Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Prot (g)	Vit A-RAE (cmg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3-NE (mg)
KD-0012									
Broccoli Omelet Bake	1	Serving	182.95	189.80	18.28	201.28	0.08	0.47	2.59
Potatoes, Red Roast	1	Serving	100.00	90.00	3.00	0.00	0.00	0.00	0.00
Herbed Carrots	1	Serving	78.00	153.04	0.50	454.72	0.03	0.02	0.40
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
Total			**495.95**	**912.84**	**30.78**	**656.00**	**0.11**	**0.49**	**2.99**

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)
KD-0012									
Broccoli Omelet Bake	1.55	5.25	1.66	0.40	2.16	2.40	464.04	307.72	0.19
Potatoes, Red Roast	0.00	9.00	0.00	0.00	0.00	0.00	20.00	0.00	0.00
Herbed Carrots	0.00	1.60	0.00	0.36	11.26	0.00	23.04	0.00	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
Total	**1.55**	**15.85**	**1.66**	**0.76**	**13.42**	**2.40**	**507.08**	**307.72**	**0.19**

Item Name	Chln (mg)	Copp (mg)	Fluor (mg)	Fol_DFE (mcg)	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)
KD-0012									
Broccoli Omelet Bake	126.73	0.04	0.06	43.57	32.60	0.92	28.05	0.07	2.48
Potatoes, Red Roast	0.00	0.00	0.00	0.00	0.00	1.08	0.00	0.00	0.00
Herbed Carrots	4.80	0.05	0.00	6.40	0.00	0.28	7.68	0.11	0.00
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
Total	**131.53**	**0.09**	**0.06**	**49.97**	**32.60**	**5.52**	**35.73**	**0.18**	**2.48**

Item Name	Panto (mg)	Phos (mg)	Pot (mg)
KD-0012			
Broccoli Omelet Bake	0.93	375.17	246.30
Potatoes, Red Roast	0.00	0.00	0.00
Herbed Carrots	0.12	21.12	150.40
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
Total	**1.05**	**396.29**	**396.70**

Item Name	Sel (mcg)	Sod (mg)	Zinc (mg)
KD-0012			
Broccoli Omelet Bake	22.33	309.64	2.39
Potatoes, Red Roast	0.00	10.00	0.00
Herbed Carrots	0.45	43.52	0.21
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
Total	**22.78**	**1013.16**	**2.60**

Nutrition Facts

Serving Size (496g)
Servings Per Container

Amount Per Serving

Calories 910 Calories from Fat 420

	% Daily Value*
Total Fat 47g	**72%**
Saturated Fat 13g	**65%**
Trans Fat 0g	
Cholesterol 215mg	**72%**
Sodium 1010mg	**42%**
Total Carbohydrate 93g	**31%**
Dietary Fiber 7g	**28%**
Sugars 28g	
Protein 31g	

Vitamin A 250% • Vitamin C 25%

Calcium 50% • Iron 30%

*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