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-0003									
Fish Unbrd	1	Serving	113.00	100.00	23.00	0.00	0.00	0.00	0.00
Vera Cruz Sauce	1	Serving	83.64	26.06	0.54	19.26	0.01	0.01	0.18
Rice Pilaf	1	Serving	102.10	24.73	0.41	0.32	0.03	0.00	0.34
Peas, green	1	Serving	81.00	181.59	3.50	68.94	0.17	0.07	1.56
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, Apple Cinnamon	1	Each	64.00	220.00	3.00	0.00	0.00	0.00	0.00
Total			**514.74**	**802.38**	**36.45**	**88.52**	**0.21**	**0.08**	**2.08**

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-0003									
Fish Unbrd	0.00	0.00	0.00	0.00	0.00	0.00	20.00	0.00	0.00
Vera Cruz Sauce	0.00	17.28	0.00	0.13	0.79	0.72	16.67	6.34	0.00
Rice Pilaf	0.00	0.34	0.00	0.12	0.51	0.24	7.80	0.84	0.04
Peas, green	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, Apple Cinnamon	0.00	0.00	0.00	0.00	0.00	0.00	20.00	0.00	0.00
Total	**0.00**	**29.68**	**0.00**	**0.26**	**19.99**	**0.96**	**79.21**	**248.38**	**0.04**

Item Name	Chln (mg)	Copp (mg)	Fluor (mg)	Fol_DFE (mcg)	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)
KD-0003									
Fish Unbrd	0.00	0.00	0.00	0.00	0.00	1.08	0.00	0.00	0.00
Vera Cruz Sauce	2.06	0.01	0.01	6.88	0.46	0.17	3.47	0.04	1.28
Rice Pilaf	0.61	0.02	0.07	21.55	0.07	0.18	2.74	0.06	0.24
Peas, green	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, Apple Cinnamon	0.00	0.00	0.00	0.00	0.00	1.08	0.00	0.00	0.00
Total	**20.76**	**0.11**	**0.08**	**63.94**	**0.53**	**5.70**	**23.63**	**0.33**	**4.87**

Item Name	Panto (mg)	Phos (mg)	Pot (mg)
KD-0003			
Fish Unbrd	0.00	0.00	0.00
Vera Cruz Sauce	0.04	8.72	99.08
Rice Pilaf	0.04	8.78	18.29
Peas, green	0.37	54.94	102.51
Bread, whole wheat, slice	0.00	0.00	0.00
Margarine	0.00	0.00	0.00
Muffin, Apple Cinnamon	0.00	0.00	0.00
Total	**0.45**	**72.44**	**219.88**

Item Name	Sel (mcg)	Sod (mg)	Zinc (mg)
KD-0003			
Fish Unbrd	0.00	56.00	0.00
Vera Cruz Sauce	0.16	146.27	0.06
Rice Pilaf	0.98	26.37	0.06
Peas, green	1.27	72.36	0.55
Bread, whole wheat, slice	0.00	320.00	0.00
Margarine	0.00	90.00	0.00
Muffin, Apple Cinnamon	0.00	220.00	0.00
Total	**2.41**	**931.00**	**0.67**

Nutrition Facts

Serving Size (515g)
Servings Per Container

Amount Per Serving

Calories 800 Calories from Fat 340

	% Daily Value*
Total Fat 38g	**58%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 95mg	**32%**
Sodium 930mg	**39%**
Total Carbohydrate 75g	**25%**
Dietary Fiber 6g	**24%**
Sugars 24g	
Protein 36g	

Vitamin A 70% • Vitamin C 50%

Calcium 8% • 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