| 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-0005** | | | | | | | | | |
| Mac&Cheese | 1.00 | Serving | 183.26 | 437.26 | 21.22 | 150.25 | 0.54 | 0.47 | 2.83 |
| Capri Blend Vegetables | 1.00 | Serving | 113.22 | 158.23 | 1.05 | 218.50 | 0.01 | 0.01 | 0.19 |
| Bread, whole wheat, slice | 3.00 | Serving | 84.00 | 240.00 | 9.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Margarine | 3.00 | Packages | 15.00 | 90.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Muffin, Chocolate | 1.00 | Each | 64.00 | 240.00 | 3.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| **Total** | | | **459.48** | **1165.49** | **34.27** | **368.75** | **0.55** | **0.48** | **3.02** |

| 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-0005** | | | | | | | | | |
| Mac&Cheese | 0.47 | 0.00 | 0.34 | 0.16 | 1.59 | 1.70 | 444.44 | 584.00 | 0.00 |
| Capri Blend Vegetables | 0.00 | 5.58 | 0.00 | 0.17 | 5.24 | 0.00 | 34.06 | 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** | **0.47** | **5.58** | **0.34** | **0.33** | **6.83** | **1.70** | **478.50** | **584.00** | **0.00** |

| Item Name | Chln (mg) | Copp (mg) | Fluor (mg) | Fol_DFE (mcg) | Iodine (mcg) | Iron (mg) | Magn (mg) | Mang (mg) | Moly (mcg) |
|---|---|---|---|---|---|---|---|---|---|
| **KD-0005** | | | | | | | | | |
| Mac&Cheese | 9.36 | 0.02 | 0.07 | 10.21 | 21.83 | 2.19 | 16.47 | 0.01 | 2.61 |
| Capri Blend Vegetables | 2.23 | 0.02 | 0.00 | 2.96 | 0.00 | 0.55 | 3.57 | 0.47 | 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 | 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** | **11.59** | **0.04** | **0.07** | **13.17** | **21.83** | **7.06** | **20.04** | **0.48** | **2.61** |

| Item Name | Panto (mg) | Phos (mg) | Pot (mg) |
|---|---|---|---|
| **KD-0005** | | | |
| Mac&Cheese | 0.23 | 290.30 | 56.16 |
| Capri Blend Vegetables | 0.06 | 10.24 | 69.95 |
| 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** | **0.29** | **300.54** | **126.11** |

| Item Name | Sel (mcg) | Sod (mg) | Zinc (mg) |
|---|---|---|---|
| **KD-0005** | | | |
| Mac&Cheese | 7.88 | 421.61 | 1.76 |
| Capri Blend Vegetables | 0.21 | 20.24 | 0.10 |
| Bread, whole wheat, slice | 0.00 | 480.00 | 0.00 |
| Margarine | 0.00 | 90.00 | 0.00 |
| Muffin, Chocolate | 0.00 | 230.00 | 0.00 |
| **Total** | **8.09** | **1241.85** | **1.86** |

# Nutrition Facts

Serving Size (459g)
Servings Per Container

**Amount Per Serving**

**Calories** 1170 Calories from Fat 530

| | % Daily Value* |
|---|---|
| **Total Fat** 59g | **91%** |
| Saturated Fat 21g | **105%** |
| Trans Fat 0g | |
| **Cholesterol** 105mg | **35%** |
| **Sodium** 1240mg | **52%** |
| **Total Carbohydrate** 124g | **41%** |
| Dietary Fiber 7g | **28%** |
| Sugars 27g | |
| **Protein** 34g | |

Vitamin A 130% • Vitamin C 10%

Calcium 50% • Iron 40%

*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