

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-0013</b>									
Beef Crumbles - Glatt	1	Serving	85.00	220.00	15.00	0.00	0.00	0.00	0.00
Marinara Sauce	1	Serving	114.00	80.00	3.00	0.00	0.00	0.00	0.00
Spaghetti Pasta, Ckd	1	Serving	318.45	121.51	4.25	0.00	0.32	0.15	0.00
Vegetable Blend Italian	1	Serving	78.39	156.52	1.52	0.00	0.00	0.00	0.00
Bread, whole wheat, slice	2	Servings	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, Chocolate	1	Each	64.00	240.00	3.00	0.00	0.00	0.00	0.00
<b>Total</b>			<b>730.84</b>	<b>1068.03</b>	<b>32.77</b>	<b>0.00</b>	<b>0.32</b>	<b>0.15</b>	<b>0.00</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-0013</b>									
Beef Crumbles - Glatt	0.00	0.00	0.00	0.00	0.00	0.00	0.00	40.00	0.00
Marinara Sauce	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Spaghetti Pasta, Ckd	0.00	0.00	0.00	0.00	0.00	0.00	0.00	8.53	0.00
Vegetable Blend Italian	0.00	6.82	0.00	0.00	0.00	0.00	0.00	15.15	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, Chocolate	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>6.82</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>63.68</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-0013</b>									
Beef Crumbles - Glatt	0.00	0.00	0.00	0.00	0.00	0.00	1.80	0.00	0.00
Marinara Sauce	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Spaghetti Pasta, Ckd	0.00	0.03	0.23	0.00	0.00	0.00	1.09	2.84	0.00
Vegetable Blend Italian	0.00	0.00	0.00	0.00	0.00	0.00	0.27	0.00	0.00
Bread, whole wheat, slice	0.00	0.00	0.00	0.00	0.00	0.00	2.16	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Muffin, Chocolate	0.00	0.00	0.00	0.00	0.00	0.00	1.08	0.00	0.00
<b>Total</b>	<b>0.00</b>	<b>0.03</b>	<b>0.23</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>6.40</b>	<b>2.84</b>	<b>0.00</b>

Item Name	Panto (mg)	Phos (mg)	Pot (mg)
<b>KD-0013</b>			
Beef Crumbles - Glatt	0.00	0.00	0.00
Marinara Sauce	0.00	0.00	0.00
Spaghetti Pasta, Ckd	0.00	0.00	2.84
Vegetable Blend Italian	0.00	0.00	0.00
Bread, whole wheat, slice	0.00	0.00	0.00
Margarine	0.00	0.00	0.00
Muffin, Chocolate	0.00	0.00	0.00
<b>Total</b>	<b>0.00</b>	<b>0.00</b>	<b>2.84</b>

Item Name	Sel (mcg)	Sod (mg)	Zinc (mg)
<b>KD-0013</b>			
Beef Crumbles - Glatt	0.00	330.00	0.00
Marinara Sauce	0.00	400.00	0.00
Spaghetti Pasta, Ckd	0.00	8.53	0.00
Vegetable Blend Italian	0.00	22.73	0.00
Bread, whole wheat, slice	0.00	320.00	0.00
Margarine	0.00	90.00	0.00
Muffin, Chocolate	0.00	230.00	0.00
<b>Total</b>	<b>0.00</b>	<b>1401.26</b>	<b>0.00</b>

## Nutrition Facts

Serving Size (731g)  
Servings Per Container

Amount Per Serving

**Calories 1070**    **Calories from Fat 500**

% Daily Value\*

**Total Fat 56g**    **86%**

Saturated Fat 15g    **75%**

Trans Fat 0.5g

**Cholesterol 90mg**    **30%**

**Sodium 1400mg**    **58%**

**Total Carbohydrate 109g**    **36%**

Dietary Fiber 9g    **36%**

Sugars 28g

**Protein 33g**

Vitamin A 60%    •    Vitamin C 10%

Calcium 6%    •    Iron 35%

\*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