

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-0006</b>									
Chicken		1 Seving	85.00	140.00	13.00	0.00	0.00	0.00	0.00
Sauce Southwest		1 Seving	60.92	16.13	0.79	12.79	0.01	0.04	0.62
Carrots & Corn		1 Seving	113.40	197.97	2.17	110.70	0.05	0.04	1.18
Spanish Rice		1 Seving	125.83	122.49	2.39	6.14	0.09	0.13	0.38
Tortilla, flour		2 Each	56.80	80.00	2.00	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
<b>Total</b>			<b>520.95</b>	<b>866.59</b>	<b>23.35</b>	<b>129.63</b>	<b>0.15</b>	<b>0.21</b>	<b>2.18</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-0006</b>									
Chicken	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sauce Southwest	0.00	3.80	0.00	0.77	1.68	1.92	9.78	35.29	0.00
Carrots & Corn	0.00	5.38	0.00	0.04	0.16	0.00	12.72	0.00	0.00
Spanish Rice	0.00	7.12	0.00	1.07	2.04	0.42	18.17	3.87	0.00
Tortilla, flour	0.00	0.00	0.00	0.00	0.00	0.00	40.00	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
<b>Total</b>	<b>0.00</b>	<b>16.30</b>	<b>0.00</b>	<b>1.88</b>	<b>3.88</b>	<b>2.34</b>	<b>100.67</b>	<b>39.16</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-0006</b>									
Chicken	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sauce Southwest	5.49	0.06	0.02	5.94	2.67	0.63	8.74	0.06	0.09
Carrots & Corn	13.06	0.02	0.01	19.60	0.00	0.42	9.80	0.26	0.00
Spanish Rice	3.72	0.05	0.05	15.85	0.29	0.82	6.66	0.08	0.83
Tortilla, flour	0.00	0.00	0.00	0.00	0.00	0.72	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
<b>Total</b>	<b>22.27</b>	<b>0.13</b>	<b>0.08</b>	<b>41.39</b>	<b>2.96</b>	<b>3.67</b>	<b>25.20</b>	<b>0.40</b>	<b>0.92</b>

Item Name	Panto (mg)	Phos (mg)	Pot (mg)
<b>KD-0006</b>			
Chicken	0.00	0.00	0.00
Sauce Southwest	0.16	14.82	178.39
Carrots & Corn	0.20	38.29	115.94
Spanish Rice	0.08	12.34	134.32
Tortilla, flour	0.00	0.00	0.00
Margarine	0.00	0.00	0.00
Muffin, Apple Cinnamon	0.00	0.00	0.00
<b>Total</b>	<b>0.44</b>	<b>65.45</b>	<b>428.65</b>

Item Name	Sel (mcg)	Sod (mg)	Zinc (mg)
<b>KD-0006</b>			
Chicken	0.00	45.00	0.00
Sauce Southwest	0.21	314.91	0.11
Carrots & Corn	0.38	22.71	0.21
Spanish Rice	0.34	177.55	0.10
Tortilla, flour	0.00	190.00	0.00
Margarine	0.00	90.00	0.00
Muffin, Apple Cinnamon	0.00	220.00	0.00
<b>Total</b>	<b>0.93</b>	<b>1060.17</b>	<b>0.42</b>

## Nutrition Facts

Serving Size (521g)  
Servings Per Container

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**Amount Per Serving**

**Calories 870    Calories from Fat 450**

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% Daily Value\*

<b>Total Fat 50g</b>	<b>77%</b>
Saturated Fat 13g	<b>65%</b>
Trans Fat 0g	
<b>Cholesterol 100mg</b>	<b>33%</b>
<b>Sodium 1060mg</b>	<b>44%</b>
<b>Total Carbohydrate 79g</b>	<b>26%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 21g	

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**Protein 23g**

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Vitamin A 90%    •    Vitamin C 25%  
Calcium 10%    •    Iron 20%

\*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