

Group: ENTREES

Recipe ID: R-0449 Whole Grain Roll

Weight/Serving: 34.000 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900153 Wheat Roll 1.5 oz 12pk

Calories	80.000		Iron	1.080	mg	Protein	4.000	gm	Protein	20.000	%
Cholesterol	0.000	mg	Calcium	40.000	mg	Carb	16.000	gm	Carb	80.000	%
Sodium	160.000	mg	VitA	0.000	IU	Total Fat	0.000	gm	Total Fat	0.000	%
Fiber	2.000	gm	VitC	0.000	mg	Sat. Fat	0.000	gm	Sat. Fat	0.000	%
Sugars	2.000	gm				Trans. Fat	0.000	gm			

Total: (per 1 each)

Calories	80.000		Iron	1.080	mg	Protein	4.000	gm	Protein	20.000	%
Cholesterol	0.000	mg	Calcium	40.000	mg	Carb	16.000	gm	Carb	80.000	%
Sodium	160.000	mg	VitA	0.000	IU	Total Fat	0.000	gm	Total Fat	0.000	%
Fiber	2.000	gm	VitC	0.000	mg	Sat. Fat	0.000	gm	Sat. Fat	0.000	%
Sugars	2.000	gm				Trans. Fat	0.000	gm			

Recipe ID: R-0467 Turkey Ham, sliced american cheese on whole grain bread

Weight/Serving: 152.180 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900152 White Wheat Pullman 24oz

Calories	140.000		Iron	2.160	mg	Protein	6.000	gm	Protein	17.143	%
Cholesterol	0.000	mg	Calcium	80.000	mg	Carb	28.000	gm	Carb	80.000	%
Sodium	280.000	mg	VitA	0.000	IU	Total Fat	2.000	gm	Total Fat	12.857	%
Fiber	2.000	gm	VitC	0.000	mg	Sat. Fat	0.000	gm	Sat. Fat	0.000	%
Sugars	2.000	gm				Trans. Fat	0.000	gm			

900150 Turkey Ham Sliced .5 oz extra lean

Calories	50.000		Iron	0.300	mg	Protein	7.500	gm	Protein	60.000	%
Cholesterol	30.000	mg	Calcium	4.100	mg	Carb	0.500	gm	Carb	4.000	%
Sodium	265.001	mg	VitA	0.000	IU	Total Fat	2.250	gm	Total Fat	40.500	%
Fiber	0.000	gm	VitC	0.600	mg	Sat. Fat	0.750	gm	Sat. Fat	13.500	%
Sugars	*N/A*	gm				Trans. Fat	0.000	gm			

900146 American Cheese Sliced Reduced Fat Low Sodium

Calories	34.568		Iron	0.000	mg	Protein	3.457	gm	Protein	40.002	%
Cholesterol	7.408	mg	Calcium	98.767	mg	Carb	0.988	gm	Carb	11.433	%
Sodium	153.089	mg	VitA	148.151	IU	Total Fat	1.975	gm	Total Fat	51.420	%
Fiber	0.000	gm	VitC	0.000	mg	Sat. Fat	1.235	gm	Sat. Fat	32.154	%
Sugars	0.494	gm				Trans. Fat	0.000	gm			

11253 Lettuce, green leaf, raw

Calories	0.720	Iron	0.041 mg	Protein	0.065 gm	Protein	36.111 %
Cholesterol	0.000 mg	Calcium	1.728 mg	Carb	0.138 gm	Carb	76.667 %
Sodium	1.344 mg	VitA	355.440 IU	Total Fat	0.007 gm	Total Fat	8.750 %
Fiber	0.062 gm	VitC	0.442 mg	Sat. Fat	0.001 gm	Sat. Fat	1.250 %
Sugars	*N/A* gm			Trans. Fat	*N/A* gm		

11529 Tomatoes, red, ripe, raw, year round average

Calories	3.600	Iron	0.054 mg	Protein	0.176 gm	Protein	19.556 %
Cholesterol	0.000 mg	Calcium	2.000 mg	Carb	0.778 gm	Carb	86.444 %
Sodium	1.000 mg	VitA	166.600 IU	Total Fat	0.040 gm	Total Fat	10.000 %
Fiber	0.240 gm	VitC	2.740 mg	Sat. Fat	0.006 gm	Sat. Fat	1.500 %
Sugars	*N/A* gm			Trans. Fat	*N/A* gm		

900213 Mayonnaise

Calories	100.000	Iron	*N/A* mg	Protein	0.000 gm	Protein	0.000 %
Cholesterol	10.000 mg	Calcium	*N/A* mg	Carb	0.000 gm	Carb	0.000 %
Sodium	70.000 mg	VitA	*N/A* IU	Total Fat	12.000 gm	Total Fat	108.000 %
Fiber	0.000 gm	VitC	*N/A* mg	Sat. Fat	2.000 gm	Sat. Fat	18.000 %
Sugars	0.000 gm			Trans. Fat	0.000 gm		

Total: (per 1 each)

Calories	328.888	Iron	2.555* mg	Protein	17.198 gm	Protein	20.917 %
Cholesterol	47.408 mg	Calcium	186.595* mg	Carb	30.404 gm	Carb	36.978 %
Sodium	770.434 mg	VitA	670.191* IU	Total Fat	18.272 gm	Total Fat	50.001 %
Fiber	2.302 gm	VitC	3.782* mg	Sat. Fat	3.992 gm	Sat. Fat	10.924 %
Sugars	2.494* gm			Trans. Fat	0.000* gm		

Recipe ID: R-0483 **Drumstick**

Weight/Serving: 80.000 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900180 Chicken drumstick, glazed

Calories	130.000	Iron	0.360 mg	Protein	13.000 gm	Protein	40.000 %
Cholesterol	45.000 mg	Calcium	0.000 mg	Carb	2.000 gm	Carb	6.154 %
Sodium	330.000 mg	VitA	0.000 IU	Total Fat	8.000 gm	Total Fat	55.385 %
Fiber	0.000 gm	VitC	0.000 mg	Sat. Fat	2.000 gm	Sat. Fat	13.846 %
Sugars	0.000 gm			Trans. Fat	0.000 gm		

Total: (per 1 each)

Calories	130.000	Iron	0.360 mg	Protein	13.000 gm	Protein	40.000 %
Cholesterol	45.000 mg	Calcium	0.000 mg	Carb	2.000 gm	Carb	6.154 %
Sodium	330.000 mg	VitA	0.000 IU	Total Fat	8.000 gm	Total Fat	55.385 %
Fiber	0.000 gm	VitC	0.000 mg	Sat. Fat	2.000 gm	Sat. Fat	13.846 %
Sugars	0.000 gm			Trans. Fat	0.000 gm		

Recipe ID: R-0494 Brown Rice

Weight/Serving: 98.000 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

50451 Rice, long grain, brown, cooked, without salt [B545]

Calories	107.996		Iron	0.412 mg	Protein	2.519 gm	Protein	9.330 %
Cholesterol	0.000 mg		Calcium	9.996 mg	Carb	22.393 gm	Carb	82.940 %
Sodium	4.998 mg		VitA	0.000 IU	Total Fat	0.882 gm	Total Fat	7.350 %
Fiber	1.803 gm		VitC	0.000 mg	Sat. Fat	0.176 gm	Sat. Fat	1.467 %
Sugars	*N/A* gm				Trans. Fat	0.000 gm		

Total: (per 1/2 cup)

Calories	107.996		Iron	0.412 mg	Protein	2.519 gm	Protein	9.330 %
Cholesterol	0.000 mg		Calcium	9.996 mg	Carb	22.393 gm	Carb	82.940 %
Sodium	4.998 mg		VitA	0.000 IU	Total Fat	0.882 gm	Total Fat	7.350 %
Fiber	1.803 gm		VitC	0.000 mg	Sat. Fat	0.176 gm	Sat. Fat	1.467 %
Sugars	* gm				Trans. Fat	0.000 gm		

Recipe ID: R-0512 Teriyaki Chicken

Weight/Serving: 79.000 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900187 BBQ Chicken Teriyaki

Calories	130.000		Iron	0.720 mg	Protein	16.000 gm	Protein	49.231 %
Cholesterol	70.000 mg		Calcium	*N/A* mg	Carb	10.000 gm	Carb	30.769 %
Sodium	480.000 mg		VitA	*N/A* IU	Total Fat	3.500 gm	Total Fat	24.231 %
Fiber	0.000 gm		VitC	*N/A* mg	Sat. Fat	1.000 gm	Sat. Fat	6.923 %
Sugars	9.000 gm				Trans. Fat	0.000 gm		

Total: (per 2 7/8 cups)

Calories	130.000		Iron	0.720 mg	Protein	16.000 gm	Protein	49.231 %
Cholesterol	70.000 mg		Calcium	* mg	Carb	10.000 gm	Carb	30.769 %
Sodium	480.000 mg		VitA	* IU	Total Fat	3.500 gm	Total Fat	24.231 %
Fiber	0.000 gm		VitC	* mg	Sat. Fat	1.000 gm	Sat. Fat	6.923 %
Sugars	9.000 gm				Trans. Fat	0.000 gm		

Recipe ID: R-0549 Protein Packed Pasta Marinara

Weight/Serving: 0.000 **Fat Change %:** **Moisture Change %:**

Ingredient(s):

111803	Tomato, Canned; petite diced in juice, 6/#10 can; as served										
Calories	16.797		Iron	0.637	mg	Protein	0.669	gm	Protein	15.931	%
Cholesterol	0.000	mg	Calcium	54.432	mg	Carb	3.355	gm	Carb	79.895	%
Sodium	181.440	mg	VitA	470.397	IU	Total Fat	0.000	gm	Total Fat	0.000	%
Fiber	0.669	gm	VitC	12.096	mg	Sat. Fat	0.000	gm	Sat. Fat	0.000	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			
50541	Tomato sauce, canned, low-sodium, may be lightly seasoned with salt and spices, and may contain nutritive sweetening ingredients, vinegar, onion, garlic, or other vegetable flavoring ingredients [100334, A239]										
Calories	21.202		Iron	0.763	mg	Protein	0.000	gm	Protein	0.000	%
Cholesterol	0.000	mg	Calcium	0.000	mg	Carb	5.302	gm	Carb	100.028	%
Sodium	74.197	mg	VitA	529.999	IU	Total Fat	0.000	gm	Total Fat	0.000	%
Fiber	1.060	gm	VitC	2.541	mg	Sat. Fat	0.000	gm	Sat. Fat	0.000	%
Sugars	*N/A*	gm				Trans. Fat	0.000	gm			
50550	Beans, great northern, canned dry beans, low-sodium, mature seeds, solids and liquids [100373, A088]										
Calories	95.360		Iron	1.316	mg	Protein	6.179	gm	Protein	25.919	%
Cholesterol	0.000	mg	Calcium	44.159	mg	Carb	17.623	gm	Carb	73.922	%
Sodium	89.600	mg	VitA	0.000	IU	Total Fat	0.327	gm	Total Fat	3.086	%
Fiber	4.100	gm	VitC	1.090	mg	Sat. Fat	0.101	gm	Sat. Fat	0.953	%
Sugars	*N/A*	gm				Trans. Fat	0.000	gm			
4053	Oil, olive, salad or cooking										
Calories	1.909		Iron	0.001	mg	Protein	0.000	gm	Protein	0.000	%
Cholesterol	0.000	mg	Calcium	0.002	mg	Carb	0.000	gm	Carb	0.000	%
Sodium	0.004	mg	VitA	0.000	IU	Total Fat	0.216	gm	Total Fat	101.833	%
Fiber	0.000	gm	VitC	0.000	mg	Sat. Fat	0.030	gm	Sat. Fat	14.144	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			
2027	Spices, oregano, dried										
Calories	0.429		Iron	0.060	mg	Protein	0.015	gm	Protein	13.986	%
Cholesterol	0.000	mg	Calcium	2.587	mg	Carb	0.112	gm	Carb	104.429	%
Sodium	0.041	mg	VitA	2.756	IU	Total Fat	0.007	gm	Total Fat	14.685	%
Fiber	0.069	gm	VitC	0.004	mg	Sat. Fat	0.003	gm	Sat. Fat	6.294	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			
2020	Spices, garlic powder										
Calories	1.284		Iron	0.022	mg	Protein	0.064	gm	Protein	19.938	%
Cholesterol	0.000	mg	Calcium	0.307	mg	Carb	0.282	gm	Carb	87.850	%
Sodium	0.233	mg	VitA	0.000	IU	Total Fat	0.003	gm	Total Fat	2.103	%
Fiber	0.035	gm	VitC	0.005	mg	Sat. Fat	0.001	gm	Sat. Fat	0.701	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			
2003	Spices, basil, dried										
Calories	0.391		Iron	0.151	mg	Protein	0.039	gm	Protein	39.898	%
Cholesterol	0.000	mg	Calcium	3.763	mg	Carb	0.080	gm	Carb	81.841	%
Sodium	0.128	mg	VitA	1.250	IU	Total Fat	0.007	gm	Total Fat	16.113	%
Fiber	0.063	gm	VitC	0.001	mg	Sat. Fat	0.004	gm	Sat. Fat	9.207	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

2047	Salt, table										
Calories	0.000		Iron	0.001	mg	Protein	0.000	gm	Protein	0.000	%
Cholesterol	0.000	mg	Calcium	0.088	mg	Carb	0.000	gm	Carb	0.000	%
Sodium	141.467	mg	VitA	0.000	IU	Total Fat	0.000	gm	Total Fat	0.000	%
Fiber	0.000	gm	VitC	0.000	mg	Sat. Fat	0.000	gm	Sat. Fat	0.000	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

19336	Sugars, powdered										
Calories	0.029		Iron	0.000	mg	Protein	0.000	gm	Protein	0.000	%
Cholesterol	0.000	mg	Calcium	0.000	mg	Carb	0.007	gm	Carb	96.552	%
Sodium	0.000	mg	VitA	0.000	IU	Total Fat	0.000	gm	Total Fat	0.000	%
Fiber	0.000	gm	VitC	0.000	mg	Sat. Fat	0.000	gm	Sat. Fat	0.000	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

2029	Spices, parsley, dried										
Calories	0.175		Iron	0.013	mg	Protein	0.016	gm	Protein	36.571	%
Cholesterol	0.000	mg	Calcium	0.684	mg	Carb	0.030	gm	Carb	68.571	%
Sodium	0.271	mg	VitA	1.163	IU	Total Fat	0.003	gm	Total Fat	15.429	%
Fiber	0.016	gm	VitC	0.075	mg	Sat. Fat	0.000	gm	Sat. Fat	0.000	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

2030	Spices, pepper, black										
Calories	0.161		Iron	0.006	mg	Protein	0.007	gm	Protein	17.391	%
Cholesterol	0.000	mg	Calcium	0.284	mg	Carb	0.041	gm	Carb	101.863	%
Sodium	0.013	mg	VitA	0.350	IU	Total Fat	0.002	gm	Total Fat	11.180	%
Fiber	0.016	gm	VitC	0.000	mg	Sat. Fat	0.001	gm	Sat. Fat	5.590	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

900212	ProHealth Pasta Red Lentil Penne										
Calories	138.913		Iron	2.858	mg	Protein	9.525	gm	Protein	27.427	%
Cholesterol	0.000	mg	Calcium	7.938	mg	Carb	23.417	gm	Carb	67.429	%
Sodium	19.845	mg	VitA	0.000	IU	Total Fat	0.595	gm	Total Fat	3.855	%
Fiber	1.984	gm	VitC	0.000	mg	Sat. Fat	0.000	gm	Sat. Fat	0.000	%
Sugars	0.794	gm				Trans. Fat	0.000	gm			

Total: (per 3/4 cup)

Calories	276.650		Iron	5.828	mg	Protein	16.514	gm	Protein	23.877	%
Cholesterol	0.000	mg	Calcium	114.244	mg	Carb	50.249	gm	Carb	72.654	%
Sodium	507.239	mg	VitA	1005.915	IU	Total Fat	1.160	gm	Total Fat	3.774	%
Fiber	8.012	gm	VitC	15.812	mg	Sat. Fat	0.140	gm	Sat. Fat	0.455	%
Sugars	0.794*	gm				Trans. Fat	0.000*	gm			

Recipe ID: R-0564 Ceviche de Willow

Weight/Serving: 230.590 Fat Change %: Moisture Change %:

Ingredient(s):

900229 Yellowtail Fish

Calories	59.777		Iron	*N/A*	mg	Protein	8.748	gm	Protein	58.538	%
Cholesterol	21.870	mg	Calcium	*N/A*	mg	Carb	0.000	gm	Carb	0.000	%
Sodium	16.038	mg	VitA	*N/A*	IU	Total Fat	1.458	gm	Total Fat	21.952	%
Fiber	0.000	gm	VitC	*N/A*	mg	Sat. Fat	0.000	gm	Sat. Fat	0.000	%
Sugars	0.000	gm				Trans. Fat	0.000	gm			

9159 Limes, raw

Calories	13.608		Iron	0.272	mg	Protein	0.318	gm	Protein	9.347	%
Cholesterol	0.000	mg	Calcium	14.969	mg	Carb	4.781	gm	Carb	140.535	%
Sodium	0.907	mg	VitA	22.680	IU	Total Fat	0.091	gm	Total Fat	6.019	%
Fiber	1.270	gm	VitC	13.200	mg	Sat. Fat	0.010	gm	Sat. Fat	0.661	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

9200 Oranges, raw, all commercial varieties

Calories	12.791		Iron	0.027	mg	Protein	0.256	gm	Protein	8.006	%
Cholesterol	0.000	mg	Calcium	10.886	mg	Carb	3.198	gm	Carb	100.008	%
Sodium	0.000	mg	VitA	61.235	IU	Total Fat	0.033	gm	Total Fat	2.322	%
Fiber	0.653	gm	VitC	14.479	mg	Sat. Fat	0.005	gm	Sat. Fat	0.352	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

11529 Tomatoes, red, ripe, raw, year round average

Calories	4.082		Iron	0.061	mg	Protein	0.200	gm	Protein	19.598	%
Cholesterol	0.000	mg	Calcium	2.268	mg	Carb	0.882	gm	Carb	86.428	%
Sodium	1.134	mg	VitA	188.921	IU	Total Fat	0.045	gm	Total Fat	9.922	%
Fiber	0.272	gm	VitC	3.107	mg	Sat. Fat	0.007	gm	Sat. Fat	1.543	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

11282 Onions, raw

Calories	3.629		Iron	0.019	mg	Protein	0.100	gm	Protein	11.022	%
Cholesterol	0.000	mg	Calcium	2.087	mg	Carb	0.847	gm	Carb	93.359	%
Sodium	0.363	mg	VitA	0.181	IU	Total Fat	0.009	gm	Total Fat	2.232	%
Fiber	0.154	gm	VitC	0.671	mg	Sat. Fat	0.004	gm	Sat. Fat	0.992	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

11143 Celery, raw

Calories	1.451		Iron	0.018	mg	Protein	0.063	gm	Protein	17.367	%
Cholesterol	0.000	mg	Calcium	3.629	mg	Carb	0.269	gm	Carb	74.156	%
Sodium	7.257	mg	VitA	40.733	IU	Total Fat	0.015	gm	Total Fat	9.304	%
Fiber	0.145	gm	VitC	0.281	mg	Sat. Fat	0.004	gm	Sat. Fat	2.481	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

900230 Cilantro

Calories	0.353		Iron	0.028	mg	Protein	0.031	gm	Protein	35.127	%
Cholesterol	0.000	mg	Calcium	1.075	mg	Carb	0.061	gm	Carb	69.122	%
Sodium	0.707	mg	VitA	103.680	IU	Total Fat	0.015	gm	Total Fat	38.244	%
Fiber	0.046	gm	VitC	0.415	mg	Sat. Fat	0.000	gm	Sat. Fat	0.000	%
Sugars	0.015	gm				Trans. Fat	0.000	gm			

9037 Avocados, raw, all commercial varieties

Calories	64.320		Iron	0.221 mg	Protein	0.804 gm	Protein	5.000 %
Cholesterol	0.000 mg		Calcium	4.824 mg	Carb	3.429 gm	Carb	21.325 %
Sodium	2.814 mg		VitA	58.692 IU	Total Fat	5.893 gm	Total Fat	82.458 %
Fiber	2.693 gm		VitC	4.020 mg	Sat. Fat	0.855 gm	Sat. Fat	11.964 %
Sugars	*N/A*	gm			Trans. Fat	*N/A*	gm	

11205 Cucumber, with peel, raw

Calories	4.515		Iron	0.084 mg	Protein	0.196 gm	Protein	17.364 %
Cholesterol	0.000 mg		Calcium	4.816 mg	Carb	1.093 gm	Carb	96.833 %
Sodium	0.602 mg		VitA	31.605 IU	Total Fat	0.033 gm	Total Fat	6.578 %
Fiber	0.150 gm		VitC	0.843 mg	Sat. Fat	0.011 gm	Sat. Fat	2.193 %
Sugars	*N/A*	gm			Trans. Fat	*N/A*	gm	

900231 Serrano Chili Pepper

Calories	1.469		Iron	0.039 mg	Protein	0.086 gm	Protein	23.417 %
Cholesterol	0.000 mg		Calcium	0.432 mg	Carb	0.346 gm	Carb	94.214 %
Sodium	0.432 mg		VitA	43.199 IU	Total Fat	0.000 gm	Total Fat	0.000 %
Fiber	0.173 gm		VitC	2.048 mg	Sat. Fat	0.000 gm	Sat. Fat	0.000 %
Sugars	0.173 gm				Trans. Fat	0.000 gm		

Total: (per 1/2 cup)

Calories	165.995		Iron	0.769* mg	Protein	10.802 gm	Protein	26.030 %
Cholesterol	21.870 mg		Calcium	44.986* mg	Carb	14.906 gm	Carb	35.919 %
Sodium	30.254 mg		VitA	550.926* IU	Total Fat	7.592 gm	Total Fat	41.163 %
Fiber	5.556 gm		VitC	39.064* mg	Sat. Fat	0.896 gm	Sat. Fat	4.858 %
Sugars	0.188* gm				Trans. Fat	0.000* gm		

Recipe ID: R-0578 100% WGChickenNugget

Weight/Serving: 156.350 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900241 No Antibiotics Ever 100% WG Chicken Nuggets

Calories	300.000		Iron	1.800 mg	Protein	15.000 gm	Protein	20.000 %
Cholesterol	55.000 mg		Calcium	20.000 mg	Carb	17.000 gm	Carb	22.667 %
Sodium	530.000 mg		VitA	100.000 IU	Total Fat	20.000 gm	Total Fat	60.000 %
Fiber	0.000 gm		VitC	0.000 mg	Sat. Fat	4.500 gm	Sat. Fat	13.500 %
Sugars	0.000 gm				Trans. Fat	0.000 gm		

900253 BBQ portion dipping cup

Calories	40.000		Iron	0.000 mg	Protein	0.000 gm	Protein	0.000 %
Cholesterol	0.000 mg		Calcium	0.000 mg	Carb	10.000 gm	Carb	100.000 %
Sodium	230.000 mg		VitA	100.000 IU	Total Fat	0.000 gm	Total Fat	0.000 %
Fiber	0.000 gm		VitC	1.200 mg	Sat. Fat	0.000 gm	Sat. Fat	0.000 %
Sugars	5.000 gm				Trans. Fat	0.000 gm		

Total: (per 6 Pieces)

Calories	340.000	Iron	1.800 mg	Protein	15.000 gm	Protein	17.647 %
Cholesterol	55.000 mg	Calcium	20.000 mg	Carb	27.000 gm	Carb	31.765 %
Sodium	760.000 mg	VitA	200.000 IU	Total Fat	20.000 gm	Total Fat	52.941 %
Fiber	0.000 gm	VitC	1.200 mg	Sat. Fat	4.500 gm	Sat. Fat	11.912 %
Sugars	5.000 gm			Trans. Fat	0.000 gm		

Recipe ID: R-0593 **Rolled Taquitos**

Weight/Serving: 125.000 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900255 Whole Grain Chicken Taquito

Calories	227.477	Iron	0.318 mg	Protein	22.046 gm	Protein	38.766 %
Cholesterol	55.116 mg	Calcium	521.093 mg	Carb	27.057 gm	Carb	47.578 %
Sodium	226.475 mg	VitA	601.261 IU	Total Fat	4.008 gm	Total Fat	15.857 %
Fiber	5.211 gm	VitC	*N/A* mg	Sat. Fat	0.501 gm	Sat. Fat	1.982 %
Sugars	0.000 gm			Trans. Fat	0.000 gm		

Total: (per 2 each)

Calories	227.477	Iron	0.318 mg	Protein	22.046 gm	Protein	38.766 %
Cholesterol	55.116 mg	Calcium	521.093 mg	Carb	27.057 gm	Carb	47.578 %
Sodium	226.475 mg	VitA	601.261 IU	Total Fat	4.008 gm	Total Fat	15.857 %
Fiber	5.211 gm	VitC	* mg	Sat. Fat	0.501 gm	Sat. Fat	1.982 %
Sugars	0.000 gm			Trans. Fat	0.000 gm		

Recipe ID: R-0596 **CHICKEN TAMALE AND RED SAUCE**

Weight/Serving: 142.000 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900198 Chicken Tamale

Calories	310.000	Iron	1.080 mg	Protein	10.000 gm	Protein	12.903 %
Cholesterol	35.000 mg	Calcium	60.000 mg	Carb	28.000 gm	Carb	36.129 %
Sodium	700.000 mg	VitA	1750.000 IU	Total Fat	18.000 gm	Total Fat	52.258 %
Fiber	3.000 gm	VitC	1.200 mg	Sat. Fat	1.500 gm	Sat. Fat	4.355 %
Sugars	1.000 gm			Trans. Fat	0.000 gm		

Total: (per 1 each)

Calories	310.000	Iron	1.080 mg	Protein	10.000 gm	Protein	12.903 %
Cholesterol	35.000 mg	Calcium	60.000 mg	Carb	28.000 gm	Carb	36.129 %
Sodium	700.000 mg	VitA	1750.000 IU	Total Fat	18.000 gm	Total Fat	52.258 %
Fiber	3.000 gm	VitC	1.200 mg	Sat. Fat	1.500 gm	Sat. Fat	4.355 %
Sugars	1.000 gm			Trans. Fat	0.000 gm		

Recipe ID: R-0597 Brown Rice with fresh veggies

Weight/Serving: 240.580 **Fat Change %:** **Moisture Change %:**

Ingredient(s):

900201 Brown Rice

Calories	216.554		Iron	0.860	mg	Protein	4.647	gm	Protein	8.584	%
Cholesterol	0.000	mg	Calcium	13.461	mg	Carb	45.207	gm	Carb	83.502	%
Sodium	4.097	mg	VitA	0.000	IU	Total Fat	1.709	gm	Total Fat	7.103	%
Fiber	2.048	gm	VitC	0.000	mg	Sat. Fat	0.342	gm	Sat. Fat	1.421	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

900058 Water

Calories	0.000		Iron	0.000	mg	Protein	0.000	gm	Protein	0.000	%
Cholesterol	0.000	mg	Calcium	4.583	mg	Carb	0.000	gm	Carb	0.000	%
Sodium	4.583	mg	VitA	0.000	IU	Total Fat	0.000	gm	Total Fat	0.000	%
Fiber	0.000	gm	VitC	0.000	mg	Sat. Fat	0.000	gm	Sat. Fat	0.000	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

4582 Vegetable oil, canola

Calories	23.954		Iron	0.000	mg	Protein	0.000	gm	Protein	0.000	%
Cholesterol	0.000	mg	Calcium	0.000	mg	Carb	0.000	gm	Carb	0.000	%
Sodium	0.000	mg	VitA	0.000	IU	Total Fat	2.710	gm	Total Fat	101.820	%
Fiber	0.000	gm	VitC	0.000	mg	Sat. Fat	0.200	gm	Sat. Fat	7.514	%
Sugars	*N/A*	gm				Trans. Fat	0.011	gm			

11282 Onions, raw

Calories	1.032		Iron	0.005	mg	Protein	0.028	gm	Protein	10.853	%
Cholesterol	0.000	mg	Calcium	0.594	mg	Carb	0.241	gm	Carb	93.411	%
Sodium	0.103	mg	VitA	0.052	IU	Total Fat	0.003	gm	Total Fat	2.616	%
Fiber	0.044	gm	VitC	0.191	mg	Sat. Fat	0.001	gm	Sat. Fat	0.872	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

11143 Celery, raw

Calories	1.043		Iron	0.013	mg	Protein	0.045	gm	Protein	17.258	%
Cholesterol	0.000	mg	Calcium	2.606	mg	Carb	0.194	gm	Carb	74.401	%
Sodium	5.213	mg	VitA	29.257	IU	Total Fat	0.011	gm	Total Fat	9.492	%
Fiber	0.104	gm	VitC	0.202	mg	Sat. Fat	0.003	gm	Sat. Fat	2.589	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

11124 Carrots, raw

Calories	3.386		Iron	0.025	mg	Protein	0.077	gm	Protein	9.096	%
Cholesterol	0.000	mg	Calcium	2.725	mg	Carb	0.791	gm	Carb	93.444	%
Sodium	5.698	mg	VitA	1388.263	IU	Total Fat	0.020	gm	Total Fat	5.316	%
Fiber	0.231	gm	VitC	0.487	mg	Sat. Fat	0.003	gm	Sat. Fat	0.797	%
Sugars	*N/A*	gm				Trans. Fat	0.000	gm			

16424 Soy sauce made from soy and wheat (shoyu), low sodium

Calories	4.360		Iron	0.166	mg	Protein	0.425	gm	Protein	38.991	%
Cholesterol	0.000	mg	Calcium	1.398	mg	Carb	0.700	gm	Carb	64.220	%
Sodium	274.166	mg	VitA	0.000	IU	Total Fat	0.007	gm	Total Fat	1.445	%
Fiber	0.066	gm	VitC	0.000	mg	Sat. Fat	0.001	gm	Sat. Fat	0.206	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

2020 Spices, garlic powder

Calories	1.554		Iron	0.027	mg	Protein	0.078	gm	Protein	20.077	%
Cholesterol	0.000	mg	Calcium	0.371	mg	Carb	0.341	gm	Carb	87.773	%
Sodium	0.282	mg	VitA	0.000	IU	Total Fat	0.003	gm	Total Fat	1.737	%
Fiber	0.042	gm	VitC	0.006	mg	Sat. Fat	0.001	gm	Sat. Fat	0.579	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

2030 Spices, pepper, black

Calories	0.259		Iron	0.010	mg	Protein	0.011	gm	Protein	16.988	%
Cholesterol	0.000	mg	Calcium	0.457	mg	Carb	0.066	gm	Carb	101.931	%
Sodium	0.021	mg	VitA	0.565	IU	Total Fat	0.003	gm	Total Fat	10.425	%
Fiber	0.026	gm	VitC	0.000	mg	Sat. Fat	0.001	gm	Sat. Fat	3.475	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

2021 Spices, ginger, ground

Calories	1.401		Iron	0.083	mg	Protein	0.038	gm	Protein	10.849	%
Cholesterol	0.000	mg	Calcium	0.477	mg	Carb	0.299	gm	Carb	85.368	%
Sodium	0.113	mg	VitA	0.125	IU	Total Fat	0.018	gm	Total Fat	11.563	%
Fiber	0.059	gm	VitC	0.003	mg	Sat. Fat	0.011	gm	Sat. Fat	7.066	%
Sugars	*N/A*	gm				Trans. Fat	*N/A*	gm			

Total: (per 1 cup)

Calories	253.543		Iron	1.189	mg	Protein	5.349	gm	Protein	8.439	%
Cholesterol	0.000	mg	Calcium	26.672	mg	Carb	47.839	gm	Carb	75.473	%
Sodium	294.276	mg	VitA	1418.262	IU	Total Fat	4.484	gm	Total Fat	15.917	%
Fiber	2.620	gm	VitC	0.889	mg	Sat. Fat	0.563	gm	Sat. Fat	1.998	%
Sugars	*	gm				Trans. Fat	0.011*	gm			

Recipe ID: R-0607 MAC&CHEESE TRAY

Weight/Serving: 226.000 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900265 WG Macaroni and Cheese in a Tray

Calories	282.236		Iron	0.417	mg	Protein	18.816	gm	Protein	26.667	%
Cholesterol	56.447	mg	Calcium	2376.720	mg	Carb	38.622	gm	Carb	54.737	%
Sodium	346.605	mg	VitA	6932.101	IU	Total Fat	1.981	gm	Total Fat	6.317	%
Fiber	0.990	gm	VitC	7.487	mg	Sat. Fat	0.000	gm	Sat. Fat	0.000	%
Sugars	0.000	gm				Trans. Fat	0.000	gm			

Total: (per 1 EACH)

Calories	282.236	Iron	0.417 mg	Protein	18.816 gm	Protein	26.667 %
Cholesterol	56.447 mg	Calcium	2376.720 mg	Carb	38.622 gm	Carb	54.737 %
Sodium	346.605 mg	VitA	6932.101 IU	Total Fat	1.981 gm	Total Fat	6.317 %
Fiber	0.990 gm	VitC	7.487 mg	Sat. Fat	0.000 gm	Sat. Fat	0.000 %
Sugars	0.000 gm			Trans. Fat	0.000 gm		

Recipe ID: R-0608 SHREDDED BEEF

Weight/Serving: 56.000 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900266 SHREDDED BEEF

Calories	144.858	Iron	0.948 mg	Protein	9.218 gm	Protein	25.454 %
Cholesterol	29.630 mg	Calcium	*N/A* mg	Carb	0.000 gm	Carb	0.000 %
Sodium	243.626 mg	VitA	0.000 IU	Total Fat	11.194 gm	Total Fat	69.548 %
Fiber	0.000 gm	VitC	0.000 mg	Sat. Fat	3.951 gm	Sat. Fat	24.547 %
Sugars	0.000 gm			Trans. Fat	0.000 gm		

Total: (per 2 OUNCES)

Calories	144.858	Iron	0.948 mg	Protein	9.218 gm	Protein	25.454 %
Cholesterol	29.630 mg	Calcium	* mg	Carb	0.000 gm	Carb	0.000 %
Sodium	243.626 mg	VitA	0.000 IU	Total Fat	11.194 gm	Total Fat	69.548 %
Fiber	0.000 gm	VitC	0.000 mg	Sat. Fat	3.951 gm	Sat. Fat	24.547 %
Sugars	0.000 gm			Trans. Fat	0.000 gm		

Recipe ID: R-0609 Cheese sauce Real

Weight/Serving: 56.000 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900234 Chug-able Cheese Sauce

Calories	86.000	Iron	*N/A* mg	Protein	9.000 gm	Protein	41.860 %
Cholesterol	13.000 mg	Calcium	*N/A* mg	Carb	3.000 gm	Carb	13.953 %
Sodium	300.000 mg	VitA	*N/A* IU	Total Fat	5.000 gm	Total Fat	52.326 %
Fiber	0.000 gm	VitC	*N/A* mg	Sat. Fat	2.000 gm	Sat. Fat	20.930 %
Sugars	1.000 gm			Trans. Fat	0.000 gm		

Total: (per 2 ounces)

Calories	86.000	Iron	* mg	Protein	9.000 gm	Protein	41.860 %
Cholesterol	13.000 mg	Calcium	* mg	Carb	3.000 gm	Carb	13.953 %
Sodium	300.000 mg	VitA	* IU	Total Fat	5.000 gm	Total Fat	52.326 %
Fiber	0.000 gm	VitC	* mg	Sat. Fat	2.000 gm	Sat. Fat	20.930 %
Sugars	1.000 gm			Trans. Fat	0.000 gm		

Recipe ID: R-0610 Tortilla Chips

Weight/Serving: 28.000 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900267 Round Yellow Tortilla Chips Pouch

Calories	135.000		Iron	0.360 mg	Protein	2.000 gm	Protein	5.926 %
Cholesterol	0.000 mg		Calcium	0.000 mg	Carb	19.000 gm	Carb	56.296 %
Sodium	55.000 mg		VitA	0.000 IU	Total Fat	5.000 gm	Total Fat	33.333 %
Fiber	2.000 gm		VitC	*N/A* mg	Sat. Fat	1.000 gm	Sat. Fat	6.667 %
Sugars	0.000 gm				Trans. Fat	0.000 gm		

Total: (per 1 PACK)

Calories	135.000		Iron	0.360 mg	Protein	2.000 gm	Protein	5.926 %
Cholesterol	0.000 mg		Calcium	0.000 mg	Carb	19.000 gm	Carb	56.296 %
Sodium	55.000 mg		VitA	0.000 IU	Total Fat	5.000 gm	Total Fat	33.333 %
Fiber	2.000 gm		VitC	* mg	Sat. Fat	1.000 gm	Sat. Fat	6.667 %
Sugars	0.000 gm				Trans. Fat	0.000 gm		

Recipe ID: R-0611 TERIYAKI

Weight/Serving: 79.000 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900268 BBQ TERIYAKI CHICKEN

Calories	130.000		Iron	0.720 mg	Protein	15.000 gm	Protein	46.154 %
Cholesterol	70.000 mg		Calcium	*N/A* mg	Carb	10.000 gm	Carb	30.769 %
Sodium	480.000 mg		VitA	*N/A* IU	Total Fat	3.500 gm	Total Fat	24.231 %
Fiber	0.000 gm		VitC	*N/A* mg	Sat. Fat	1.000 gm	Sat. Fat	6.923 %
Sugars	9.000 gm				Trans. Fat	0.000 gm		

Total: (per 1 SCOOP)

Calories	130.000		Iron	0.720 mg	Protein	15.000 gm	Protein	46.154 %
Cholesterol	70.000 mg		Calcium	* mg	Carb	10.000 gm	Carb	30.769 %
Sodium	480.000 mg		VitA	* IU	Total Fat	3.500 gm	Total Fat	24.231 %
Fiber	0.000 gm		VitC	* mg	Sat. Fat	1.000 gm	Sat. Fat	6.923 %
Sugars	9.000 gm				Trans. Fat	0.000 gm		

Recipe ID: R-0612 FLAQUITO

Weight/Serving: 28.350 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900269 Chile and Cheese Flaquito

Calories	*N/A*	Iron	*N/A*	mg	Protein	*N/A*	gm	Protein	0.000	%
Cholesterol	*N/A*	mg	Calcium	*N/A*	mg	Carb	*N/A*	gm	0.000	%
Sodium	*N/A*	mg	VitA	*N/A*	IU	Total Fat	*N/A*	gm	0.000	%
Fiber	*N/A*	gm	VitC	*N/A*	mg	Sat. Fat	*N/A*	gm	0.000	%
Sugars	*N/A*	gm			Trans. Fat	*N/A*	gm			

Total: (per 1 EACH)

Calories	*	Iron	*	mg	Protein	*	gm	Protein	0.000*	%
Cholesterol	*	mg	Calcium	*	mg	Carb	*	gm	0.000*	%
Sodium	*	mg	VitA	*	IU	Total Fat	*	gm	0.000*	%
Fiber	*	gm	VitC	*	mg	Sat. Fat	*	gm	0.000*	%
Sugars	*	gm			Trans. Fat	*	gm			

Recipe ID: R-0613 SOYBUTTER SANDWICH

Weight/Serving: 28.350 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900270 WHOLE GRAIN SOYBUTTER & GRAPE JELLY SANDWICH

Calories	123.915	Iron	1.174	mg	Protein	4.131	gm	Protein	13.335	%
Cholesterol	0.000	mg	Calcium	32.609	mg	Carb	11.957	gm	38.597	%
Sodium	95.654	mg	VitA	*N/A*	IU	Total Fat	6.957	gm	50.529	%
Fiber	1.739	gm	VitC	*N/A*	mg	Sat. Fat	1.304	gm	9.471	%
Sugars	4.565	gm			Trans. Fat	0.000	gm			

Total: (per 1 SANDWICH)

Calories	123.915	Iron	1.174	mg	Protein	4.131	gm	Protein	13.335	%
Cholesterol	0.000	mg	Calcium	32.609	mg	Carb	11.957	gm	38.597	%
Sodium	95.654	mg	VitA	*	IU	Total Fat	6.957	gm	50.529	%
Fiber	1.739	gm	VitC	*	mg	Sat. Fat	1.304	gm	9.471	%
Sugars	4.565	gm			Trans. Fat	0.000	gm			

Recipe ID: R-0614 CHIPOTLE MAC&CHEESE

Weight/Serving: 226.000 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900271 CHIPOTLE MAC AND CHEESE

Calories	282.236	Iron	0.417	mg	Protein	18.816	gm	Protein	26.667	%
Cholesterol	56.447	mg	Calcium	2376.720	mg	Carb	38.622	gm	54.737	%
Sodium	346.605	mg	VitA	6932.101	IU	Total Fat	1.981	gm	6.317	%
Fiber	0.990	gm	VitC	7.487	mg	Sat. Fat	0.000	gm	0.000	%
Sugars	0.000	gm			Trans. Fat	0.000	gm			

Total: (per 1 TRAY)

Calories	282.236	Iron	0.417 mg	Protein	18.816 gm	Protein	26.667 %
Cholesterol	56.447 mg	Calcium	2376.720 mg	Carb	38.622 gm	Carb	54.737 %
Sodium	346.605 mg	VitA	6932.101 IU	Total Fat	1.981 gm	Total Fat	6.317 %
Fiber	0.990 gm	VitC	7.487 mg	Sat. Fat	0.000 gm	Sat. Fat	0.000 %
Sugars	0.000 gm			Trans. Fat	0.000 gm		

Recipe ID: R-0615 CHICKEN WINGS

Weight/Serving: 184.000 **Fat Change %:** 0.00 **Moisture Change %:** 0.00

Ingredient(s):

900264 All Natural Buffalo Chicken Wings

Calories	380.000	Iron	0.720 mg	Protein	30.000 gm	Protein	31.579 %
Cholesterol	130.000 mg	Calcium	*N/A* mg	Carb	2.000 gm	Carb	2.105 %
Sodium	1040.000 mg	VitA	0.000 IU	Total Fat	28.000 gm	Total Fat	66.316 %
Fiber	0.000 gm	VitC	*N/A* mg	Sat. Fat	8.000 gm	Sat. Fat	18.947 %
Sugars	2.000 gm			Trans. Fat	0.000 gm		

Total: (per 6 PIECES)

Calories	380.000	Iron	0.720 mg	Protein	30.000 gm	Protein	31.579 %
Cholesterol	130.000 mg	Calcium	* mg	Carb	2.000 gm	Carb	2.105 %
Sodium	1040.000 mg	VitA	0.000 IU	Total Fat	28.000 gm	Total Fat	66.316 %
Fiber	0.000 gm	VitC	* mg	Sat. Fat	8.000 gm	Sat. Fat	18.947 %
Sugars	2.000 gm			Trans. Fat	0.000 gm		

Note: *NA* and * means nutrient data is missing or not available.