| Item Name | Quantity | Measure | Wgt (g) | Cals (kcal) | Prot (g) | Vit A-RAE (mcg) | Vit B1 (mg) | Vit B2 (mg) | Vit B3-NE (mg) |
|---|---|---|---|---|---|---|---|---|---|
| **KD-0002** | | | | | | | | | |
| Cheese Raviolis | 1 | Serving | 139.00 | 310.00 | 13.00 | 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 |
| Corn, yellow, whole kernel | 1 | Serving | 84.50 | 222.35 | 2.55 | 8.46 | 0.06 | 0.04 | 1.81 |
| Vegetables, California-style blend | 1 | Serving | 77.43 | 148.66 | 0.75 | 27.99 | 0.00 | 0.00 | 0.00 |
| Bread, whole wheat, slice | 3 | 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 |
| **Total** | | | **549.93** | **1251.01** | **28.30** | **36.45** | **0.06** | **0.04** | **1.81** |

| 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-0002** | | | | | | | | | |
| Cheese raviolis - cdc | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 150.00 | 0.00 | 0.00 |
| Marinara Sauce - SAC | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Corn, yellow, whole kernel | 0.00 | 0.00 | 0.00 | 0.07 | 0.28 | 0.00 | 3.52 | 0.00 | 0.00 |
| Vegetables, California-style blend | 0.00 | 11.19 | 0.00 | 0.00 | 0.00 | 0.00 | 14.93 | 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, Chocolate | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| **Total** | **0.00** | **11.19** | **0.00** | **0.07** | **0.28** | **0.00** | **168.45** | **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) |
|---|---|---|---|---|---|---|---|---|---|
| **KD-0002** | | | | | | | | | |
| Cheese raviolis - cdc | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.80 | 0.00 | 0.00 | 0.00 |
| Marinara Sauce - SAC | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Corn, yellow, whole kernel | 21.36 | 0.04 | 0.00 | 26.79 | 0.00 | 0.27 | 17.63 | 0.09 | 0.00 |
| Vegetables, California-style blend | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 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, Chocolate | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.08 | 0.00 | 0.00 | 0.00 |
| **Total** | **21.36** | **0.04** | **0.00** | **26.79** | **0.00** | **5.31** | **17.63** | **0.09** | **0.00** |

| Item Name | Panto (mg) | Phos (mg) | Pot (mg) |
|---|---|---|---|
| **KD-0002** | | | |
| Cheese raviolis - cdc | 0.00 | 0.00 | 0.00 |
| Marinara Sauce - SAC | 0.00 | 0.00 | 0.00 |
| Corn, yellow, whole kernel | 0.45 | 66.97 | 194.58 |
| Vegetables, California-style blend | 0.00 | 0.00 | 74.63 |
| 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 |
| **Total** | **0.45** | **66.97** | **269.21** |

| Item Name | Sel (mcg) | Sod (mg) | Zinc (mg) |
|---|---|---|---|
| **KD-0002** | | | |
| Cheese raviolis - cdc | 0.00 | 240.00 | 0.00 |
| Marinara Sauce - SAC | 0.00 | 400.00 | 0.00 |
| Corn, yellow, whole kernel | 0.00 | 2.82 | 0.37 |
| Vegetables, California-style blend | 0.00 | 18.66 | 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 |
| **Total** | **0.00** | **1301.48** | **0.37** |

# Nutrition Facts

Serving Size (550g)
Servings Per Container

**Amount Per Serving**

**Calories** 1250 Calories from Fat 550

| | % Daily Value* |
|---|---|
| **Total Fat** 62g | **95%** |
| Saturated Fat 16g | **80%** |
| Trans Fat 0g | |
| **Cholesterol** 85mg | **28%** |
| **Sodium** 1300mg | **54%** |
| **Total Carbohydrate** 144g | **48%** |
| Dietary Fiber 11g | **44%** |
| Sugars 34g | |
| **Protein** 28g | |

Vitamin A 50% • Vitamin C 20%

Calcium 15% • 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