

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Prot (g)	Vit A-RAE (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3-NE (mg)
<b>KD-0001</b>									
Beef Pattie - Glatt	1	Each	85.00	180.00	16.00	0.00	0.00	0.00	0.00
Brown Onion Gravy	2	Servings	73.42	24.10	0.08	0.01	0.00	0.00	0.02
Potato Red Roast	1	Serving	100.00	90.00	3.00	0.00	0.00	0.00	0.00
Green Peas	1	Serving	81.00	181.59	3.50	68.94	0.17	0.07	1.56
Bread, whole wheat, slice	2	Serving	56.00	160.00	6.00	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
Muffin, Lemon	1	Each	64.00	230.00	3.00	0.00	0.00	0.00	0.00
<b>Total</b>			<b>474.42</b>	<b>955.69</b>	<b>31.58</b>	<b>68.95</b>	<b>0.17</b>	<b>0.07</b>	<b>1.58</b>

Item Name	Vit B12 (mcg)	Vit C (mg)	Vit D (mcg)	Vit E-aTE (mg)	Vit K (mcg)	Biot (mcg)	Calc (mg)	Chlor (mg)	Chrom (mcg)
<b>KD-0001</b>									
Beef Pattie - Glatt	0.00	0.00	0.00	0.00	0.00	0.00	0.00	20.00	0.00
Brown Onion Gravy	0.00	0.52	0.00	0.00	0.03	0.25	31.76	1.77	0.00
Potato Red Roast	0.00	9.00	0.00	0.00	0.00	0.00	20.00	0.00	0.00
Green Peas	0.00	12.06	0.00	0.01	18.69	0.00	14.74	241.20	0.00
Bread, whole wheat, slice	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
Muffin, Lemon	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>Total</b>	<b>0.00</b>	<b>21.58</b>	<b>0.00</b>	<b>0.01</b>	<b>18.72</b>	<b>0.25</b>	<b>86.50</b>	<b>242.97</b>	<b>0.00</b>

Item Name	Chln (mg)	Copp (mg)	Fluor (mg)	Fol_DFE (mcg)	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)
<b>KD-0001</b>									
Beef Pattie - Glatt	0.00	0.00	0.00	0.00	0.00	0.00	1.08	0.00	0.00
Brown Onion Gravy	0.43	0.01	0.05	1.35	0.14	0.53	1.30	0.01	0.35
Potato Red Roast	0.00	0.00	0.00	0.00	0.00	1.08	0.00	0.00	0.00
Green Peas	18.09	0.08	0.00	35.51	0.00	1.03	17.42	0.23	3.35
Bread, whole wheat, slice	0.00	0.00	0.00	0.00	0.00	2.16	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
Muffin, Lemon	0.00	0.00	0.00	0.00	0.00	1.08	0.00	0.00	0.00
<b>Total</b>	<b>18.52</b>	<b>0.09</b>	<b>0.05</b>	<b>36.86</b>	<b>0.14</b>	<b>6.96</b>	<b>18.72</b>	<b>0.24</b>	<b>3.70</b>

Item Name	Panto (mg)	Phos (mg)	Pot (mg)
<b>KD-0001</b>			
Beef Pattie - Glatt	0.00	0.00	0.00
Brown Onion Gravy	0.01	2.06	10.94
Potato Red Roast	0.00	0.00	0.00
Green Peas	0.37	54.94	102.51
Bread, whole wheat, slice	0.00	0.00	0.00
Margarine	0.00	0.00	0.00
Muffin, Lemon	0.00	0.00	0.00
<b>Total</b>	<b>0.38</b>	<b>57.00</b>	<b>113.45</b>

Item Name	Sel (mcg)	Sod (mg)	Zinc (mg)
<b>KD-0001</b>			
Beef Pattie - Glatt	0.00	55.00	0.00
Brown Onion Gravy	0.04	441.48	0.01
Potato Red Roast	0.00	10.00	0.00
Green Peas	1.27	72.36	0.55
Bread, whole wheat, slice	0.00	320.00	0.00
Margarine	0.00	90.00	0.00
Muffin, Lemon	0.00	240.00	0.00
<b>Total</b>	<b>1.31</b>	<b>1228.84</b>	<b>0.56</b>

## Nutrition Facts

Serving Size (474g)

Servings Per Container

**Amount Per Serving**

**Calories 960**    **Calories from Fat 460**

**% Daily Value\***

**Total Fat 51g**                      **78%**

Saturated Fat 14g                    **70%**

Trans Fat 0.5g

**Cholesterol 100mg**                  **33%**

**Sodium 1230mg**                      **51%**

**Total Carbohydrate 96g**            **32%**

Dietary Fiber 7g                      **28%**

Sugars 24g

**Protein 32g**

**Vitamin A 60%**                      • **Vitamin C 35%**

**Calcium 8%**                          • **Iron 45%**

\*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