLUTEN, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE, CALCIUM LACTATE), SEA SALT, CORN STARCH, DEFATTED SOY FLOUR, WHEAT STARCH, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE, ENZYMES (CONTAINS WHEAT).

TOPPING: COOKED TURKEY PIZZA TOPPING (TURKEY BREAKFAST SAUSAGE [MECHANICALLY SEPARATED TURKEY, SEASONING (SALT, SPICES, DEXTROSE, SUGAR, CITRIC ACID, NATURAL FLAVOR, SOYBEAN OIL, BHA, BHT), WATER], TEXTURED VEGETABLE PROTEIN [SOY FLOUR, CARAMEL COLOR], WATER), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SUBSTITUTE MOZZARELLA CHEESE (WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT [MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, IRON, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12), NIACINAMIDE (VITAMIN B3), THIAMINE MONONITRATE (VITAMIN B1), VITAMIN A PALMITATE]). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), MALTODEXTRIN, MODIFIED FOOD STARCH, CONTAINS 2% OR LESS OF: SPICE, SUGAR, SEA SALT, HYDROLYZED SOY AND CORN PROTEIN, SALT, PAPRIKA, DRIED GARLIC, POWDERED CELLULOSE.

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Slice (L v1)	94.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
223.404	7.447	2.128	0.000	15.957	372.340	28.723	3.191	5.319	(M)	9.574	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Slice (94.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
210.000	7.000	2.000	0.000	15.000	350.000	27.000	3.000	5.000	(M)	9.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pizza Stick 7" WG

Ingredient Code: LI100241

Sub Ingredients: Crust: crust: flour blend [whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], water, golden brown sugar (sugar, molasses), vital wheat gluten, corn oil, dough conditioner (soybean oil, mono and diglycerides, soy shortening flakes), instant yeast (yeast, sorbitan monostearate), salt, l-cysteine. Sauce: water, tomatoes, seasoning [sugar, modified corn starch, salt, spices, modified cellulose, garlic powder, dehydrated blend of romano cheese (part-skim cow's milk, cheese culture, salt, enzymes), sodium phosphate]. Mozzarella cheese: pasteurized milk, nonfat milk, cultures, salt, enzymes. Pepperoni: pork, beef, salt, spices, sugar, lactic acid starter culture, extractive of paprika, garlic powder, spice extractives, sodium nitrite, BHA, BHT, citric acid

Allergens: Contains Milk, Wheat,

Measure	Weight In Grams
1 Each (L v1)	107.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
233.645	8.411	4.206	0.000	23.364	476.636	28.037	2.804	2.804	(M)	10.280	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (107.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
250.000	9.000	4.500	0.000	25.000	510.000	30.000	3.000	3.000	(M)	11.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Plums, raw  
 Ingredient Code: LI100118

Measure	Weight In Grams
1 NLEA serving (L v1)	151.0000
1 CUP, sliced (L v1)	165.0000
1 fruit (2-1/8" dia) (L v1)	66.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
46.000	0.280	0.017	0.000	0.000	0.000	11.420	1.400	9.920	(M)	0.700	0.170	6.000	345.000	9.500	(M)	(M)	87.230	0.370

(M) Indicates missing nutrient values.

## Tips/Comments

- Do not serve unripened fruit. If too hard, ripen at room temperature.



# Ingredient List Report

Ingredient Name: Pop Tart Frosted Strawberry Whole Grain 1 Count  
 Ingredient Code: LI100550  
 Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	48.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
354.167	5.208	2.083	0.000	0.000	239.583	75.000	6.250	29.167	29.167	4.167	3.750	270.833	(M)	(M)	0.000	104.167	(M)	(M)

## Nutrients per 1 Each (48.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
170.000	2.500	1.000	0.000	0.000	115.000	36.000	3.000	14.000	14.000	2.000	1.800	130.000	(M)	(M)	0.000	50.000	(M)	(M)

(M) Indicates missing nutrient values.

## Serving Instructions

- One per reimbursable meal

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pork BBQ Pulled in Sauce

Ingredient Code: LI100163

Sub Ingredients: Fully Cooked Ingredients: Smoked Cooked Pork Shoulder Boston Butt, Barbecue Sauce (High Fructose Corn Syrup, Vinegar, Tomato Paste, Modified Food Starch, Contains 2% or less of Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate (Preservative), Molasses, Corn Syrup, Garlic, Sugar, Tamarind, Natural Flavor).

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
246.914	12.346	4.409	0.000	61.728	352.734	15.873	0.000	15.873	(M)	14.109	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 Ounce (56.700 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	7.000	2.500	0.000	35.000	200.000	9.000	0.000	9.000	(M)	8.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pork Carnitas  
 Ingredient Code: LI100578

Measure	Weight In Grams
2 1/2 ounces (L v1)	71.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
210.229	11.287	4.233	0.000	74.780	80.423	1.411	0.000	1.411	(M)	22.575	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 1/2 Ounce (70.875 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
149.000	8.000	3.000	0.000	53.000	57.000	1.000	0.000	1.000	(M)	16.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pork Pulled USDA  
 Ingredient Code: LI100164

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
162.257	8.818	3.527	0.000	63.492	356.261	0.000	0.000	0.000	(M)	19.400	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 Ounce (56.700 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
92.000	5.000	2.000	0.000	36.000	202.000	0.000	0.000	0.000	(M)	11.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Potato Fry Crinkle Cut

Ingredient Code: LI100242

Sub Ingredients: Potatoes, Vegetable Oil (Soybean, Canola, Cottonseed, and/or Sunflower), Contains less than 2% of Color (Annatto Extract, Caramel Color, Turmeric Oleoresin), Dextrose, Disodium Dihydrogen Pyrophosphate (to maintain natural color).

Measure	Weight In Grams
1/2 Cup (L v1)	84.0000
4 ounces (L v1)	110.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
175.000	3.571	0.000	0.000	0.000	59.524	33.333	1.548	0.000	0.000	3.095	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

## Nutrients per 1/2 Cup (84.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
147.000	3.000	0.000	0.000	0.000	50.000	28.000	1.300	0.000	0.000	2.600	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

(M) Indicates missing nutrient values.

### Tips/Comments

- Pan the day before, cover and refrigerate.

### Serving Instructions

- 4 oz per serving

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Potato Fry Ovation Staight

Ingredient Code: LI100243

Sub Ingredients: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch - Modified. Contains 2% or less of Dextrin, Dextrose, Extractives of Paprika (color), Gum Arabic, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Maltodextrin, Natural Flavor, Potassium Chloride, Rice Flour, Salt, Sodium Acid Pyrophosphate Added To Preserve Natural Color, Succinic Acid, Xanthan Gum

Measure	Weight In Grams
1/2 Cup (L v1)	85.0000
1 no. 10 can (L v1)	2,210.0000
3 OZ (L v1)	85.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
152.851	5.291	0.588	0.000	0.000	188.125	25.867	2.352	0.000	(M)	2.352	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 Ounce (85.050 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	4.500	0.500	0.000	0.000	160.000	22.000	2.000	0.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Potato Fry Shoestring 1/4" Stealth

Ingredient Code: LI100245

Sub Ingredients: Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil), Modified Food Starch, Rice Flour, Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum.

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
152.851	5.879	1.764	0.000	0.000	329.218	23.516	2.352	0.000	(M)	2.352	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 Ounce (85.050 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	5.000	1.500	0.000	0.000	280.000	20.000	2.000	0.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Potato Fry Smile

Ingredient Code: LI100244

Sub Ingredients: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Dried Potatoes. Contains 2% or less of Citric Acid (To Maintain Freshness), Dextrose, Mono- & Diglycerides, Natural Flavors, Potassium Chloride, Potato Starch - Modified, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color.

Measure	Weight In Grams
1/2 Cup (L v1)	85.0000
1 no. 10 can (L v1)	2,210.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
188.125	7.055	1.176	0.000	0.000	270.429	29.394	2.352	0.000	(M)	2.352	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 Ounce (85.050 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	6.000	1.000	0.000	0.000	230.000	25.000	2.000	0.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Potato Hashbrown Patty 2.25 oz

Ingredient Code: LI100247

Sub Ingredients: POTATOES, VEGETABLE OIL (SOYBEAN, CANOLA, CORN, AND/OR SUNFLOWER), SALT, DISODIUM DIHYDROGEN PYROPHOSPHATE (TO MAINTAIN NATURAL COLOR), DEXTROSE.

Measure	Weight In Grams
1 Each (L v1)	63.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
190.476	9.524	1.587	0.000	0.000	428.571	23.810	1.587	0.000	(M)	1.587	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (63.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	6.000	1.000	0.000	0.000	270.000	15.000	1.000	0.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Potato Hashbrown Triange

Ingredient Code: LI100248

Sub Ingredients: Potatoes, Vegetable Oil (Soybean, Canola, Cottonseed, and/or Sunflower), Contains less than 2% of Dextrose, Salt, Disodium Dihydrogen Pyrophosphate (to maintain natural color).

Measure	Weight In Grams
1 Each (L v1)	56.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
178.571	7.143	0.893	0.000	0.000	357.143	25.000	1.786	0.000	(M)	1.786	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (56.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	4.000	0.500	0.000	0.000	200.000	14.000	1.000	0.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Potato Mashed Redskin Creamy

Ingredient Code: LI100345

Sub Ingredients: RED POTATOES, POTATOES, SKIM MILK, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CREAM, SALT, NATURAL FLAVOR, MONO- & DIGLYCERIDES, DATEM, SODIUM ACID PYROPHOSPHATE. CONTAINS: MILK. MADE ON EQUIPMENT THAT ALSO PROCESSES SOY.

Allergens: Contains Milk,

Measure	Weight In Grams
1/2 Cup (L v1)	126.0000
1 no. 10 can (L v1)	3,276.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
126.984	5.556	1.190	0.000	0.000	341.270	16.667	0.000	1.587	(M)	2.381	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/2 Cup (126.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	7.000	1.500	0.000	0.000	430.000	21.000	0.000	2.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Potato Mashed Resers

Ingredient Code: LI100387

Sub Ingredients: Potatoes, Water, Margarine (liquid and hydrogenated soybean oil, water, salt, contains less than 2% of vegetable mono and diglycerides, soy lecithin, citric acid, natural and artificial flavor, vitamin A palmitate added), Nonfat Milk and Nonfat Milk Solids, Salt, Potassium Sorbate (preservative), Titanium Dioxide (color), Disodium Pyrophosphate to maintain color, Modified Corn Starch, Glucono Delta Lactone, Xanthan Gum.

Allergens: Contains Milk,

Measure	Weight In Grams
1/2 Cup (L v1)	124.0000
1 no. 10 can (L v1)	3,224.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
104.839	3.226	0.403	0.000	0.000	306.452	16.935	2.419	0.000	(M)	2.419	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/2 Cup (124.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	4.000	0.500	0.000	0.000	380.000	21.000	3.000	0.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Potato Mashed Resers Sec.

Ingredient Code: LI100421

Sub Ingredients: Potatoes, Water, Margarine (liquid and hydrogenated soybean oil, water, salt, contains less than 2% of vegetable mono and diglycerides, soy lecithin, citric acid, natural and artificial flavor, vitamin A palmitate added), Nonfat Milk and Nonfat Milk Solids, Salt, Potassium Sorbate (preservative), Titanium Dioxide (color), Disodium Pyrophosphate to maintain color, Modified Corn Starch, Glucono Delta Lactone, Xanthan Gum.

Allergens: Contains Milk,

Measure	Weight In Grams
1/2 Cup (L v1)	124.0000
1 no. 10 can (L v1)	3,224.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
104.839	3.226	0.403	0.000	0.000	306.452	16.935	2.419	0.000	(M)	2.419	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/2 Cup (124.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	4.000	0.500	0.000	0.000	380.000	21.000	3.000	0.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Potato Salad Sysco

Ingredient Code: LI100420

Sub Ingredients: Ingredients:Potatoes, Mayonnaise (soybean oil, water, egg yolks, vinegar, salt), Sugar, Celery, Water, Sweet Pickle Relish (cucumbers, sugar, distilled vinegar, salt, contains less than 2% of: mustard seed, xanthan gum, calcium chloride, celery seed, dehydrated red bell pepper, natural flavoring, turmeric, minced onion), Mustard (water, vinegar, mustard seed, salt, sugar, soybean oil, turmeric and paprika, garlic powder, spices, xanthan gum, annatto color, citric acid, natural flavor), Onion, Vinegar, Red Bell Pepper, Salt, Modified Corn Starch, Black Pepper, Sodium Benzoate (preservative), Potassium Sorbate (preservative), Xanthan Gum, Annatto Color.

Allergens: Contains Egg, Milk,

Measure	Weight In Grams
1/2 Cup (L v1)	140.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
164.286	8.571	1.429	0.000	7.143	407.143	20.000	2.143	5.714	5.000	2.143	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 140 Gram (140.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
230.000	12.000	2.000	0.000	10.000	570.000	28.000	3.000	8.000	7.000	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Potato Tater Tot Ore Ida

Ingredient Code: LI100397

Sub Ingredients: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn). Contains 2% or less of Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate Added To Maintain Natural Color.

Measure	Weight In Grams
1/2 Cup (L v1)	82.0000
1 no. 10 can (L v1)	2,132.0000
9 tots (L v1)	82.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
182.927	8.537	1.220	0.000	0.000	439.024	23.171	2.439	0.000	(M)	2.439	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 9 tots (82.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	7.000	1.000	0.000	0.000	360.000	19.000	2.000	0.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Potato Wedge Seasoned 8 cut

Ingredient Code: LI100246

Sub Ingredients: Potatoes, Vegetable Oil (Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch - Modified. Contains 2% or less of Annatto (color), Baking Soda, Corn Starch - Modified, Corn Starch, Dextrin, Dextrose, Extractives of Capsicum, Extractives of Paprika (color), Garlic Powder, Onion Powder, Paprika (color), Potassium Chloride, Rice Flour, Salt, Sodium Acid Pyrophosphate (Maintains Natural Color & Leavening), Spices, Tapioca Starch - Modified, Xanthan Gum.

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
152.851	4.703	0.588	0.000	0.000	176.367	24.691	2.352	0.000	(M)	2.352	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 Ounce (85.050 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	4.000	0.500	0.000	0.000	150.000	21.000	2.000	0.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Ingredient Name: Potato Wedge, seasoned McCain  
 Ingredient Code: LI100570

Measure	Weight In Grams
4 OZ (L v1)	87.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
164.706	7.059	1.176	(M)	0.000	247.059	23.529	1.176	0.000	0.000	1.176	0.388	11.765	0.000	0.000	0.000	8.235	(M)	(M)

## Nutrients per 85 Gram (85.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	6.000	1.000	(M)	0.000	210.000	20.000	1.000	0.000	0.000	1.000	0.330	10.000	0.000	0.000	0.000	7.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Potatoes, flesh and skin, raw  
 Ingredient Code: LI100074

Measure	Weight In Grams
1 Potato medium (2-1/4" to 3-1/4" dia) (L v1)	213.0000
1/2 CUP, diced (L v1)	75.0000
1 Potato large (3" to 4-1/4" dia) (L v1)	369.0000
1 Potato small (1-3/4" to 2-1/2" dia) (L v1)	170.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
77.000	0.090	0.025	0.000	0.000	6.000	17.490	2.100	0.820	(M)	2.050	0.810	12.000	2.000	19.700	(M)	(M)	79.250	1.110

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pretzel Soft WG

Ingredient Code: LI100249

Sub Ingredients: Whole Wheat Flour, Enriched Wheat Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Yeast, Corn Syrup, Wheat Gluten, Malted Barley Flour, Dough Conditioner (wheat flour, salt, soybean oil, l-cysteine, ascorbic acid, enzymes), Bicarbonates and Carbonates of Soda.

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	62.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
225.806	0.806	0.000	0.000	0.000	241.935	48.387	4.839	1.613	(M)	8.065	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (62.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	0.500	0.000	0.000	0.000	150.000	30.000	3.000	1.000	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pudding Chocolate Snack Pack

Ingredient Code: LI100307

Sub Ingredients: Water, Nonfat Milk, Sugar, Modified Corn Starch, Palm Oil, Cocoa (Processed with Alkali), Less than 2% of: Calcium Carbonate, Salt, Sodium Stearoyl Lactylate, Artificial Flavors, Color Added. CONTAINS: MILK

Allergens: Contains Milk,

Measure	Weight In Grams
1 Each (L v1)	99.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
111.111	2.020	1.010	0.000	0.000	126.263	22.222	1.010	15.152	(M)	1.010	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (99.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	2.000	1.000	0.000	0.000	125.000	22.000	1.000	15.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pudding Vanilla Snack Pack

Ingredient Code: LI100308

Sub Ingredients: Water, Nonfat Milk, Sugar, Modified Corn Starch, Palm Oil, Less than 2% of: Calcium Carbonate, Salt, Sodium Stearoyl Lactylate, Disodium Phosphate, Natural and Artificial Flavors, Color Added (Including Yellow 5 and Yellow 6). CONTAINS: MILK

Allergens: Contains Milk,

Measure	Weight In Grams
1 Each (L v1)	99.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
111.111	2.525	1.515	0.000	0.000	131.313	20.202	1.010	14.141	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (99.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	2.500	1.500	0.000	0.000	130.000	20.000	1.000	14.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Pumpkin Solid  
 Ingredient Code: LI100410  
 Sub Ingredients: PUMPKIN

Measure	Weight In Grams
1 Cup (L v1)	237.0000
1 no. 10 can (L v1)	3,081.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
33.755	0.000	0.000	0.000	0.000	4.219	8.439	2.532	3.376	0.000	0.844	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 237 Gram (237.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	0.000	0.000	0.000	0.000	10.000	20.000	6.000	8.000	0.000	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Radishes, raw  
 Ingredient Code: LI100051

Measure	Weight In Grams
1 Slice (L v1)	1.0000
1 CUP slices (L v1)	116.0000
1 small (L v1)	2.0000
1 large (1" to 1-1/4" dia) (L v1)	9.0000
1 medium (3/4" to 1" dia) (L v1)	4.5000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
16.000	0.100	0.032	0.000	0.000	39.000	3.400	1.600	1.860	(M)	0.680	0.340	25.000	7.000	14.800	(M)	(M)	95.270	0.550

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Raisin Seedless Select Ind pak  
 Ingredient Code: LI100309  
 Sub Ingredients: Raisins

Measure	Weight In Grams
1 Each (L v1)	43.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
302.326	0.000	0.000	0.000	0.000	23.256	72.093	4.651	65.116	(M)	2.326	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (43.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	0.000	0.000	0.000	0.000	10.000	31.000	2.000	28.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Raspberries, raw  
 Ingredient Code: LI100012

Measure	Weight In Grams
1 Cup (L v1)	123.0000
1 no. 10 can (L v1)	1,599.0000
10 raspberries (L v1)	19.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
52.000	0.650	0.019	0.000	0.000	1.000	11.940	6.500	4.420	(M)	1.200	0.690	25.000	33.000	26.200	(M)	(M)	85.750	0.460

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Ravioli WG mini cheese

Ingredient Code: LI100358

Sub Ingredients: Whole Wheat Flour and Enriched Flour Blend( Whole Wheat Flour, Enriched Durum Wheat Flour(Wheat Flour, Niacin,Ferrous Sulfate,Thiamin Mononitrate, Riboflavin,Folic Acid)Water,Egg,Absorbic Acid:Filling Ingredients: Low Fat Ricotta Cheese(Skim Milk, Water,Modified Food Starch,Milk Fat,Milk Protein Concentrate,Xanthan Gum,Carrageenan Gum,Acetic Acid),Water,Low Moisture Part Skim Mozzarella Cheese (Cultured Part Skim Milk, Salt,Enzymes),Romano Cheese Made from Cows Milk,(Cultured Milk,Enzymes,Salt)Whey Protein Isolate,Sodium Caseinate, Parmesan Cheese (Part Skim Milk,Cheese Cultures,Enzymes,Salt) Asiago Cheese ( Cultured Milk,Salt,Enzymes)Whole Wheat Crackermeal( Whole Wheat Flour, Dextrose) Garlic Salt (Salt, Dehydrated Garlic),Corn Starch -Modifued Sugar,Dehydrated Garlic.

Allergens: Contains Egg, Milk, Wheat,

Measure	Weight In Grams
1 Cup (L v1)	132.0000
1 no. 10 can (L v1)	1,716.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
189.394	4.545	2.273	0.000	45.455	310.606	25.000	2.273	2.273	(M)	12.879	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Cup (132.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
250.000	6.000	3.000	0.000	60.000	410.000	33.000	3.000	3.000	(M)	17.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN23 PACE, Thick & Chunky Salsa  
 Ingredient Code: LI100436

Measure	Weight In Grams
2 tablespoon (L v1)	32.0000
1 Serving (L v1)	32.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
25.000	0.000	0.000	(M)	0.000	719.000	6.250	3.100	6.250	(M)	0.000	(M)	(M)	313.000	(M)	(M)	(M)	88.700	5.050

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN23 USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, solids and liquids  
 Ingredient Code: LI100435

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
55.000	0.080	0.010	0.000	0.000	6.000	14.300	1.200	11.460	(M)	0.410	0.290	5.000	198.000	3.100	0.000	85.000	85.020	0.190

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw  
 Ingredient Code: LI100525

Measure	Weight In Grams
1 steak (L v1)	209.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	6.850	2.300	0.210	58.000	54.000	0.000	0.000	0.000	(M)	20.740	1.940	5.000	0.000	0.000	(M)	365.000	72.050	0.960

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D  
 Ingredient Code: LI100521

Measure	Weight In Grams
1 slice 2/3 oz (L v1)	19.0000
1 slice 3/4 oz (L v1)	21.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
240.000	14.100	8.850	(M)	53.000	1201.000	10.600	0.000	8.020	(M)	17.600	0.200	529.000	945.000	0.000	5.300	330.000	51.800	5.900

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Removed in CN25 Cookies, fortune  
 Ingredient Code: LI100524

Measure	Weight In Grams
1 cookie (L v1)	8.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
378.000	2.700	0.669	(M)	2.000	31.000	84.000	1.600	45.420	(M)	4.200	1.440	12.000	3.000	0.000	0.000	41.000	8.000	0.900

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Cranberries, Dried, Individual Portion  
 Ingredient Code: LI100532

Measure	Weight In Grams
1 Package (L v1)	33.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
333.333	0.000	0.000	0.000	0.000	0.000	84.848	9.091	72.727	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Cranberries, dried, sweetened (Includes foods for USDA's Food Distribution Program)  
 Ingredient Code: LI100523

Measure	Weight In Grams
1/4 Cup (L v1)	40.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
308.000	1.090	0.088	0.003	0.000	5.000	82.800	5.300	72.560	(M)	0.170	0.390	9.000	46.000	0.200	0.000	49.000	15.790	0.150

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Fish, tuna, light, canned in water, drained solids (Includes foods for USDA's Food Distribution Program)  
 Ingredient Code: LI100516

Measure	Weight In Grams
1 Can (L v1)	165.0000
1 can (12.5 oz), drained (L v1)	315.0000
1 cup, solid or chunks (L v1)	154.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
86.000	0.960	0.211	0.002	36.000	247.000	0.000	0.000	0.000	(M)	19.440	1.630	17.000	57.000	0.000	1.200	179.000	78.140	0.950

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Frostings, vanilla, creamy, ready-to-eat  
 Ingredient Code: LI100517

Measure	Weight In Grams
1/8 Package (L v1)	38.0000
1 PACKAGE (16 oz) (L v1)	462.0000
2 tbsp creamy (L v1)	33.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
418.000	16.230	2.974	0.000	0.000	184.000	67.890	0.000	63.100	(M)	0.000	0.160	3.000	0.000	0.000	0.000	34.000	15.070	0.810

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Fully Cooked Beef Meatballs Bulk Pack,GROUND BEEF, breadcrumbs  
 Ingredient Code: LI100522

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
177.890	9.060	3.500	0.000	49.720	270.540	6.480	1.410	(M)	(M)	16.640	1.820	22.530	0.000	0.000	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Garlic, raw  
 Ingredient Code: LI100513

Measure	Weight In Grams
1 Cup (L v1)	136.0000
1 clove (L v1)	3.0000
3 cloves (L v1)	9.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
149.000	0.500	0.089	0.000	0.000	17.000	33.060	2.100	1.000	(M)	6.360	1.700	181.000	9.000	31.200	0.000	401.000	58.580	1.500

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Gluten Free Teriyaki Chicken  
 Ingredient Code: LI100527

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
185.185	6.173	1.235	0.000	74.074	456.790	12.346	0.000	12.346	(M)	19.753	0.864	12.346	(M)	(M)	0.617	259.259	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Heinz No Salt Added Diced Tomatoes 10TIN 6LB  
 Ingredient Code: LI100530

Measure	Weight In Grams
1/2 Cup (L v1)	130.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
22.009	0.276	0.028	0.000	0.000	9.650	4.502	1.293	3.085	(M)	1.047	0.407	43.140	(M)	(M)	0.125	269.858	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Hummus, Classic, single serve cup  
 Ingredient Code: LI100529

Measure	Weight In Grams
1 Container (L v1)	57.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
263.158	19.298	2.632	0.000	0.000	421.053	15.789	5.263	0.000	(M)	7.018	1.754	35.088	(M)	(M)	0.000	315.789	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Peaches, canned, extra light syrup, solids and liquids (Includes foods for USDA's Food Distribution Program)  
 Ingredient Code: LI100511

Measure	Weight In Grams
1 CUP, halves or slices (L v1)	247.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
42.000	0.100	0.011	0.000	0.000	5.000	11.100	1.000	(M)	(M)	0.400	0.300	5.000	270.000	3.000	0.000	74.000	88.200	0.240

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Pickle relish, hot dog  
 Ingredient Code: LI100514

Measure	Weight In Grams
1/2 Cup (L v1)	122.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
91.000	0.460	0.044	0.000	0.000	1091.000	23.350	1.500	(M)	(M)	1.500	1.250	5.000	167.000	1.000	0.000	78.000	71.650	3.040

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Pickle relish, sweet  
 Ingredient Code: LI100515

Measure	Weight In Grams
1 Cup (L v1)	245.0000
1 packet (2/3 tbsp) (L v1)	10.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	0.470	0.054	0.000	0.000	811.000	35.060	1.100	29.130	(M)	0.370	0.870	3.000	1218.000	1.000	0.000	25.000	62.070	2.030

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Pre-cooked Scrambled Egg  
 Ingredient Code: LI100526

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.714	10.714	3.571	0.000	339.286	464.286	3.571	0.000	0.000	(M)	10.714	1.357	60.714	503.571	0.000	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light  
 Ingredient Code: LI100520

Measure	Weight In Grams
1 tablespoon (L v1)	14.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
333.000	34.180	3.288	0.149	33.000	848.000	9.390	0.200	5.380	(M)	1.530	0.310	13.000	0.000	0.000	(M)	63.000	52.440	2.460

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Spices, coriander leaf, dried  
 Ingredient Code: LI100508

Measure	Weight In Grams
1 tablespoon (L v1)	1.8000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
279.000	4.780	0.115	0.000	0.000	211.000	52.100	10.400	7.270	(M)	21.930	42.460	1246.000	5850.000	566.700	0.000	4466.000	7.300	14.080

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Spices, oregano, dried  
 Ingredient Code: LI100518

Measure	Weight In Grams
1 tsp, leaves (L v1)	1.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
265.000	4.280	1.551	0.000	0.000	25.000	68.920	42.500	4.090	(M)	9.000	36.800	1597.000	1701.000	2.300	0.000	1260.000	9.930	7.870

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Spices, paprika  
 Ingredient Code: LI100509

Measure	Weight In Grams
1 tablespoon (L v1)	6.8000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
282.000	12.890	2.140	0.000	0.000	68.000	53.990	34.900	10.340	(M)	14.140	21.140	229.000	49254.000	0.900	0.000	2280.000	11.240	7.740

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Spices, parsley, dried  
 Ingredient Code: LI100510

Measure	Weight In Grams
1 tablespoon (L v1)	1.6000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
292.000	5.480	1.378	0.000	0.000	452.000	50.640	26.700	7.270	(M)	26.630	22.040	1140.000	1939.000	125.000	0.000	2683.000	5.890	11.360

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Sugars, granulated  
 Ingredient Code: LI100519

Measure	Weight In Grams
1 Cup (L v1)	200.0000
1 serving packet (L v1)	2.8000
1 serving 1 cube (L v1)	2.3000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
387.000	0.000	0.000	(M)	0.000	1.000	99.980	0.000	99.800	(M)	0.000	0.050	1.000	0.000	0.000	0.000	2.000	0.020	0.010

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Supreme Gourmet Whole Grain Breaded Popcorn Chicken, Portioned W/D, Fully cooked, CN Labeled  
 Ingredient Code: LI100528

Measure	Weight In Grams
10 POPCORN (L v1)	85.0490

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
211.644	10.582	2.352	0.000	23.516	493.835	14.110	3.527	0.000	(M)	14.110	2.587	37.626	0.000	0.000	0.000	435.046	0.000	0.000

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Removed in CN25 Watermelon, raw  
 Ingredient Code: LI100512

Measure	Weight In Grams
1 NLEA serving (L v1)	280.0000
1 melon (15" long x 7-1/2" dia) (L v1)	4,518.0000
10 watermelon balls (L v1)	122.0000
1 wedge (approx 1/16 of melon) (L v1)	286.0000
1 CUP, balls (L v1)	154.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
30.000	0.150	0.016	0.000	0.000	1.000	7.550	0.400	6.200	(M)	0.610	0.240	7.000	569.000	8.100	0.000	112.000	91.450	0.250

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Rice Brown Parboiled  
 Ingredient Code: LI100386  
 Sub Ingredients: Long Grain Parboiled Brown Rice

Measure	Weight In Grams
16 Quart (L v1)	1,814.4000
1/4 cup dry (L v1)	44.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
363.636	3.409	0.000	0.000	0.000	0.000	75.000	4.545	0.000	(M)	9.091	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 44 Gram (44.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	1.500	0.000	0.000	0.000	0.000	33.000	2.000	0.000	(M)	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Roll Cinnamon Mini Cinne

Ingredient Code: LI100250

Sub Ingredients: Water, Whole Wheat Flour, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Vegetable Oil (soybean, palm, canola), Nonfat Milk. Contains 2% or less of: Yeast, Cinnamon, Salt, Modified Corn Starch. CONTAINS WHEAT AND MILK INGREDIENTS.

Allergens: Contains Milk, Wheat,

Measure	Weight In Grams
1 Each (L v1)	65.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
369.231	10.769	3.077	0.000	0.000	415.385	60.000	3.077	23.077	(M)	7.692	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (65.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
240.000	7.000	2.000	0.000	0.000	270.000	39.000	2.000	15.000	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Roll Dinner WG 2.5"

Ingredient Code: LI100251

Sub Ingredients: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, CRUSHED WHEAT, OAT FLAKES, YEAST, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING:, VEGETABLE OIL (CANOLA AND/OR SOY), SALT, YEAST NUTRIENT (AMMONIUM SULPHATE), DOUGH CONDITIONERS (MONO-DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE, CARAMEL COLOR, CALCIUM SULFATE, ENZYMES, CALCIUM PROPIONATE (MOLD INHIBITOR) CONTAINS: WHEAT

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	43.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
255.814	3.488	0.000	0.000	0.000	395.349	48.837	2.326	4.651	(M)	9.302	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (43.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	1.500	0.000	0.000	0.000	170.000	21.000	1.000	2.000	(M)	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Roll Dinner WW 16/12 ct

Ingredient Code: LI100252

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
250.000	3.571	1.786	0.000	0.000	428.571	50.000	10.714	10.714	(M)	17.857	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	1.000	0.500	0.000	0.000	120.000	14.000	3.000	3.000	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Roll Hoagie WG

Ingredient Code: LI100253

Sub Ingredients: WHOLE GRAIN WHEAT FLOUR ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID) WATER YEAST VITAL WHEAT GLUTEN SUGAR CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: VEGETABLE OIL (CANOLA AND/OR SOY) SALT GUAR AND/OR XANTHAN GUM YEAST NUTRIENT (AMMONIUM SULFATE) DOUGH CONDITIONERS (MONO-DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, MONOCALCIUM PHOSPHATE) CALCIUM PROPIONATE (MOLD INHIBITOR) CALCIUM SULFATE ENZYMES

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	65.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
246.154	2.308	0.000	0.000	0.000	323.077	44.615	3.077	4.615	(M)	10.769	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (65.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	1.500	0.000	0.000	0.000	210.000	29.000	2.000	3.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Russet Potato  
 Ingredient Code: LI100564

Measure	Weight In Grams
1 potato large (3 to 4-1/4" dia) (L v1)	369.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
75.881	0.000	0.000	(M)	0.000	5.420	17.344	2.168	(M)	(M)	2.168	0.810	11.924	(M)	(M)	0.000	425.474	(M)	(M)

## Nutrients per 1 potato large (3 to 4-1/4" dia) (369.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
280.000	0.000	0.000	(M)	0.000	20.000	64.000	8.000	(M)	(M)	8.000	2.990	44.000	(M)	(M)	0.000	1570.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Salsa Picante Mild

Ingredient Code: LI100310

Sub Ingredients: Tomatoes, Tomato Puree (Tomato Paste, Water), Onions, Jalapeño Peppers, Water, Green Chiles, Less than 2% of Salt, Distilled Vinegar, Garlic, Calcium Chloride, Xanthan Gum, Paprika, Spice.

Measure	Weight In Grams
2 tablespoon (L v1)	30.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
33.333	0.000	0.000	0.000	0.000	600.000	6.667	0.000	3.333	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 tablespoon (30.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
10.000	0.000	0.000	0.000	0.000	180.000	2.000	0.000	1.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Salsa, Green taco sauce  
 Ingredient Code: LI100460

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
17.637	0.000	0.000	0.000	0.000	529.101	3.527	0.000	0.000	0.000	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
5.000	0.000	0.000	0.000	0.000	150.000	1.000	0.000	0.000	0.000	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Salt, table  
 Ingredient Code: LI100089

Measure	Weight In Grams
1 Cup (L v1)	292.0000
1 no. 10 can (L v1)	3,796.0000
1 dash (L v1)	0.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	0.000	0.000	38758.000	0.000	0.000	0.000	(M)	0.000	0.330	24.000	0.000	0.000	(M)	(M)	0.200	99.800

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Saltine Crackers  
 Ingredient Code: LI100442  
 Allergens: Contains Gluten, Wheat,

Measure	Weight In Grams
1 Package (L v1)	6.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
416.667	8.333	0.000	0.000	0.000	1500.000	83.333	0.000	0.000	0.000	16.667	3.333	0.000	(M)	(M)	0.000	0.000	(M)	(M)

## Nutrients per 1 Package (6.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
25.000	0.500	0.000	0.000	0.000	90.000	5.000	0.000	0.000	0.000	1.000	0.200	0.000	(M)	(M)	0.000	0.000	(M)	(M)

(M) Indicates missing nutrient values.

## Serving Instructions

- Serve 1 Pck with Mac & Cheese.

# Ingredient List Report

Ingredient Name: Sandwich Grilled Cheese W 3.69 oz

Ingredient Code: LI100254

Sub Ingredients: Whole Grain Bread: Water, Ultragrain Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley, Flour), Bread Base (Sugar, Soy Oil, Dextrose, Salt, Wheat Flour, Mono & Diglycerides, Calcium Stearoyl Lactylate, Wheat Gluten, Calcium Sulfate, Diacetyl Tartaric Acid, Esters of Mono & Diglycerides, Ammonium Sulfate, Ethoxylated Mono & Diglycerides, Guar Gum, Ascorbic Acid, Monocalcium Phosphate, Potassium Iodite, Enzyme,, Calcium Peroxide), Sugar, Yeast, Wheat Gluten, Calcium Propionate (Preservative). Reduced Sodium, Reduced Fat American Cheese: Cultured Pasteurized Milk and, Skim Milk, Milk Fat, Whey Protein Concentrate, Contains less than 2% of Salt, Sodium Citrate, Potassium Citrate, Guar Gum, Locust Bean Gum, Xanthan Gum, Lactic Acid,, Sorbic Acid (Preservative), APO-Carotenal and Beta Carotene (Color-If Colored), Enzymes, Vitamin A Palmitate, Soy Lecithin and Soybean Oil Blend. Mozzarella Cheese:, Pasteurized Part-Skim Milk, Cheese Cultures, Salt and Enzymes. Soybean Oil.

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	104.6000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
238.050	7.648	4.302	0.000	22.945	529.637	28.681	2.199	5.736	(M)	14.340	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (104.600 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
249.000	8.000	4.500	0.000	24.000	554.000	30.000	2.300	6.000	(M)	15.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sandwich Grilled Cheese W 4.19 oz

Ingredient Code: LI100255

Sub Ingredients: Whole Grain Bread: Water, Whole Wheat Flour, Enriched Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Bread Base (Sugar, Soy Oil, Dextrose, Salt, Wheat Flour, Mono & Diglycerides, Calcium Stearoyl Lactylate, Wheat Gluten, Calcium Sulfate, Diacetyl Tartaric Acid Esters of Mono & Diglycerides, Ammonium Sulfate, Ethoxylated Mono & Diglycerides, Guar Gum, , Ascorbic Acid, Monocalcium Phosphate, Potassium Iodite, Enzyme, Calcium Peroxide), Sugar, Yeast, Wheat Gluten, Calcium Propionate (Preservative). Reduced Sodium, Reduced Fat American Cheese: Cultured Pasteurized Milk and Skim Milk, Milk Fat, Whey Protein Concentrate, Contains less than 2% of Salt, Sodium Citrate, Potassium Citrate, Guar Gum, Locust Bean Gum, Xanthan Gum, Lactic Acid, Sorbic Acid (Preservative), APO-Carotenal and Beta Carotene (Color-If Colored), Enzymes, Vitamin A Palmitate, Soy Lecithin and Soybean Oil Blend. Mozzarella Cheese: Pasteurized Part-Skim Milk, Cheese Cultures, Salt and Enzymes. Soybean Oil. Contains: Wheat, Milk, Soy.

Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	119.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
235.294	8.403	5.042	0.000	25.210	487.395	26.050	2.521	5.042	(M)	15.126	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (119.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
280.000	10.000	6.000	0.000	30.000	580.000	31.000	3.000	6.000	(M)	18.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sandwich Uncrustable Grape 2.6 oz

Ingredient Code: LI100256

Allergens: Contains Peanuts, Wheat,

Measure	Weight In Grams
1 Each (L v1)	76.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
394.737	21.053	4.605	0.000	0.000	368.421	42.105	5.263	19.737	(M)	11.842	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (76.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
300.000	16.000	3.500	0.000	0.000	280.000	32.000	4.000	15.000	(M)	9.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sandwich Uncrustable Strawberry 2.6 oz

Ingredient Code: LI100257

Sub Ingredients: Peanut Butter: Peanuts, Sugar, Contains 2% or Less of: Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed and Soybean), Mono and Diglycerides, Salt. Bread: Unbleached Whole Wheat Flour, Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Contains 2% or Less of: Wheat Gluten, Soybean Oil, Salt, Dough Conditioners (Distilled Mono and Diglycerides, Sodium Stearoyl Lactylate, DATEM, Enzymes [with Wheat Starch, Ascorbic Acid, Calcium Peroxide]). Strawberry Jam: Sugar, Strawberries, Contains 2% or Less of: Pectin, Citric Acid, Potassium Sorbate (Preservative).

Allergens: Contains Peanuts, Wheat,

Measure	Weight In Grams
1 Each (L v1)	76.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
394.737	21.053	4.605	0.000	0.000	368.421	43.421	5.263	19.737	(M)	11.842	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (76.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
300.000	16.000	3.500	0.000	0.000	280.000	33.000	4.000	15.000	(M)	9.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Sauce Alfredo CN

Ingredient Code: LI100259

Sub Ingredients: WATER, PASTEURIZED PROCESS CHEESE (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, cream, sodium phosphates and potassium phosphates, seasoning [potassium chloride, flavor (contains maltodextrin)], salt), NONFAT DRY MILK, CHEESE FLAVOR (whey, cheddar cheese [milk, cheese cultures, salt, enzymes], buttermilk solids, butter), CONTAINS LESS THAN 2% OF ROMANO CHEESE (sheep's milk, cheese culture, salt, enzymes, calcium propionate), BUTTER FLAVORING (whey solids, enzyme-modified butter [butter, buttermilk powder, enzymes], maltodextrin, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto and turmeric [for color]), MODIFIED FOOD STARCH, SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES, DEHYDRATED GARLIC, SPICES, CITRIC ACID.

Allergens: Contains Milk,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
173.474	9.637	5.782	0.000	38.550	713.171	9.637	0.000	5.782	(M)	11.565	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 7/8 Ounce (51.881 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	5.000	3.000	0.000	20.000	370.000	5.000	0.000	3.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sauce BBQ Smokehouse

Ingredient Code: LI100311

Sub Ingredients: TOMATO PUREE (WATER, TOMATO PASTE), SUGAR, DISTILLED VINEGAR, CORN STARCH, CONTAINS LESS THAN 2% OF SALT, PINEAPPLE JUICE CONCENTRATE, SPICES, FRUIT JUICE (COLOR), NATURAL HICKORY SMOKE FLAVOR, GARLIC\*, WATER, MOLASSES, NATURAL FLAVORS (INCLUDES CELERY),CELERY SEED, TAMARIND CONCENTRATE. \*DEHYDRATED

Measure	Weight In Grams
2 tablespoon (L v1)	36.0000
1 no. 10 can (L v1)	3,744.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
166.667	0.000	0.000	0.000	0.000	777.778	38.889	0.000	36.111	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 tablespoon (36.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	0.000	0.000	0.000	0.000	280.000	14.000	0.000	13.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sauce Cheese LOL  
 Ingredient Code: LI100312  
 Allergens: Contains Milk, Soy,

Measure	Weight In Grams
3 fluid ounce (L v1)	85.0000
1 no. 10 can (L v1)	2,946.6667

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
152.941	10.588	7.059	0.000	35.294	647.059	4.706	0.000	0.000	(M)	9.412	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 fluid ounce (85.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	9.000	6.000	0.000	30.000	550.000	4.000	0.000	0.000	(M)	8.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sauce Cheese Queso Jalapeno LOL

Ingredient Code: LI100313

Allergens: Contains Milk, Soy,

Measure	Weight In Grams
3 fluid ounce (L v1)	85.0000
1 Bag (L v1)	3,005.1000
1 no. 10 can (L v1)	2,946.6667

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
152.941	10.588	7.059	0.000	35.294	670.588	5.882	0.000	0.000	(M)	9.412	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 fluid ounce (85.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	9.000	6.000	0.000	30.000	570.000	5.000	0.000	0.000	(M)	8.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sauce Enchilada

Ingredient Code: LI100314

Sub Ingredients: Tomato Puree (Water, Tomato Paste), Water, Red Chile Puree, Less than 2% of: Salt, Chili Pepper, Canola Oil, Onion Powder, Spices, Garlic Puree, Colored with Oleoresin Paprika, Pectin, Cornstarch, Natural Flavor, Lemon Juice Concentrate, Citric Acid, Guar Gum, Xanthan Gum, Garlic Powder, Autolyzed Yeast Extract, Locust Bean Gum

Measure	Weight In Grams
1/4 Cup (L v1)	61.0000
1 no. 10 can (L v1)	3,172.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
32.787	1.639	0.000	0.000	0.000	606.557	4.918	1.639	3.279	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/4 Cup (61.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
20.000	1.000	0.000	0.000	0.000	370.000	3.000	1.000	2.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Sauce Hot Cayenne Pepper  
 Ingredient Code: LI100038  
 Sub Ingredients: Sauce Hot Cayenne Pepper,

Measure	Weight In Grams
1 Cup (L v1)	245.0000
1 no. 10 can (L v1)	3,185.0000
1 TSP (L v1)	5.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	(M)	0.000	3600.000	0.000	0.000	0.000	(M)	0.000	0.000	0.000	0.000	0.000	(M)	(M)	(M)	(M)

## Nutrients per 1 TSP (5.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	(M)	0.000	180.000	0.000	0.000	0.000	(M)	0.000	0.000	0.000	0.000	0.000	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sauce Hot Sriracha

Ingredient Code: LI100315

Sub Ingredients: Chili, Sugar, Salt, Garlic, Distilled Bvinegar, Potassium Sorbate, Sodium Bisulfite as preservatives, and Xanthan Gum CONTAINS SULPHITE (SODIUM BISULFITE)

Measure	Weight In Grams
1 teaspoon (L v1)	5.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	0.000	0.000	1900.000	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 teaspoon (5.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	0.000	0.000	95.000	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sauce Marinara Angela Mia

Ingredient Code: LI100316

Sub Ingredients: Tomato Puree (Water, Tomato Paste), Tomatoes, Onions, Less than 2% of: Brown Sugar, Extra Virgin Olive Oil, Salt, Citric Acid, Basil, Garlic Powder, Dried Oregano, Onion Powder, Natural Flavor, Black Pepper, Dried Parsley, Ground Fennel, Ground Savory, Ground Thyme, Calcium Chloride.

Measure	Weight In Grams
1/2 Cup (L v1)	126.0000
1 no. 10 can (L v1)	3,276.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
47.619	0.794	0.000	0.000	0.000	388.889	8.730	2.381	5.556	(M)	1.587	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/2 Cup (126.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	1.000	0.000	0.000	0.000	490.000	11.000	3.000	7.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sauce Marinara Dipping Cup

Ingredient Code: LI100317

Sub Ingredients: Tomato Puree (Tomato Paste, Water), Tomatoes, Corn Syrup and less than 2% of (Soybean Oil, Sea Salt, Food Starch Modified, Dehydrated Onion, Dehydrated Garlic, Spices, Dextrose, Citric Acid, and Natural Flavor).

Measure	Weight In Grams
1 Each (L v1)	71.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
84.507	2.113	0.000	0.000	0.000	253.521	16.901	2.817	11.268	(M)	2.817	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (71.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	1.500	0.000	0.000	0.000	180.000	12.000	2.000	8.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sauce Picante Packets

Ingredient Code: LI100318

Sub Ingredients: water, diced tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), tomato paste, distilled white vinegar, salt, dehydrated onion, dehydrated jalapeño pepper, citric acid, xanthan gum, potassium sorbate and sodium benzoate as preservatives, dehydrated garlic.

Measure	Weight In Grams
1 Each (L v1)	14.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	0.000	0.000	1000.000	7.143	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (14.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	0.000	0.000	140.000	1.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sauce Pizza w-basil  
 Ingredient Code: LI100319  
 Sub Ingredients: Tomatoes, Salt, Dehydrated Basil.

Measure	Weight In Grams
1/4 Cup (L v1)	63.0000
1 no. 10 can (L v1)	3,276.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
47.619	0.000	0.000	0.000	0.000	238.095	11.111	1.587	6.349	(M)	3.175	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/4 Cup (63.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
30.000	0.000	0.000	0.000	0.000	150.000	7.000	1.000	4.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Sauce Soy Light

Ingredient Code: LI100346

Sub Ingredients: Water, Wheat, Soybeans, Salt, Lactic Acid, Sodium Benzoate: less than 1/10 of 1% as a Preservative.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 tablespoon (L v1)	15.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
66.667	0.000	0.000	0.000	0.000	3833.333	6.667	0.000	0.000	(M)	6.667	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 tablespoon (15.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
10.000	0.000	0.000	0.000	0.000	575.000	1.000	0.000	0.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sauce Tartar Cup

Ingredient Code: LI100351

Sub Ingredients: SOYBEAN OIL, PICKLE RELISH (CUCUMBERS, DISTILLED WHITE VINEGAR, WATER, SALT, ALUM, CALCIUM CHLORIDE, XANTHAN GUM, SODIUM BENZOATE [TO PRESERVE QUALITY], POLYSORBATE 80, NATURAL FLAVORS), WATER, EGG YOLKS, CONTAINS LESS THAN 2% OF HIGH FRUCTOSE CORN SYRUP, SALT, LEMON JUICE CONCENTRATE, XANTHAN GUM, CALCIUM DISODIUM EDTA (TO PRESERVE FLAVOR), GARLIC POWDER, ONION POWDER, NATURAL FLAVOR. CONTAINS: EGG. CONTAINS: EGG.

Allergens: Contains Egg,

Measure	Weight In Grams
1 Each (L v1)	21.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
523.810	57.143	9.524	0.000	0.000	595.238	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (21.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	12.000	2.000	0.000	0.000	125.000	0.000	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sauce Teriyaki Less Sodium

Ingredient Code: LI100350

Sub Ingredients: WATER, SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, AND LESS THAN 0.10% SODIUM BENZOATE AS A PRESERVATIVE), BROWN SUGAR, MOLASSES POWDER (CANE REFINERY SYRUPS, CANE MOLASSES), MODIFIED FOOD STARCH, TOASTED SESAME OIL, CARAMEL COLOR, SPICE, XANTHAN GUM, SALT, GARLIC POWDER, ONION POWDER.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
2 tablespoon (L v1)	37.0000
1 no. 10 can (L v1)	3,848.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
135.135	0.000	0.000	0.000	0.000	675.676	32.432	0.000	29.730	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 tablespoon (37.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
50.000	0.000	0.000	0.000	0.000	250.000	12.000	0.000	11.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Ingredient Name: Sauce Tomato

Ingredient Code: LI100320

Sub Ingredients: Tomato Puree (Water, Tomato Paste), Water, Less than 2% of: Salt, Citric Acid, Spice, Natural Flavor.

Measure	Weight In Grams
1/4 Cup (L v1)	62.0000
1 no. 10 can (L v1)	3,224.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
32.258	0.000	0.000	0.000	0.000	661.290	6.452	1.613	3.226	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/4 Cup (62.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
20.000	0.000	0.000	0.000	0.000	410.000	4.000	1.000	2.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sauce Tzatziki Sour Cream  
 Ingredient Code: LI100545

Measure	Weight In Grams
2 tablespoons (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
214.286	16.071	14.286	0.000	0.000	571.429	10.714	0.000	(M)	0.000	3.571	0.000	7.143	(M)	(M)	0.000	53.571	(M)	(M)

## Nutrients per 2 tablespoons (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	4.500	4.000	0.000	0.000	160.000	3.000	0.000	(M)	0.000	1.000	0.000	2.000	(M)	(M)	0.000	15.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sausage Pork Lind  
 Ingredient Code: LI100171  
 Sub Ingredients: PORK,WATER,SALT,SPICES,DEXTROSE,SUGAR

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
428.571	42.857	17.857	0.000	89.286	714.286	0.000	0.000	0.000	(M)	14.286	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	12.000	5.000	0.000	25.000	200.000	0.000	0.000	0.000	(M)	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sausage Pork Patty  
 Ingredient Code: LI100172  
 Sub Ingredients: PORK,WATER,SALT,SPICES,DEXTROSE,SUGAR

Measure	Weight In Grams
1 Each (L v1)	56.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
410.714	39.286	14.286	0.000	80.357	660.714	1.786	0.000	0.000	(M)	12.500	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (56.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
230.000	22.000	8.000	0.000	45.000	370.000	1.000	0.000	0.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sausage Turkey Patty  
 Ingredient Code: LI100471

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
214.286	16.071	5.357	0.000	125.000	285.714	0.000	0.000	(M)	(M)	21.429	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 28 Gram (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	4.500	1.500	0.000	35.000	80.000	0.000	0.000	(M)	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Seasoning Taco  
 Ingredient Code: LI100321  
 Allergens: Contains Milk,

Measure	Weight In Grams
2 teaspoon (L v1)	6.0000
1 no. 10 can (L v1)	1,872.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
250.000	0.000	0.000	0.000	0.000	6333.333	50.000	0.000	16.667	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 teaspoon (6.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
15.000	0.000	0.000	0.000	0.000	380.000	3.000	0.000	1.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Seasoning, Rr Really Ranch  
 Ingredient Code: LI100506

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per ( g )

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Seeds, sesame seed kernels, toasted, without salt added (decorticated)

Ingredient Code: LI100104

Sub Ingredients: Sesame seeds.

Measure	Weight In Grams
1 Cup (L v1)	128.0000
1 no. 10 can (L v1)	1,664.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
567.000	48.000	6.722	(M)	0.000	39.000	26.040	16.900	0.480	(M)	16.960	7.780	131.000	66.000	0.000	(M)	(M)	5.000	4.000

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Shell Taco 5"

Ingredient Code: LI100322

Sub Ingredients: Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, and/or Sunflower), contains 2% or less of: Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin.

Measure	Weight In Grams
3 Each (L v1)	32.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
468.750	21.875	3.125	0.000	0.000	0.000	62.500	6.250	0.000	(M)	6.250	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 Each (32.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	7.000	1.000	0.000	0.000	0.000	20.000	2.000	0.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Shell Taco 7"

Ingredient Code: LI100323

Sub Ingredients: Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, and/or Sunflower), contains 2% or less of: Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin.

Measure	Weight In Grams
2 Each (L v1)	43.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
488.372	20.930	2.326	0.000	0.000	0.000	65.116	6.977	2.326	(M)	6.977	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 Each (43.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
210.000	9.000	1.000	0.000	0.000	0.000	28.000	3.000	1.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Shell Tostada Bowl 5.5"

Ingredient Code: LI100324

Sub Ingredients: Stone Ground Whole Grain Corn Masa Flour, Vegetable Oil (May contain one or more of the following, High Oleic Safflower, Mid Oleic Sunflower or Corn) and a Trace of Lime.

Measure	Weight In Grams
1 Each (L v1)	22.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
500.000	22.727	4.545	0.000	0.000	22.727	63.636	0.000	0.000	(M)	4.545	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (22.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	5.000	1.000	0.000	0.000	5.000	14.000	0.000	0.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Slushie Mango Strawberry

Ingredient Code: LI100569

Sub Ingredients: Fruit Juice (white Grape And/or Pear Juice From Concentrate), Citric Acid, Natural Flavors, Stabilizer (xanthan Gum, Guar And/or Carob Bean Gum), Tricalcium Phosphate (for Calcium), Vegetable Juice (for Color), Vitamin C, Salt, Turmeric (for Color), Vitamin A Palmitate, Vitamin D.

Measure	Weight In Grams
1 Package (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
79.365	0.000	0.000	0.000	0.000	26.455	20.282	0.000	18.519	0.000	0.000	1.235	79.365	158.730	52.910	(M)	79.365	(M)	(M)

## Nutrients per 4 Ounce (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	0.000	0.000	0.000	0.000	30.000	23.000	0.000	21.000	0.000	0.000	1.400	90.000	180.000	60.000	(M)	90.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Snack Fruit Gummie

Ingredient Code: LI100338

Sub Ingredients: Apple Puree, Corn Syrup, Polydextrose, Sugar, Modified Corn Starch. Contains 2% or less of: Vitamin C (ascorbic acid), Citric Acid, Sodium Citrate, Malic Acid, Sunflower Oil?, Color (vegetable juice, fruit juice, annatto extract, and turmeric extract), Natural Flavor, Carnauba Wax. Adds A Trivial Amount Of Fat

Measure	Weight In Grams
1 Each (L v1)	45.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
288.889	0.000	0.000	0.000	0.000	122.222	82.222	17.778	33.333	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (45.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	0.000	0.000	0.000	0.000	55.000	37.000	8.000	15.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Soup Base Beef Low Sodium No MSG

Ingredient Code: LI100327

Sub Ingredients: Roasted Beef and Beef Juices, Salt, Hydrolyzed Soy Protein, Sugar, Beef Stock, Maltodextrin, Hydrolyzed Yeast Protein, Yeast Extract, Onion Powder, Caramel Color, Flavorings (Contains Canola Oil), Disodium Inosinate, Disodium Guanylate, Lactic Acid, Calcium Lactate, Grill Flavor (Contains Sunflower Oil). Contains Soy.

Allergens: Contains Soy,

Measure	Weight In Grams
3/4 teaspoon (L v1)	5.0000
1 no. 10 can (L v1)	4,160.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
300.000	20.000	0.000	0.000	0.000	11800.000	20.000	0.000	0.000	(M)	20.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3/4 teaspoon (5.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
15.000	1.000	0.000	0.000	0.000	590.000	1.000	0.000	0.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Soup Base Chicken Lo Sodium

Ingredient Code: LI100325

Sub Ingredients: Roasted Chicken Dark Meat with Chicken Juices, Sugar, Chicken Fat, Maltodextrin, Hydrolyzed Soy Protein, Hydrolyzed Corn Protein, Yeast Extract, Onion Powder, Turmeric, Flavoring (Contains Canola Oil), Disodium Inosinate, Disodium Guanylate, Thiamine Hydrochloride, Corn Syrup Solids. Contains Soy.

Allergens: Contains Soy,

Measure	Weight In Grams
3/4 teaspoon (L v1)	4.0000
1 no. 10 can (L v1)	3,328.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
375.000	12.500	0.000	0.000	0.000	2750.000	25.000	0.000	25.000	(M)	25.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3/4 teaspoon (4.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
15.000	0.500	0.000	0.000	0.000	110.000	1.000	0.000	1.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Soup Base Chicken Sodium Free

Ingredient Code: LI100326

Sub Ingredients: Dextrose, Corn Starch, Chicken Fat, Palm and Soybean Oil, Monopotassium Glutamate, Chicken Flavor (Maltodextrin, Chicken Meat, Yeast Extract, Egg Solids, Beef Extract, Natural Flavor, Dried Yeast), Onion Powder, Dried Chicken Meat, Turmeric, Flavoring, Disodium Inosinate, Disodium Guanylate, Oleoresin Turmeric. Contains Egg.

Allergens: Contains Egg,

Measure	Weight In Grams
1 teaspoon (L v1)	5.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
400.000	20.000	0.000	0.000	0.000	0.000	60.000	0.000	40.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 teaspoon (5.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
20.000	1.000	0.000	0.000	0.000	0.000	3.000	0.000	2.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Soup Tomato Campbell

Ingredient Code: LI100328

Sub Ingredients: TOMATO PUREE (WATER, TOMATO PASTE), WHEAT FLOUR, SUGAR, WATER, CONTAINS LESS THAN 2% OF: SALT, CITRIC ACID, FLAVORING, ASCORBIC ACID (VITAMIN C), CELERY EXTRACT, GARLIC OIL.

Allergens: Contains Wheat,

Measure	Weight In Grams
4 fluid ounce (L v1)	124.0000
1 no. 10 can (L v1)	3,224.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
72.581	0.000	0.000	0.000	0.000	387.097	16.129	0.806	9.677	(M)	1.613	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 fluid ounce (124.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	0.000	0.000	0.000	0.000	480.000	20.000	1.000	12.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sourdough Bread Franz  
 Ingredient Code: LI100429  
 Allergens: Contains Wheat,

Measure	Weight In Grams
1 slice, regular (L v1)	40.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
250.000	3.750	0.000	0.000	0.000	450.000	45.000	2.500	2.500	2.500	10.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 40 Gram (40.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	1.500	0.000	0.000	0.000	180.000	18.000	1.000	1.000	1.000	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Soybean Whole Edamame shelled  
 Ingredient Code: LI100340  
 Sub Ingredients: SOYBEANS. CONTAINS: SOY.

Measure	Weight In Grams
1/2 Cup (L v1)	35.0000
1 no. 10 can (L v1)	910.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
128.571	7.143	0.000	0.000	0.000	0.000	8.571	0.000	0.000	(M)	14.286	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/2 Cup (35.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
45.000	2.500	0.000	0.000	0.000	0.000	3.000	0.000	0.000	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, allspice, ground  
 Ingredient Code: LI100095

Measure	Weight In Grams
1 tablespoon (L v1)	6.0000
1 no. 10 can (L v1)	1,248.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
263.000	8.690	2.550	0.000	0.000	77.000	72.120	21.600	(M)	(M)	6.090	7.060	661.000	540.000	39.200	(M)	(M)	8.460	4.650

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, anise seed  
 Ingredient Code: LI100096

Measure	Weight In Grams
1 tbsp, whole (L v1)	6.7000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
337.000	15.900	0.586	(M)	0.000	16.000	50.020	14.600	(M)	(M)	17.600	36.960	646.000	311.000	21.000	(M)	(M)	9.540	6.950

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, celery seed  
 Ingredient Code: LI100097

Measure	Weight In Grams
1 tablespoon (L v1)	6.5000
1 no. 10 can (L v1)	1,352.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
392.000	25.270	2.190	(M)	0.000	160.000	41.350	11.800	0.670	(M)	18.070	44.900	1767.000	52.000	17.100	(M)	(M)	6.040	9.270

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, chili powder  
 Ingredient Code: LI100080

Measure	Weight In Grams
1 tablespoon (L v1)	8.0000
1 no. 10 can (L v1)	1,664.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
282.000	14.280	2.462	0.000	0.000	2867.000	49.700	34.800	7.190	(M)	13.460	17.300	330.000	29650.000	0.700	(M)	(M)	10.750	11.810

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, cinnamon, ground  
 Ingredient Code: LI100092

Measure	Weight In Grams
1 tablespoon (L v1)	7.8000
1 no. 10 can (L v1)	1,622.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
247.000	1.240	0.345	0.000	0.000	10.000	80.590	53.100	2.170	(M)	3.990	8.320	1002.000	295.000	3.800	(M)	(M)	10.580	3.600

(M) Indicates missing nutrient values.



# Ingredient List Report

Ingredient Name: Spices, cloves, ground  
 Ingredient Code: LI100094

Measure	Weight In Grams
1 tablespoon (L v1)	6.5000
1 no. 10 can (L v1)	1,352.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
274.000	13.000	3.952	0.254	0.000	277.000	65.530	33.900	2.380	(M)	5.970	11.830	632.000	160.000	0.200	(M)	(M)	9.870	5.630

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, coriander leaf, dried  
 Ingredient Code: LI100083

Measure	Weight In Grams
1 tablespoon (L v1)	1.8000
1 no. 10 can (L v1)	374.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
279.000	4.780	0.115	0.000	0.000	211.000	52.100	10.400	7.270	(M)	21.930	42.460	1246.000	5850.000	566.700	(M)	(M)	7.300	14.080

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, cumin seed  
 Ingredient Code: LI100084

Measure	Weight In Grams
1 tbsp, whole (L v1)	6.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
375.000	22.270	1.535	(M)	0.000	168.000	44.240	10.500	2.250	(M)	17.810	66.360	931.000	1270.000	7.700	(M)	(M)	8.060	7.620

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, garlic powder  
 Ingredient Code: LI100077

Measure	Weight In Grams
1 tablespoon (L v1)	9.7000
1 no. 10 can (L v1)	2,017.6000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
331.000	0.730	0.249	0.000	0.000	60.000	72.730	9.000	2.430	(M)	16.550	5.650	79.000	0.000	1.200	(M)	(M)	6.450	3.540

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Spices, ginger, ground  
 Ingredient Code: LI100091

Measure	Weight In Grams
1 tablespoon (L v1)	5.2000
1 no. 10 can (L v1)	1,081.6000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
335.000	4.240	2.599	0.000	0.000	27.000	71.620	14.100	3.390	(M)	8.980	19.800	114.000	30.000	0.700	(M)	(M)	9.940	5.220

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Spices, mustard seed, ground  
 Ingredient Code: LI100103

Measure	Weight In Grams
1 tablespoon (L v1)	6.3000
1 no. 10 can (L v1)	1,310.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
508.000	36.240	1.989	0.000	0.000	13.000	28.090	12.200	6.790	(M)	26.080	9.210	266.000	31.000	7.100	(M)	(M)	5.270	4.330

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, nutmeg, ground  
 Ingredient Code: LI100093

Measure	Weight In Grams
1 tablespoon (L v1)	7.0000
1 no. 10 can (L v1)	1,456.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
525.000	36.310	25.940	(M)	0.000	16.000	49.290	20.800	2.990	(M)	5.840	3.040	184.000	102.000	3.000	(M)	(M)	6.230	2.340

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, onion powder  
 Ingredient Code: LI100088

Measure	Weight In Grams
1 tablespoon (L v1)	6.9000
1 no. 10 can (L v1)	1,435.2000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
341.000	1.040	0.219	0.000	0.000	73.000	79.120	15.200	6.630	(M)	10.410	3.900	384.000	0.000	23.400	(M)	(M)	5.390	4.040

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, oregano, dried  
 Ingredient Code: LI100079

Measure	Weight In Grams
1 tsp, leaves (L v1)	1.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
265.000	4.280	1.551	0.000	0.000	25.000	68.920	42.500	4.090	(M)	9.000	36.800	1597.000	1701.000	2.300	(M)	(M)	9.930	7.870

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, paprika  
 Ingredient Code: LI100085

Measure	Weight In Grams
1 tablespoon (L v1)	6.8000
1 no. 10 can (L v1)	1,414.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
282.000	12.890	2.140	0.000	0.000	68.000	53.990	34.900	10.340	(M)	14.140	21.140	229.000	49254.000	0.900	(M)	(M)	11.240	7.740

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, pepper, black  
 Ingredient Code: LI100086

Measure	Weight In Grams
1 tbsp, ground (L v1)	6.9000
1 dash (L v1)	0.1000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
251.000	3.260	1.392	0.000	0.000	20.000	63.950	25.300	0.640	(M)	10.390	9.710	443.000	547.000	0.000	(M)	(M)	12.460	4.490

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, rosemary, dried  
 Ingredient Code: LI100081

Measure	Weight In Grams
1 tablespoon (L v1)	3.3000
1 no. 10 can (L v1)	686.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
331.000	15.220	7.371	(M)	0.000	50.000	64.060	42.600	(M)	(M)	4.880	29.250	1280.000	3128.000	61.200	(M)	(M)	9.310	6.530

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, sage, ground  
 Ingredient Code: LI100105

Measure	Weight In Grams
1 tablespoon (L v1)	2.0000
1 no. 10 can (L v1)	416.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
315.000	12.750	7.030	(M)	0.000	11.000	60.730	40.300	1.710	(M)	10.630	28.120	1652.000	5900.000	32.400	(M)	(M)	7.960	7.950

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spices, thyme, dried  
 Ingredient Code: LI100082

Measure	Weight In Grams
1 tbsp, ground (L v1)	4.3000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
276.000	7.430	2.730	0.000	0.000	55.000	63.940	37.000	1.710	(M)	9.110	123.600	1890.000	3800.000	50.000	(M)	(M)	7.790	11.740

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Spinach Wrap  
 Ingredient Code: LI100563  
 Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	104.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
288.462	6.731	2.404	0.000	0.000	605.769	50.000	1.923	0.000	0.000	7.692	3.365	221.154	(M)	(M)	0.000	1.923	(M)	(M)

## Nutrients per 104 Gram (104.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
300.000	7.000	2.500	0.000	0.000	630.000	52.000	2.000	0.000	0.000	8.000	3.500	230.000	(M)	(M)	0.000	2.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spinach, raw  
 Ingredient Code: LI100023

Measure	Weight In Grams
1 Cup (L v1)	30.0000
1 Bunch (L v1)	340.0000
1 no. 10 can (L v1)	390.0000
1 leaf (L v1)	10.0000
1 PACKAGE (10 oz) (L v1)	284.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
23.000	0.390	0.063	0.000	0.000	79.000	3.630	2.200	0.420	(M)	2.860	2.710	99.000	9377.000	28.100	(M)	(M)	91.400	1.720

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Spring Mix  
 Ingredient Code: LI100392

Measure	Weight In Grams
1 Cup (L v1)	43.0000
1 no. 10 can (L v1)	559.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
17.442	0.000	0.000	0.000	0.000	81.395	3.488	2.326	0.000	(M)	1.163	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 Cup (86.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
15.000	0.000	0.000	0.000	0.000	70.000	3.000	2.000	0.000	(M)	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Squash, summer, zucchini, includes skin, raw  
 Ingredient Code: LI100075

Measure	Weight In Grams
1/2 Cup (L v1)	62.0000
1 Slice (L v1)	9.9000
1 no. 10 can (L v1)	1,612.0000
1 small (L v1)	118.0000
1 large (L v1)	323.0000
1 medium (L v1)	196.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
17.000	0.320	0.000	0.000	0.000	8.000	3.110	1.000	2.500	(M)	1.210	0.370	16.000	200.000	17.900	(M)	(M)	94.790	0.580

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Strawberries, Diced, Cup, Frozen  
 Ingredient Code: LI100015

Measure	Weight In Grams
1 Each (L v1)	127.5750
4 1/2 OZ (L v1)	128.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.310	0.000	0.000	0.000	0.000	0.000	17.180	1.560	14.060	(M)	0.780	0.280	0.000	0.000	37.500	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

## Tips/Comments

- Thaw 3-4 days before serve in box.  
 Thaw 2 days before serve if taken out of box and stored in single layer.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Strawberries, Frozen IQF

Ingredient Code: LI100534

Allergens: Contains Strawberries,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
22.046	0.000	0.000	0.000	0.000	0.000	5.732	1.323	2.646	0.000	0.441	0.485	8.818	(M)	(M)	0.000	92.593	(M)	(M)

## Nutrients per 8 Ounce (226.800 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
50.000	0.000	0.000	0.000	0.000	0.000	13.000	3.000	6.000	0.000	1.000	1.100	20.000	(M)	(M)	0.000	210.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sugar Snap Peas, fresh  
 Ingredient Code: LI100497

Measure	Weight In Grams
1/3 Cup (L v1)	56.7000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
61.791	0.000	0.000	(M)	(M)	(M)	10.593	3.531	5.296	0.000	3.531	3.531	65.321	0.000	(M)	(M)	300.125	(M)	(M)

## Nutrients per 1/3 Cup (56.643 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
35.000	0.000	0.000	(M)	(M)	(M)	6.000	2.000	3.000	0.000	2.000	2.000	37.000	0.000	(M)	(M)	170.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sun Chip Harvest Cheddar  
 Ingredient Code: LI100453

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per ( g )

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Sun Chip Original  
 Ingredient Code: LI100452  
 Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
500.000	21.429	1.786	0.000	0.000	392.857	67.857	7.143	7.143	7.143	7.143	2.143	35.714	0.000	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	6.000	0.500	0.000	0.000	110.000	19.000	2.000	2.000	2.000	2.000	0.600	10.000	0.000	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sunflower Seed Kernal Ind National Food Groww

Ingredient Code: LI100356

Sub Ingredients: Sunflower Kernels, Sunflower Oil, Salt.

Measure	Weight In Grams
1 Each (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
607.143	50.000	5.357	0.000	0.000	392.857	21.429	10.714	3.571	(M)	21.429	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (28.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
170.000	14.000	1.500	0.000	0.000	110.000	6.000	3.000	1.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sunflower seed Sunbutter

Ingredient Code: LI100343

Sub Ingredients: ROASTED SUNFLOWER SEEDS, SUGAR, MONO-DIGLYCERIDES, SALT

Measure	Weight In Grams
1 tablespoon (L v1)	16.0000
1 no. 10 can (L v1)	3,328.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
625.000	56.250	3.125	0.000	0.000	343.750	25.000	6.250	12.500	(M)	18.750	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 tablespoon (16.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	9.000	0.500	0.000	0.000	55.000	4.000	1.000	2.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sushi California Roll

Ingredient Code: LI100432

Sub Ingredients: Water, Rice, Cooked Surimi {Alaska Pollock, Water, Sugar, Wheat Starch, Corn Starch, Contains 2% or less of the following: Soybean Oil, Sorbitol, Food Starch-Modified, Mirin Wine (Sake, Sugar, Salt, Water, Yeast Extract), Salt, Potassium Chloride, Artificial Crab Flavor, Carrageenan, Sodium Tripolyphosphate, Tetrasodium Pyrophosphate, Citric Acid, Paprika Oleoresin, Carmine, Color Added}, Carrots, Vinegar, Soybean or Canola Oil, Whole Eggs, Chili, Egg Yolk, Sugar, Salt, Garlic, Sesame Seed, Seaweed, Mustard Flour, Potassium Sorbate and Sodium Bisulfate as Preservative, Xanthan Gum, Calcium Disodium EDTA (to protect flavor). Contains: Fish (Alaska Pollock), Wheat, Eggs. May Contain Crustacean Shellfish (Crab). Packets: Wasabi (See Packet). Soy Sauce (Water, Wheat, Soybeans, Salt). Contains: Wheat, Soybeans

Allergens: Contains Crustacean Shellfish, Egg, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	170.1000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
141.093	7.055	2.058	0.000	11.758	135.215	17.637	0.000	3.527	(M)	3.527	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (170.100 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
240.000	12.000	3.500	0.000	20.000	230.000	30.000	0.000	6.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Sushi Spicy Crab

Ingredient Code: LI100431

Sub Ingredients: Water, Rice, Cooked Surimi {Alaska Pollock, Water, Sugar, Wheat Starch, Corn Starch, Contains 2% or less of the following: Soybean Oil, Sorbitol, Food Starch-Modified, Mirin Wine (Sake, Sugar, Salt, Water, Yeast Extract), Salt, Potassium Chloride, Artificial Crab Flavor, Carrageenan, Sodium Tripolyphosphate, Tetrasodium Pyrophosphate, Citric Acid, Paprika Oleoresin, Carmine, Color Added}, Carrots, Vinegar, Soybean or Canola Oil, Whole Eggs, Chili, Egg Yolk, Sugar, Salt, Garlic, Sesame Seed, Seaweed, Mustard Flour, Potassium Sorbate and Sodium Bisulfate as Preservative, Xanthan Gum, Calcium Disodium EDTA (to protect flavor). Contains: Fish (Alaska Pollock), Wheat, Eggs. May Contain Crustacean Shellfish (Crab). Packets: Wasabi (See Packet). Soy Sauce (Water, Wheat, Soybeans, Salt). Contains: Wheat, Soybeans

Allergens: Contains Crustacean Shellfish, Egg, Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	170.1000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
105.820	2.352	0.294	0.000	2.939	135.215	18.225	0.000	3.527	(M)	2.939	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (170.100 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
180.000	4.000	0.500	0.000	5.000	230.000	31.000	0.000	6.000	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Syrup Pancake GAL

Ingredient Code: LI100329

Sub Ingredients: CORN SYRUP, WATER, CONTAINS 2% OR LESS OF SALT, PRESERVATIVES - POTASSIUM SORBATE, SODIUM BENZOATE AND BENZOIC ACID, CELLULOSE GUM, CAMEL COLOR, SODIUM HEXAMETAPHOSPHATE, NATURAL AND ARTIFICIAL FLAVORS, PHOSPHORIC ACID

Measure	Weight In Grams
2 tablespoon (L v1)	39.0000
1 no. 10 can (L v1)	4,056.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
256.410	0.000	0.000	0.000	0.000	115.385	66.667	0.000	33.333	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 tablespoon (39.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	0.000	0.000	0.000	0.000	45.000	26.000	0.000	13.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Syrup Pancake Pkt

Ingredient Code: LI100330

Sub Ingredients: CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, ARTIFICIAL FLAVOR, POTASSIUM SORBATE AS PRESERVATIVE, CARAMEL COLOR, CITRIC ACID.

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
282.187	0.000	0.000	0.000	0.000	70.547	70.547	0.000	65.844	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 1/2 Ounce (42.525 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	0.000	0.000	0.000	0.000	30.000	30.000	0.000	28.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Taco Meat  
 Ingredient Code: LI100566

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
194.004	12.346	4.409	0.000	61.728	317.460	5.291	0.000	1.764	(M)	19.400	10.582	(M)	10.582	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 Ounce (56.700 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110.000	7.000	2.500	0.000	35.000	180.000	3.000	0.000	1.000	(M)	11.000	6.000	(M)	6.000	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Taco Sauce Green

Ingredient Code: LI100404

Sub Ingredients: Water, Green Bell Peppers, Jalapeno Peppers, Tomatillos, Onions, Modified Food Starch, Distilled Vinegar, Salt, Less Than 2% of Sugar, Garlic, Spice, Dehydrated Jalapeno Peppers, Sodium Benzoate (Preservative), Citric Acid (To Acidify).

Measure	Weight In Grams
1 tablespoon (L v1)	15.0000
1 no. 10 can (L v1)	3,120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
33.333	0.000	0.000	0.000	0.000	1000.000	8.333	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 tablespoon (15.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
5.000	0.000	0.000	0.000	0.000	150.000	1.250	0.000	0.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Tahini Paste  
 Ingredient Code: LI100546

Measure	Weight In Grams
1 Ounce serving (L v1)	28.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
634.921	52.910	7.055	0.000	0.000	246.914	17.637	3.527	0.000	0.000	17.637	3.527	141.093	(M)	(M)	0.000	458.554	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
180.000	15.000	2.000	0.000	0.000	70.000	5.000	1.000	0.000	0.000	5.000	1.000	40.000	(M)	(M)	0.000	130.000	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Ingredient Name: Tamale Cheese & Green Chile  
 Ingredient Code: LI100443

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
232.394	16.197	5.634	0.000	24.648	345.070	15.493	1.408	0.704	0.000	7.746	4.225	17.606	(M)	(M)	(M)	105.634	(M)	(M)

## Nutrients per 142 Gram (142.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
330.000	23.000	8.000	0.000	35.000	490.000	22.000	2.000	1.000	0.000	11.000	6.000	25.000	(M)	(M)	(M)	150.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Tamale Chicken with Green Sauce

Ingredient Code: LI100439

Tag(s): Placeholder

Measure	Weight In Grams
1 Case (L v1)	6,804.0000
1 tamale (L v1)	141.7500

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
190.476	11.993	4.233	0.000	31.746	416.226	13.404	(M)	(M)	(M)	8.466	1.411	70.547	(M)	(M)	(M)	141.093	(M)	(M)

## Nutrients per 1 tamale (141.750 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
270.000	17.000	6.000	0.000	45.000	590.000	19.000	(M)	(M)	(M)	12.000	2.000	100.000	(M)	(M)	(M)	200.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Tangerine Chicken

Ingredient Code: LI100489

Sub Ingredients: Diced Chicken Leg Meat, Water, Sodium Phosphates. BATTERED AND BREADED WITH: Whole Wheat Flour, Water, Corn Starch, Salt,, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour,, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives Of Paprika, Spice, Extractives. PREDUSTED WITH: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid),, Whole Wheat Flour, Wheat Gluten, Dried Egg Whites, Salt, Sodium Acid Pyrophosphate, Leavening (Sodium Bicarbonate), Extractives of, Paprika. TANGERINE SAUCE: Water, Brown Sugar, Distilled White Vinegar, Soy Sauce (Water, Soybeans, Salt, Wheat Flour), Contains, Less Than 2% Of Tangerine Juice Concentrate, Spices, Garlic, Crushed Chili Peppers, Yeast Extract, Citric Acid, Modified Com Starch,, Cultured Dextrose, Maltodextrin, Xanthan Gum., , CONTAINS: EGGS, SOY , WHEAT

Allergens: Contains Egg, Soy, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
171.845	3.618	0.904	0.000	40.700	343.689	22.611	1.809	11.758	0.000	12.662	1.357	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Ounce (110.565 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
190.000	4.000	1.000	0.000	45.000	380.000	25.000	2.000	13.000	0.000	14.000	1.500	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Tangerines, (mandarin oranges), raw  
 Ingredient Code: LI100116

Measure	Weight In Grams
1 Each (L v1)	113.4000
1 NLEA serving (L v1)	109.0000
1 small (2-1/4" dia) (L v1)	76.0000
1 medium (2-1/2" dia) (L v1)	88.0000
1 CUP, sections (L v1)	195.0000
1 large (2-3/4" dia) (L v1)	120.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
53.000	0.310	0.039	0.000	0.000	2.000	13.340	1.800	10.580	(M)	0.810	0.150	37.000	681.000	26.700	(M)	(M)	85.170	0.380

(M) Indicates missing nutrient values.

## Serving Instructions

- 2 small or 1 large Tangerine = 1/2 cup= 1 serving

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Teriyaki Sliced Beef  
 Ingredient Code: LI100573  
 Allergens: Contains Egg, Sesame, Soy, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
158.814	2.508	1.254	(M)	45.972	392.855	19.225	(M)	14.210	0.000	15.046	8.359	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 1/4 Ounce (119.637 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
190.000	3.000	1.500	(M)	55.000	470.000	23.000	(M)	17.000	0.000	18.000	10.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Toast French Sticks WG

Ingredient Code: LI100363

Sub Ingredients: Whole Wheat Bread [Whole Wheat Flour, Water, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folate), Sugar, Wheat Gluten, Yeast, Soybean Oil, Salt, Calcium Propionate (to retard spoilage), Dough Improver (Malted Wheat Flour, Enzymes, and 2% or less of Ascorbic Acid)]. French Toast Batter (Whole Egg, Sugar, Salt). CONTAINS: EGGS, WHEAT.

Allergens: Contains Egg, Wheat,

Measure	Weight In Grams
1 Each (L v1)	78.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
111.111	4.274	0.641	0.000	0.000	128.205	16.239	1.282	3.846	3.419	2.564	0.855	17.094	(M)	(M)	(M)	64.103	(M)	(M)

## Nutrients per 3 Each (234.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
260.000	10.000	1.500	0.000	0.000	300.000	38.000	3.000	9.000	8.000	6.000	2.000	40.000	(M)	(M)	(M)	150.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Toast French Whole Wheat 4-piece - RICHS

Ingredient Code: LI100547

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
4 Each (L v1)	91.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
285.714	10.989	1.648	0.000	0.000	329.670	41.758	3.297	9.890	8.791	6.593	2.198	43.956	(M)	(M)	0.000	164.835	(M)	(M)

## Nutrients per 4 Each (91.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
260.000	10.000	1.500	0.000	0.000	300.000	38.000	3.000	9.000	8.000	6.000	2.000	40.000	(M)	(M)	0.000	150.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Tomato Paste Non GMO  
 Ingredient Code: LI100331  
 Sub Ingredients: VINE-RIPENED TOMATOES

Measure	Weight In Grams
2 tablespoon (L v1)	34.0000
1 no. 10 can (L v1)	3,536.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
102.941	0.000	0.000	0.000	0.000	73.529	17.647	2.941	11.765	(M)	5.882	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 tablespoon (34.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
35.000	0.000	0.000	0.000	0.000	25.000	6.000	1.000	4.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Tomatoes, red, ripe, raw, year round average  
 Ingredient Code: LI100052

Measure	Weight In Grams
1 slice, thick/large (1/2" thick) (L v1)	27.0000
1 NLEA serving (L v1)	148.0000
1 CUP cherry tomatoes (L v1)	149.0000
1 small whole (2-2/5" dia) (L v1)	91.0000
1 slice, thin/small (L v1)	15.0000
1 plum tomato (L v1)	62.0000
1 cherry (L v1)	17.0000
1 slice, medium (1/4" thick) (L v1)	20.0000
1 large whole (3" dia) (L v1)	182.0000
1 medium whole (2-3/5" dia) (L v1)	123.0000
1 wedge (1/4 of medium tomato) (L v1)	31.0000
1 Italian tomato (L v1)	62.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
18.000	0.200	0.028	0.000	0.000	5.000	3.890	1.200	2.630	(M)	0.880	0.270	10.000	833.000	13.700	(M)	(M)	94.520	0.500

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Topping Whipped in Bag

Ingredient Code: LI100150

Sub Ingredients: WATER, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), CORN SYRUP, SUGAR, HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF THE FOLLOWING: \*SODIUM CASEINATE (A MILK DERIVATIVE), DEXTROSE, ARTIFICIAL FLAVOR, POLYSORBATE 60, CELLULOSE GEL, CELLULOSE GUM, MONOGLYCERIDES, SORBITAN MONOSTEARATE, GUAR GUM, TO PRESERVE FRESHNESS (POTASSIUM SORBATE), XANTHAN GUM, COLORED WITH TURMERIC EXTRACT AND ANNATTO. \*NOT A SOURCE OF LACTOSE. CONTAINS: MILK

Allergens: Contains Milk,

Measure	Weight In Grams
2 tablespoon (L v1)	10.0000
1 no. 10 can (L v1)	1,040.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
350.000	25.000	25.000	0.000	0.000	0.000	30.000	0.000	20.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 tablespoon (10.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
35.000	2.500	2.500	0.000	0.000	0.000	3.000	0.000	2.000	(M)	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Tortilla Corn Snack 4.5 in  
 Ingredient Code: LI100362  
 Sub Ingredients: STONE GROUND CORN MASA FLOUR AND A TRACE OF LIME, WATER, CELLULOSE GUM AND/OR GUAR GUM, AS A PRESERVATIVE (FUMARIC ACID, SORBIC ACID, CALCIUM PROPIONATE AND SODIUM PROPIONATE)

Measure	Weight In Grams
3 Each (L v1)	50.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
180.000	2.000	0.000	0.000	0.000	0.000	38.000	4.000	0.000	(M)	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 Each (50.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	1.000	0.000	0.000	0.000	0.000	19.000	2.000	0.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Tortilla Gordita 10"

Ingredient Code: LI100333

Sub Ingredients: BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL SHORTENING (INTERESTERIFIED SOYBEAN OIL, HYDROGENATED SOYBEAN OIL), SALT, CORN STARCH, SODIUM BICARBONATE, MONO-AND DIGLYCERIDES, SODIUM ALUMINUM PHOSPHATE, SUGAR, SODIUM STEAROYL LACTYLATE, TO MAINTAIN FRESHNESS (POTASSIUM SORBATE, CALCIUM PROPIONATE, FUMARIC ACID), ENZYMES, SODIUM METABISULFITE.

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	62.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
274.194	8.065	3.226	0.000	0.000	548.387	45.161	1.613	3.226	(M)	6.452	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (62.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
170.000	5.000	2.000	0.000	0.000	340.000	28.000	1.000	2.000	(M)	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Tortilla Gordita 12"

Ingredient Code: LI100332

Sub Ingredients: BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL SHORTENING (INTERESTERIFIED SOYBEAN OIL, HYDROGENATED SOYBEAN OIL), SALT, CORN STARCH, SODIUM BICARBONATE, MONO-AND DIGLYCERIDES, SODIUM ALUMINUM PHOSPHATE, SUGAR, SODIUM STEAROYL LACTYLATE, TO MAINTAIN FRESHNESS (POTASSIUM SORBATE, CALCIUM PROPIONATE, FUMARIC ACID), ENZYMES, SODIUM METABISULFITE.

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	102.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
264.706	7.843	2.941	0.000	0.000	460.784	44.118	1.961	1.961	(M)	6.863	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (102.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
270.000	8.000	3.000	0.000	0.000	470.000	45.000	2.000	2.000	(M)	7.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Tortilla Gordita 8"

Ingredient Code: LI100334

Sub Ingredients: BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL SHORTENING (INTERESTERIFIED SOYBEAN OIL, HYDROGENATED SOYBEAN OIL), SALT, CORN STARCH, SODIUM BICARBONATE, MONO-AND DIGLYCERIDES, SODIUM ALUMINUM PHOSPHATE, SUGAR, SODIUM STEAROYL LACTYLATE, TO MAINTAIN FRESHNESS (POTASSIUM SORBATE, CALCIUM PROPIONATE, FUMARIC ACID), ENZYMES, SODIUM METABISULFITE.

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	45.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
266.667	6.667	2.222	0.000	0.000	533.333	44.444	2.222	2.222	(M)	6.667	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (45.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	3.000	1.000	0.000	0.000	240.000	20.000	1.000	1.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Tortilla Whole Wheat 6"

Ingredient Code: LI100335

Sub Ingredients: WHITE WHOLE GRAIN WHEAT FLOUR, WATER, BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL SHORTENING (INTERESTERIFIED SOYBEAN OIL, HYDROGENATED SOYBEAN OIL), MONO-AND DIGLYCERIDES, DATEM, GUAR GUM, NATURAL FLAVORS, SUGAR, SA

Allergens: Contains Wheat,

Measure	Weight In Grams
1 Each (L v1)	31.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
251.613	4.839	1.613	0.000	0.000	370.968	45.161	6.452	0.000	(M)	6.452	3.226	125.806	(M)	(M)	(M)	338.710	(M)	(M)

## Nutrients per 1 Each (31.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
78.000	1.500	0.500	0.000	0.000	115.000	14.000	2.000	0.000	(M)	2.000	1.000	39.000	(M)	(M)	(M)	105.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Tuna Light Chunk  
 Ingredient Code: LI100336  
 Sub Ingredients: LIGHT TUNA, WATER, VEGETABLE BROTH.  
 Allergens: Contains Fish,

Measure	Weight In Grams
1 Pouch (L v1)	1,219.0500

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
94.062	0.588	0.000	0.000	47.031	199.882	0.000	0.000	0.000	(M)	22.340	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 Ounce (85.050 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	0.500	0.000	0.000	40.000	170.000	0.000	0.000	0.000	(M)	19.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Turkey & Sausage Pocket, Albies

Ingredient Code: LI100535

Allergens: Contains Egg, Milk, Wheat,

Measure	Weight In Grams
1 Each (L v1)	85.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
258.824	11.765	4.706	0.000	94.118	317.647	24.706	2.353	2.353	0.000	12.941	1.176	208.235	(M)	(M)	0.353	148.235	(M)	(M)

## Nutrients per 1 Each (85.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
220.000	10.000	4.000	0.000	80.000	270.000	21.000	2.000	2.000	0.000	11.000	1.000	177.000	(M)	(M)	0.300	126.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Turkey Breast all natural Jennio

Ingredient Code: LI100169

Sub Ingredients: Turkey Breast Meat, Turkey Broth, Contains 2% or less Salt, Sugar, Rosemary, Extract, Baking Soda

Measure	Weight In Grams
6 slices (L v1)	85.0500

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
94.062	1.764	0.000	0.000	41.152	493.827	0.000	0.000	0.000	(M)	21.164	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 Ounce (85.050 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	1.500	0.000	0.000	35.000	420.000	0.000	0.000	0.000	(M)	18.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Turkey Breast Sliced Block N Barrel

Ingredient Code: LI100192

Sub Ingredients: Turkey breast, turkey broth, contains 2% or less dextrose, salt, carrageenan, seasoning (potassium acetate, potassium diacetate), sodium phosphate

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
88.183	0.882	0.000	0.000	35.273	793.651	1.764	0.000	1.764	(M)	17.637	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 Ounce (56.700 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
50.000	0.500	0.000	0.000	20.000	450.000	1.000	0.000	1.000	(M)	10.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Turkey Gravy precooked

Ingredient Code: LI100170

Sub Ingredients: Turkey, Water, Contains 2% or less Modified Food Starch, Salt, Chicken Base, (Chicken Meat Including Chicken Juices, Salt, Hydrolyzed Soy And Corn Protein, Sugar,, Natural Flavorings, Potato Flour, Autolyzed Yeast Extract, Carrot Powder, Turmeric),,, Sodium Phosphate, Celery Salt, Onion Salt, Flavoring

Allergens: Contains Soy,

Measure	Weight In Grams
4 OZ (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
105.820	5.291	1.764	0.000	44.092	396.825	1.764	0.000	0.000	(M)	14.109	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Ounce (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	6.000	2.000	0.000	50.000	450.000	2.000	0.000	0.000	(M)	16.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Turkey Ham all natural

Ingredient Code: LI100168

Sub Ingredients: Turkey thigh meat with a portion of ground turkey thigh trim added, vinegar, sugar, contains, 2% or less salt, natural flavor (celery juice powder), baking soda, natural smoke flavor

Measure	Weight In Grams
6 slices (L v1)	85.0500

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
92.825	4.061	1.160	0.000	29.008	475.726	2.321	0.000	0.000	(M)	11.603	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 1/8 Ounce (86.184 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	3.500	1.000	0.000	25.000	410.000	2.000	0.000	0.000	(M)	10.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

## Tips/Comments

- Slice into small squares

# Ingredient List Report

Ingredient Name: Turkey Roast Raw

Ingredient Code: LI100193

Sub Ingredients: Contains up to 15% of a solution of turkey broth, salt, sugar, sodium phosphates.

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
105.820	3.086	1.323	0.000	57.319	617.284	0.882	0.000	0.000	(M)	19.400	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Ounce (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	3.500	1.500	0.000	65.000	700.000	1.000	0.000	0.000	(M)	22.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Vanilla extract

Ingredient Code: LI100098

Sub Ingredients: WATER, CARAMEL COLOR, VANILLIN, ETHYL VANILLIN, AND 0.1% POTASSIUM SORBATE (ADDED AS A PRESERVATIVE).

Measure	Weight In Grams
1 Cup (L v1)	208.0000
1 no. 10 can (L v1)	2,704.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
288.000	0.060	0.010	0.000	0.000	9.000	12.650	0.000	12.650	(M)	0.060	0.120	11.000	0.000	0.000	(M)	(M)	52.580	0.260

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Vanilla extract, imitation, no alcohol

Ingredient Code: LI100099

Sub Ingredients: WATER, CARAMEL COLOR, VANILLIN, ETHYL VANILLIN, AND 0.1% POTASSIUM SORBATE (ADDED AS A PRESERVATIVE).

Measure	Weight In Grams
1 tablespoon (L v1)	13.0000
1 no. 10 can (L v1)	2,704.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
56.000	0.000	0.000	0.000	0.000	3.000	14.400	0.000	14.400	(M)	0.030	0.050	3.000	0.000	0.000	(M)	(M)	85.580	0.010

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Vanilla Yogurt, Parfait pouch, Yoplait  
 Ingredient Code: LI100499  
 Allergens: Contains Milk,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
88.183	0.588	0.294	0.000	2.939	47.031	18.225	0.000	12.934	9.994	2.939	0.000	105.820	(M)	(M)	1.764	141.093	(M)	(M)

## Nutrients per 6 Ounce (170.100 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
150.000	1.000	0.500	0.000	5.000	80.000	31.000	0.000	22.000	17.000	5.000	0.000	180.000	(M)	(M)	3.000	240.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Vegan Burger Dr Praeger

Ingredient Code: LI100355

Sub Ingredients: Hydrated Textured Soy Protein (Water, Soy Protein Concentrate, Caramel, Color), Onions, Wheat Gluten, Soy Protein Concentrate, Arrowroot Powder,, Natural Vegan Beef Flavor (Yeast Extract, Maltodextrin, Salt, Natural, Flavoring), Flaxseed Meal, Garlic, Salt, Black Pepper. Prefried in Expeller, Pressed Canola Oil.

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
1 Each (L v1)	63.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
222.222	7.143	0.000	0.000	0.000	666.667	14.286	4.762	4.762	(M)	25.397	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Each (63.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	4.500	0.000	0.000	0.000	420.000	9.000	3.000	3.000	(M)	16.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Vegan Chickenless Strips Dr Praeger

Ingredient Code: LI100354

Sub Ingredients: Soy Filling (Hydrated Soy Protein Concentrate,, Natural Chicken Type Flavor [Yeast Extract, Salt, Potato Maltodextrin, Natural Flavor,, Onion Powder, Lactic Acid, Sugar], Expeller Pressed Canola Oil, Modified Cellulose, Potato Starch. Batter/Breading (Enriched Wheat Flour, [Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid], Whole, Grain Flour Blend (Amaranth, Quinoa, Millet, Sorghum, Teff), Rice Flour, Salt, Sunflower Oil [As A Processing Aid], Leavening [Cream Of Tartar, Sodium Bicarbonate], Whole Grain Rolled Oats, Oat Bran, Sugar, Dextrose, Spices [Including Celery Seeds], Yeast, Paprika Extract). Prefried In Expeller Pressed Canola Oil

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
5 Each (L v1)	79.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
337.553	14.768	2.110	0.000	0.000	675.105	27.426	6.329	0.000	(M)	18.987	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 3 Each (47.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	7.000	1.000	0.000	0.000	320.000	13.000	3.000	0.000	(M)	9.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Vegan Crumbles  
 Ingredient Code: LI100571

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
123.457	4.409	1.764	0.000	0.000	652.557	8.818	3.527	1.764	0.000	10.582	2.116	70.547	(M)	(M)	0.000	141.093	(M)	(M)

## Nutrients per 2 Ounce (56.700 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	2.500	1.000	0.000	0.000	370.000	5.000	2.000	1.000	0.000	6.000	1.200	40.000	(M)	(M)	0.000	80.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Vegetable Blend Capri

Ingredient Code: LI100415

Sub Ingredients: Carrots, Green Beans, Yellow Squash, Zucchini.

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
29.565	0.000	0.000	0.000	0.000	17.391	6.087	1.739	1.739	0.000	1.739	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 115 Gram (115.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
34.000	0.000	0.000	0.000	0.000	20.000	7.000	2.000	2.000	0.000	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Vegetable Blend Pepper & Onion

Ingredient Code: LI100416

Sub Ingredients: ONION, GREEN AND RED BELL PEPPER, CONTAINS LESS THAN 2% OF CELLULOSE GUM, CITRIC ACID, COLOR (CARMEL COLOR, PAPRIKA OLEORESIN), CORNSTARCH, DEHYDRATED GARLIC AND ONION, MOLASSES POWDER, NATURAL FLAVORS, OLIVE OIL, SALT, SPICES, SUGAR, YEAST EXTRACT.

Measure	Weight In Grams
3/4 Cup (L v1)	87.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
57.471	1.149	0.000	0.000	0.000	155.172	10.345	2.299	5.747	0.000	1.149	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 87 Gram (87.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
50.000	1.000	0.000	0.000	0.000	135.000	9.000	2.000	5.000	0.000	1.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Vegetable Blend Stir Fry

Ingredient Code: LI100414

Sub Ingredients: Broccoli, Carrot, Sugar Snap Peas, Red Bell Pepper, Water Chestnut, Onion, Mushroom, ,

Measure	Weight In Grams
1 Cup (L v1)	85.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
13.228	0.000	0.000	0.000	0.000	8.818	3.086	0.882	0.882	0.000	0.882	0.265	12.787	(M)	(M)	0.000	88.183	(M)	(M)

## Nutrients per 8 Ounce (226.800 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
30.000	0.000	0.000	0.000	0.000	20.000	7.000	2.000	2.000	0.000	2.000	0.600	29.000	(M)	(M)	0.000	200.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Vegetable Seasoning Mix  
 Ingredient Code: LI100493

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	0.000	0.000	8000.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	(M)	(M)	0.000	0.000	(M)	(M)

## Nutrients per 1 Gram (1.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
0.000	0.000	0.000	0.000	0.000	80.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	(M)	(M)	0.000	0.000	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Vegetable Slaw Mix, Power Blend Sysco  
 Ingredient Code: LI100424

Measure	Weight In Grams
1/4 Cup (L v1)	14.1750

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
52.910	0.000	0.000	0.000	0.000	3.527	10.582	5.291	0.000	0.000	3.527	7.055	7.055	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1/4 Cup (14.175 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
7.500	0.000	0.000	0.000	0.000	0.500	1.500	0.750	0.000	0.000	0.500	1.000	1.000	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Waffle Maple Chip 3"

Ingredient Code: LI100388

Sub Ingredients: Water, whole grain wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, maple chips (sugar, wheat flour, soybean oil, cellulose gum, natural flavor), brown sugar, milk solids, eggs, natural maple flavor, lecithin, baking powder, (sodium acid pyrophosphate, sodium bicarbonate, monocalcium, phosphate), salt.

Allergens: Contains Egg, Milk, Soy, Wheat,

Measure	Weight In Grams
2 Each (L v1)	40.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
200.000	6.250	0.000	0.000	0.000	237.500	35.000	0.000	7.500	(M)	5.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 Each (40.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	2.500	0.000	0.000	0.000	95.000	14.000	0.000	3.000	(M)	2.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Waffle WG 4x4

Ingredient Code: LI100260

Sub Ingredients: Whole Wheat Flour, Buttermilk, Soybean And/or Canola Oil, Sugar, Whey, Less Than 2% Of: Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Salt, Soy Lecithin, Natural And Artificial Flavors (Including Milk), Corn Syrup Solids, Caramel Color. CONTAINS: MILK, SOY, WHEAT

Allergens: Contains Soy, Wheat,

Measure	Weight In Grams
2 Each (L v1)	79.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
265.823	8.861	1.266	0.000	0.000	443.038	41.772	6.329	8.861	(M)	5.063	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 2 Each (79.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
210.000	7.000	1.000	0.000	0.000	350.000	33.000	5.000	7.000	(M)	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: Water  
 Ingredient Code: LI100383

Measure	Weight In Grams
1 Cup (L v1)	226.8000
1 no. 10 can (L v1)	2,948.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per ( g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Watermelon, raw  
 Ingredient Code: LI100007

Measure	Weight In Grams
1 NLEA serving (L v1)	280.0000
1 melon (15" long x 7-1/2" dia) (L v1)	4,518.0000
10 watermelon balls (L v1)	122.0000
1 wedge (approx 1/16 of melon) (L v1)	286.0000
1 CUP, balls (L v1)	154.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
30.000	0.150	0.016	0.000	0.000	1.000	7.550	0.400	6.200	(M)	0.610	0.240	7.000	569.000	8.100	(M)	(M)	91.450	0.250

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: WG Breakfast Croissant with Ham and Swiss Cheese 3.6oz, IW

Ingredient Code: LI100576

Sub Ingredients: CROISSANT: WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MILK, BUTTER, (CREAM [MILK], NATURAL FLAVOR), WATER, SUGAR, EGGS, YEAST, SALT, ASCORBIC ACID. FILLING: UNCURED HAM (HAM, WATER, SALT, SUGAR, VINEGAR, CELERY POWDER, SEA, SALT, CHERRY POWDER), SWISS CHEESE (PART SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).

Allergens: Contains Egg, Milk, Wheat,

Measure	Weight In Grams
1 Serving (L v1)	102.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
294.118	14.706	8.824	0.000	53.922	568.627	26.471	0.000	3.922	3.922	12.745	5.882	151.961	(M)	(M)	0.000	239.216	(M)	(M)

## Nutrients per 1 Serving (102.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
300.000	15.000	9.000	0.000	55.000	580.000	27.000	0.000	4.000	4.000	13.000	6.000	155.000	(M)	(M)	0.000	244.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Whole Grain Breaded Homestyle Made with Whole Muscle Chicken Tenders, 1.50 oz.

Ingredient Code: LI100580

Sub Ingredients: Boneless, skinless portioned chicken breast strips with rib meat, water, whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of the following: brown sugar, canola oil, carrot powder, citric acid, cocoa powder (color), extracts of paprika and turmeric, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate), modified food starch, natural flavor, onion powder, salt, sodium phosphates, soybean oil, spice, sugar, vegetable stock (onion, celery, carrot), wheat gluten, yeast, yeast extract, yellow corn flour. Breading set in vegetable oil.

Allergens: Contains Wheat,

Measure	Weight In Grams
3 Pieces (L v1)	126.0000
4 1/2 Ounce serving (L v1)	126.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
222.222	10.317	1.984	0.000	47.619	373.016	12.698	1.587	0.794	0.794	19.841	1.587	13.492	0.000	0.000	(M)	547.619	(M)	(M)

## Nutrients per 3 Pieces (126.000 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
280.000	13.000	2.500	0.000	60.000	470.000	16.000	2.000	1.000	1.000	25.000	2.000	17.000	0.000	0.000	(M)	690.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Wild Mikes Pizza  
 Ingredient Code: LI100536

Measure	Weight In Grams
1 Each (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
343.915	13.228	6.173	0.000	30.864	458.554	32.628	0.882	5.291	0.000	16.755	1.764	353.616	0.000	0.000	0.000	53.792	0.000	0.000

## Nutrients per 1 Each (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
390.000	15.000	7.000	0.000	35.000	520.000	37.000	1.000	6.000	0.000	19.000	2.000	401.000	0.000	0.000	0.000	61.000	0.000	0.000

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Yogur Vanilla

Ingredient Code: LI100157

Sub Ingredients: Grade A Pasteurized Lowfat Milk, Sugar, Tumeric and Annatto (for color), Natural Flavor, Vanilla Extract, Kosher Gelatin, Lactase, Vitamin A Palmitate, Vitamin D3 and Live Active Cultures (S. thermophilus, L. bulgaricus, L. acidophilus, Bifido. lactis, L. rhamnosus, L. casei).

Allergens: Contains Milk,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
79.365	1.984	1.102	0.000	6.614	66.138	11.023	0.000	10.582	(M)	4.409	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 8 Ounce (226.800 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
180.000	4.500	2.500	0.000	15.000	150.000	25.000	0.000	24.000	(M)	10.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Yogurt Blueberry Greek

Ingredient Code: LI100153

Sub Ingredients: LOWFAT YOGURT (CULTURED PASTEURIZED NONFAT MILK, CREAM, LIVE AND ACTIVE CULTURES: S.THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS AND L. CASEI), EVAPORATED CANE SUGAR, BLUEBERRIES, WATER, FRUIT PECTIN, LEMON JUICE CONCENTRATE, LOCUST BEAN GUM, FRUIT AND VEGETABLE JUICE CONCENTRATE (FOR COLOR), NATURAL FLAVOR.

Allergens: Contains Milk,

Measure	Weight In Grams
4 ounces (L v1)	113.4000
1 Carton 4oz (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
79.365	0.000	0.000	0.000	4.409	44.092	11.464	0.000	9.700	(M)	7.937	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Ounce (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	0.000	0.000	0.000	5.000	50.000	13.000	0.000	11.000	(M)	9.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Yogurt Danimals Strawberry & Banana Crunch  
 Ingredient Code: LI100540

Measure	Weight In Grams
1 Each (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
61.728	0.000	0.000	0.000	4.409	61.728	10.582	0.000	7.937	4.409	4.409	0.000	132.275	(M)	(M)	1.764	167.549	(M)	(M)

## Nutrients per 1 Each (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.000	0.000	0.000	0.000	5.000	70.000	12.000	0.000	9.000	5.000	5.000	0.000	150.000	(M)	(M)	2.000	190.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Yogurt Danimals Strawberry Crush  
 Ingredient Code: LI100541  
 Allergens: Contains Milk,

Measure	Weight In Grams
1 Each (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
52.910	0.000	0.000	0.000	4.409	61.728	10.582	0.000	7.937	3.527	3.527	0.000	132.275	(M)	(M)	1.764	167.549	(M)	(M)

## Nutrients per 1 Each (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	0.000	0.000	0.000	5.000	70.000	12.000	0.000	9.000	4.000	4.000	0.000	150.000	(M)	(M)	2.000	190.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Yogurt Key Lime Orange Cream Variety

Ingredient Code: LI100156

Allergens: Contains Milk,

Measure	Weight In Grams
1 carton 4 oz (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
114.638	4.409	3.086	0.000	13.228	44.092	15.873	0.000	13.228	(M)	2.646	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Ounce (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	5.000	3.500	0.000	15.000	50.000	18.000	0.000	15.000	(M)	3.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Yogurt Raspberry Cream Vanilla Cream

Ingredient Code: LI100151

Sub Ingredients: Raspberry: Cultured Grade A Milk,, Cream and Skim Milk, Sugar, Raspberry Puree, Modified, Corn Starch, Whey Protein Concentrate, Kosher Gelatin,, Lactase\*, Red Cabbage Extract (for color), Natural, Flavor, Citric Acid, Vitamin A Palmitate, Vitamin D3, and, Live Active Cultures (S. thermophilus, L. bulgaricus,, L. acidophilus, Bifido. lactis, L. rhamnosus, L. casei.) Vanilla: Cultured Grade A Milk, Cream and, Skim Milk, Sugar, Modified Corn Starch, Whey Protein, Concentrate, Tapioca Starch, Kosher Gelatin, Natural, Flavor, Vanilla Extract, Lactase\*, Vitamin A Palmitate,, Vitamin D3, and Live Active Cultures (S. thermophilus,, L. bulgaricus, L. acidophilus, Bifido. lactis, L. rhamnosus,, L. casei.)

Allergens: Contains Milk,

Measure	Weight In Grams
1 carton 4 Oz (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
114.638	4.409	3.086	0.000	13.228	39.683	15.873	0.000	12.346	(M)	3.527	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Ounce (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
130.000	5.000	3.500	0.000	15.000	45.000	18.000	0.000	14.000	(M)	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Yogurt Raspberry No-Fat  
 Ingredient Code: LI100544

Measure	Weight In Grams
1 Each (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
79.365	0.000	0.000	0.000	4.409	48.501	16.755	0.000	12.346	8.818	2.646	0.000	255.732	(M)	(M)	3.527	141.093	(M)	(M)

## Nutrients per 1 Each (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	0.000	0.000	0.000	5.000	55.000	19.000	0.000	14.000	10.000	3.000	0.000	290.000	(M)	(M)	4.000	160.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Yogurt Raspberry Rainbow Trix  
 Ingredient Code: LI100543  
 Allergens: Contains Milk,

Measure	Weight In Grams
1 Each (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
70.547	0.441	0.000	0.000	4.409	57.319	13.228	0.000	7.937	4.409	3.527	0.000	123.457	(M)	(M)	2.028	185.185	(M)	(M)

## Nutrients per 1 Each (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
80.000	0.500	0.000	0.000	5.000	65.000	15.000	0.000	9.000	5.000	4.000	0.000	140.000	(M)	(M)	2.300	210.000	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Yogurt Strawberry & Banana Light  
 Ingredient Code: LI100542  
 Allergens: Contains Milk,

Measure	Weight In Grams
1 Each (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
52.910	0.000	0.000	0.000	4.409	39.683	9.700	0.000	5.291	2.646	3.527	0.000	105.820	(M)	(M)	1.852	149.912	(M)	(M)

## Nutrients per 1 Each (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
60.000	0.000	0.000	0.000	5.000	45.000	11.000	0.000	6.000	3.000	4.000	0.000	120.000	(M)	(M)	2.100	170.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Yogurt Strawberry and Peach

Ingredient Code: LI100152

Sub Ingredients: Strawberry: Cultured Grade A Milk,, Cream and Skim Milk, Sugar, Strawberry Puree,, Modified Corn Starch, Whey Protein Concentrate,, Tapioca Starch, Natural Flavor, Kosher Gelatin,, Vegetable Juice (for color), Lactase\*, Vitamin A Palmitate,, Vitamin D3, and Live Active Cultures (S. thermophilus,, L. bulgaricus, L. acidophilus, Bifido. lactis, L. rhamnosus,, L. casei.) Peach: Cultured Grade A Milk, Cream, and Skim Milk, Sugar, Peach Puree, Modified Corn, Starch, Whey Protein Concentrate, Natural Flavor,, Kosher Gelatin, Lactase\*, Annatto (for color), Vitamin A, Palmitate, Vitamin D3, and Live Active Cultures, (S. thermophilus, L. bulgaricus, L. acidophilus, Bifido., lactis, L. rhamnosus, L. casei.)

Allergens: Contains Milk,

Measure	Weight In Grams
1 carton 4 oz (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
88.183	1.764	0.882	0.000	4.409	61.728	14.991	0.000	11.464	(M)	3.527	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Ounce (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
100.000	2.000	1.000	0.000	5.000	70.000	17.000	0.000	13.000	(M)	4.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Yogurt Strawberry Greek

Ingredient Code: LI100155

Sub Ingredients: LOWFAT YOGURT (CULTURED PASTEURIZED NONFAT MILK, CREAM. LIVE AND ACTIVE CULTURES: S.THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS AND L. CASEI), EVAPORATED CANE SUGAR, STRAWBERRIES, WATER, NATURAL FLAVOR, FRUIT PECTIN, LEMON JUICE CONCENTRATE, LOCUST BEAN GUM, FRUIT AND VEGETABLE JUICE CONCENTRATE (FOR COLOR), GUAR GUM

Allergens: Contains Milk,

Measure	Weight In Grams
4 OZ (L v1)	113.4000
1 carton 4 oz (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
79.365	0.000	0.000	0.000	4.409	35.273	11.464	0.000	10.582	(M)	7.937	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Ounce (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	0.000	0.000	0.000	5.000	40.000	13.000	0.000	12.000	(M)	9.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Yogurt Vanilla Greek

Ingredient Code: LI100154

Sub Ingredients: NONFAT YOGURT (CULTURED PASTEURIZED NONFAT MILK, LIVE AND ACTIVE CULTURES: S.THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS AND L. CASEI), EVAPORATED CANE SUGAR, WATER, VANILLA EXTRACT, NATURAL FLAVORS, FRUIT PECTIN, GUAR GUM, LEMON JUICE CONCENTRATE.

Allergens: Contains Milk,

Measure	Weight In Grams
1 carton 4 Oz (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
79.365	0.000	0.000	0.000	4.409	39.683	9.700	0.000	7.937	(M)	8.818	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 4 Ounce (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
90.000	0.000	0.000	0.000	5.000	45.000	11.000	0.000	9.000	(M)	10.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Yogurt Yami Peach  
 Ingredient Code: LI100484

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
99.941	1.176	0.882	0.000	5.879	52.910	17.049	0.000	16.461	11.758	4.115	0.000	144.033	99.941	(M)	1.764	(M)	(M)	(M)

## Nutrients per 6 Ounce (170.100 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
170.000	2.000	1.500	0.000	10.000	90.000	29.000	0.000	28.000	20.000	7.000	0.000	245.000	170.000	(M)	3.000	(M)	(M)	(M)

(M) Indicates missing nutrient values.

## Serving Instructions

- Record time/ temp before and after lunch service.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Yogurt Yami Strawberry  
 Ingredient Code: LI100485

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
94.062	1.176	0.882	0.000	5.879	55.850	16.461	0.000	15.285	11.170	4.115	0.000	144.621	104.056	(M)	1.764	186.949	(M)	(M)

## Nutrients per 6 Ounce (170.100 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
160.000	2.000	1.500	0.000	10.000	95.000	28.000	0.000	26.000	19.000	7.000	0.000	246.000	177.000	(M)	3.000	318.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Yogurt Yami Vanilla  
 Ingredient Code: LI100483  
 Allergens: Contains Milk,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
82.305	1.470	0.882	0.000	5.879	58.789	12.346	0.000	12.346	7.643	4.703	0.000	163.433	118.166	(M)	1.764	(M)	(M)	(M)

## Nutrients per 6 Ounce (170.100 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
140.000	2.500	1.500	0.000	10.000	100.000	21.000	0.000	21.000	13.000	8.000	0.000	278.000	201.000	(M)	3.000	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: Zee Zees Strawberry Crisp, 2.2 oz, WG, I/W  
 Ingredient Code: LI100531  
 Allergens: Contains Milk, Soy, Wheat,

Measure	Weight In Grams
2 1/4 ounces (L v1)	62.0000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
403.226	12.903	4.032	0.000	0.000	120.968	66.129	3.226	22.581	(M)	6.452	1.613	29.032	(M)	(M)	0.000	140.323	(M)	(M)

(M) Indicates missing nutrient values.



# Ingredient List Report

Ingredient Name: Zeezee Chick Peas Roasted  
 Ingredient Code: LI100447

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per ( g )

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Generated on: 8/16/2023 8:04:42 AM by Cris Castro

Ingredient Name: ZeeZee Cinnamon Applesauce

Ingredient Code: LI100568

Sub Ingredients: Apples, Water, Cinnamon, Natural Flavor, Ascorbic Acid (Vitamin C).,

Allergens: Contains Apples,

Measure	Weight In Grams
1/2 Cup (L v1)	113.4000

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
44.092	0.000	0.000	0.000	0.000	0.000	11.464	0.882	9.700	0.000	0.000	0.000	4.409	(M)	(M)	0.000	74.074	(M)	(M)

## Nutrients per 4 Ounce (113.400 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
50.000	0.000	0.000	0.000	0.000	0.000	13.000	1.000	11.000	0.000	0.000	0.000	5.000	(M)	(M)	0.000	84.000	(M)	(M)

(M) Indicates missing nutrient values.

# Ingredient List Report

Ingredient Name: ZeeZee French Toast Cracker  
 Ingredient Code: LI100441  
 Allergens: Contains Soy, Wheat,

Measure	Weight In Grams

## Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
423.280	14.109	3.527	0.000	0.000	282.187	74.074	3.527	28.219	28.219	7.055	3.527	14.109	(M)	(M)	(M)	(M)	(M)	(M)

## Nutrients per 1 Ounce (28.350 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
120.000	4.000	1.000	0.000	0.000	80.000	21.000	1.000	8.000	8.000	2.000	1.000	4.000	(M)	(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.