

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Prot (g)	Vit A-RAE (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3-NE (mg)
KB-0005									
Applesauce, cinnamon	1	Serving	127.57	89.84	0.00	0.00	0.00	0.00	0.00
Egg, Hard Ckd	2	Each	85.20	140.00	12.00	0.00	0.00	0.00	0.00
Cereal, hot, oatmeal, plain, inst, pkt	1	Package	28.40	100.00	3.00	0.00	0.00	0.00	0.00
Danish, bear claw, iced	1	Each	85.20	310.00	5.00	0.00	0.00	0.00	0.00
Coffee, instant	1	Serving	1.20	0.00	0.00	0.00	0.00	0.00	0.00
Margarine	3	Packages	15.00	90.00	0.00	0.00	0.00	0.00	0.00
Total			342.57	729.84	20.00	0.00	0.00	0.00	0.00

Item Name	Vit B12 (mcg)	Vit C (mg)	Vit D-mcg (r Vit E-aTE (mg)	Vit K (mcg)	Biot (mcg)	Calc (mg)	Chlor (mg)	Chrom (mcg)
KB-0005								
Applesauce, cinnamon	0.00	59.89	0.00	0.00	0.00	0.00	0.00	0.00
Egg, Hard Ckd	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cereal, hot, oatmeal, plain, inst, pkt	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00
Danish, bear claw, iced	0.00	0.00	0.00	0.00	0.00	200.00	0.00	0.00
Coffee, instant	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Margarine	0.00	0.00	0.00	7.46	0.00	0.00	0.00	0.00
Total	0.00	59.89	0.00	7.46	0.00	300.00	0.00	0.00

Item Name	Chln (mg)	Copp (mg)	Fluor (mg)	Fol_DFE (mcg)	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)
KB-0005									
Applesauce, cinnamon	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Egg, Hard Ckd	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cereal, hot, oatmeal, plain, inst, pkt	0.00	0.00	0.00	0.00	0.00	8.10	0.00	0.00	0.00
Danish, bear claw, iced	0.00	0.00	0.00	0.00	0.00	1.80	0.00	0.00	0.00
Coffee, instant	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total	0.00	0.00	0.00	0.00	0.00	9.90	0.00	0.00	0.00

Item Name	Panto (mg)	Phos (mg)	Pot (mg)
KB-0005			
Applesauce, cinnamon	0.00	0.00	0.00
Egg, Hard Ckd	0.00	0.00	0.00
Cereal, hot, oatmeal, plain, inst, pkt	0.00	0.00	0.00
Danish, bear claw, iced	0.00	0.00	0.00
Coffee, instant	0.00	0.00	0.00
Margarine	0.00	0.00	0.00
Total	0.00	0.00	0.00

Item Name	Sel (mcg)	Sod (mg)	Zinc (mg)
KB-0005			
Applesauce, cinnamon	0.00	14.97	0.00
Egg, Hard Ckd	0.00	220.00	0.00
Cereal, hot, oatmeal, plain, inst, pkt	0.00	75.00	0.00
Danish, bear claw, iced	0.00	300.00	0.00
Coffee, instant	0.00	0.00	0.00
Margarine	0.00	90.00	0.00
Total	0.00	699.97	0.00

Nutrition Facts

Serving Size (343g)
Servings Per Container

Amount Per Serving

Calories 730 **Calories from Fat 300**

% Daily Value*

Total Fat 33g **51%**

 Saturated Fat 13g **65%**

 Trans Fat 0g

Cholesterol 390mg **130%**

Sodium 700mg **29%**

Total Carbohydrate 83g **28%**

 Dietary Fiber 6g **24%**

 Sugars 38g

Protein 20g

Vitamin A 60% • **Vitamin C 100%**

Calcium 30% • **Iron 60%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4