

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-0009									
Vegetarian Chili	1.00	Serving	250.00	182.23	9.28	61.59	0.13	0.13	2.42
Corn, yellow	1.00	Serving	84.50	222.35	2.55	8.46	0.06	0.04	1.81
Rice, Brown	1.00	Serving	113.40	144.70	2.61	0.00	0.00	0.00	0.00
Cheese, cheddar, shredded	0.50	Ounce-w...	28.25	114.25	7.06	75.13	0.01	0.11	1.41
Muffin, Cornmeal	1.00	Each	70.87	232.54	3.32	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
Cinnamon Roll	1.00	Each	79.52	290.00	5.00	0.00	0.00	0.00	0.00
Total			641.54	1276.07	29.82	145.18	0.20	0.28	5.64

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-0009									
Vegetarian Chili	0.09	22.17	0.07	0.48	11.42	0.67	149.24	119.17	0.15
Corn, yellow	0.00	0.00	0.00	0.07	0.28	0.00	3.52	0.00	0.00
Rice, Brown	0.00	0.00	0.00	0.11	0.46	0.00	2.29	0.00	0.00
Cheese, cheddar, shredded	0.24	0.00	0.17	0.08	0.79	0.85	204.40	292.00	0.00
Muffin, Cornmeal	0.00	0.00	0.00	0.00	0.00	0.00	66.44	0.00	0.00
Margarine	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Roll	0.00	0.00	0.00	0.00	0.00	0.00	200.00	0.00	0.00
Total	0.33	22.17	0.24	0.74	12.95	1.52	625.89	411.17	0.15

Item Name	Chln (mg)	Copp (mg)	Fluor (mg)	Fol_DFE (mcg)	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)
KD-0009									
Vegetarian Chili	35.92	0.18	0.02	35.86	4.59	1.72	39.09	0.37	80.02
Corn, yellow	21.36	0.04	0.00	26.79	0.00	0.27	17.63	0.09	0.00
Rice, Brown	0.00	0.01	0.00	0.00	0.00	0.00	0.76	0.00	0.00
Cheese, cheddar, shredded	4.68	0.01	0.06	5.10	10.91	0.19	7.94	0.00	1.30
Muffin, Cornmeal	0.00	0.00	0.01	0.00	0.00	1.20	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
Cinnamon Roll	0.00	0.00	0.00	0.00	0.00	1.80	0.00	0.00	0.00
Total	61.96	0.24	0.09	67.75	15.50	5.18	65.42	0.46	81.32

Item Name	Panto (mg)	Phos (mg)	Pot (mg)
KD-0009			
Vegetarian Chili	0.24	178.11	524.61
Corn, yellow	0.45	66.97	194.58
Rice, Brown	0.00	0.00	83.30
Cheese, cheddar, shredded	0.12	145.15	27.78
Muffin, Cornmeal	0.00	0.00	0.00
Margarine	0.00	0.00	0.00
Cinnamon Roll	0.00	0.00	0.00
Total	0.81	390.23	830.27

Item Name	Sel (mcg)	Sod (mg)	Zinc (mg)
KD-0009			
Vegetarian Chili	3.04	546.91	1.07
Corn, yellow	0.00	2.82	0.37
Rice, Brown	0.00	2.29	0.00
Cheese, cheddar, shredded	3.94	176.05	0.88
Muffin, Cornmeal	0.00	177.18	0.00
Margarine	0.00	90.00	0.00
Cinnamon Roll	0.00	230.00	0.00
Total	6.98	1225.25	2.32

Nutrition Facts

Serving Size (642g)
Servings Per Container

Amount Per Serving

Calories 1280 **Calories from Fat 560**

	% Daily Value*
Total Fat 62g	95%
Saturated Fat 22g	110%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 1230mg	51%
Total Carbohydrate 146g	49%
Dietary Fiber 12g	48%
Sugars 43g	
Protein 30g	

Vitamin A 60% • Vitamin C 35%

Calcium 60% • 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:

	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