

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-0004</b>									
Chicken	1	Serving	85.00	140.00	13.00	0.00	0.00	0.00	0.00
BBQ Sauce	1	Serving	56.80	80.00	0.00	0.00	0.00	0.00	0.00
Brown Rice	1	Serving	113.40	144.70	2.61	0.00	0.00	0.00	0.00
Snap Beans, green	1	Serving	74.50	153.60	1.08	16.55	0.06	0.06	0.49
Bread, whole wheat, slice	3	Servings	84.00	240.00	9.00	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>492.70</b>	<b>1078.30</b>	<b>28.69</b>	<b>16.55</b>	<b>0.06</b>	<b>0.06</b>	<b>0.49</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-0004</b>									
Chicken diced - cdc	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BBQ Sauce - SAC	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Brown Rice - ENP	0.00	0.00	0.00	0.11	0.46	0.00	2.29	0.00	0.00
Snap Beans, green, all types, fzn	0.00	7.80	0.00	0.25	27.10	0.00	25.41	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, soft, 80% fat	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Muffin, Lemon - K	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>7.80</b>	<b>0.00</b>	<b>0.36</b>	<b>27.56</b>	<b>0.00</b>	<b>27.70</b>	<b>0.00</b>	<b>0.00</b>

Item Name	ChIn (mg)	Copp (mg)	Fluor (mg)	Fol_DFE (mcg)	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)
<b>KD-0004</b>									
Chicken diced - cdc	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
BBQ Sauce - SAC	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Brown Rice - ENP	0.00	0.01	0.06	0.00	0.00	0.00	0.76	0.00	0.00
Snap Beans, green, all types, fzn	0.00	0.03	0.00	9.07	0.00	0.51	13.31	0.22	0.00
Bread, whole wheat, slice	0.00	0.00	0.00	0.00	0.00	3.24	0.00	0.00	0.00
Margarine, soft, 80% fat	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Muffin, Lemon - K	0.00	0.00	0.00	0.00	0.00	1.08	0.00	0.00	0.00
<b>Total</b>	<b>0.00</b>	<b>0.04</b>	<b>0.06</b>	<b>9.07</b>	<b>0.00</b>	<b>4.83</b>	<b>14.07</b>	<b>0.22</b>	<b>0.00</b>

Item Name	Panto (mg)	Phos (mg)	Pot (mg)
<b>KD-0004</b>			
Chicken diced - cdc	0.00	0.00	0.00
BBQ Sauce - SAC	0.00	0.00	0.00
Brown Rice - ENP	0.00	0.00	83.30
Snap Beans, green, all types, fzn	0.06	19.36	112.53
Bread, whole wheat, slice	0.00	0.00	0.00
Margarine, soft, 80% fat	0.00	0.00	0.00
Muffin, Lemon - K	0.00	0.00	0.00
<b>Total</b>	<b>0.06</b>	<b>19.36</b>	<b>195.83</b>

Item Name	Sel (mcg)	Sod (mg)	Zinc (mg)
<b>KD-0004</b>			
Chicken diced - cdc	0.00	45.00	0.00
BBQ Sauce - SAC	0.00	1040.00	0.00
Brown Rice - ENP	0.00	2.29	0.00
Snap Beans, green, all types, fzn	0.36	1.81	0.16
Bread, whole wheat, slice	0.00	480.00	0.00
Margarine, soft, 80% fat	0.00	90.00	0.00
Muffin, Lemon - K	0.00	240.00	0.00
<b>Total</b>	<b>0.36</b>	<b>1899.10</b>	<b>0.16</b>

# Nutrition Facts

Serving Size (493g)  
Servings Per Container

**Amount Per Serving**

**Calories 1080**    **Calories from Fat 460**

**% Daily Value\***

**Total Fat 51g**    **78%**

**Saturated Fat 12g**    **60%**

**Trans Fat 0g**

**Cholesterol 100mg**    **33%**

**Sodium 1900mg**    **79%**

**Total Carbohydrate 123g**    **41%**

**Dietary Fiber 5g**    **20%**

**Sugars 36g**

**Protein 29g**

**Vitamin A 40%**    • **Vitamin C 15%**

**Calcium 2%**    • **Iron 25%**

\*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