eNutrition

Breakfast Bar Nutri-grn Blubry

SUPC:5523816

Nutrition Information
Serving Size: 1 Bar (37 grams)

Amount Per Serving		
Calories: 140		Calories from Fat: 27
		% Daily Value*
Total Fat:	3 GM	5%
Saturated Fat:	0 GM	2%
Trans Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	105 MG	4%
Potassium:	NA	NA
Total Carbohydrate:	26 GM	9%
Dietary Fiber:	1 GM	4%
Sugars:	13 GM	
Protein:	1 GM	

Vitamin A: 15% • Vitamin C: 0%
Calcium: 20% • Iron: 10%

Ingredients:
Filling (high fructose corn syrup, corn syrup, blueberry puree concentrate, glycerin, sugar, modified corn starch, sodium alginate, natural and artificial blueberry flavor, citric acid, sodium citrate, modified cellulose, dicalcium phosphate, malic acid, red #40, blue #1), enriched flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), whole grain oats, sugar, sunflower oil, high fructose corn syrup, contains two percent or less of honey, calcium carbonate, dextrose, nonfat dry milk, wheat bran, salt, cellulose, potassium bicarbonate (leavening), natural and artificial flavor, mono- and diglycerides, propylene glycol esters of fatty acids, soy lecithin, wheat gluten, cornstarch, vitamin A palmitate, carrageenan, niacinamide, sodium stearoyl lactylate, guar gum, zinc oxide, reduced iron, pyridoxine hydrochloride (vitamin B6), thiamin hydrochloride (vitamin B1), riboflavin (vitamin B2), folic acid. CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Calorie Percentages

PRO - 2.96%
CHO - 77.04%
FAT - 20%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

eNutrition

Breakfast Bar Nutri-grn Stwbry

SUPC:5523949

Nutrition Information

Serving Size: 1 Bar (37 grams)

Amount Per Serving		
Calories: 140		Calories from Fat: 27
		% Daily Value*
Total Fat:	3 GM	5%
Saturated Fat:	0 GM	2%
Trans Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	120 MG	5%
Potassium:	NA	NA
Total Carbohydrate:	26 GM	9%
Sugars:	13 GM	
Protein:	1 GM	

Vitamin A: 15% • Vitamin C: 0%

Calcium: 20% • Iron: 10%

Ingredients:

Ingredients: Filling (high fructose corn syrup, corn syrup, strawberry puree concentrate, glycerin, sugar, modified corn starch, sodium citrate, citric acid, sodium alginate, natural and artificial strawberry flavor, dicalcium phosphate, modified cellulose, caramel color, malic acid, red #40), enriched flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), whole grain oats, sugar, sunflower oil, high fructose corn syrup, contains two percent or less of honey, calcium carbonate, dextrose, nonfat dry milk, wheat bran, salt, cellulose, potassium bicarbonate (leavening), natural and artificial flavor, mono- and diglycerides, propylene glycol esters of fatty acids, soy lecithin, wheat gluten, cornstarch, vitamin A palmitate, carrageenan, niacinamide, sodium stearoyl lactylate, guar gum, zinc oxide, reduced iron, pyridoxine hydrochloride (vitamin B6), thiamin hydrochloride (vitamin B1), riboflavin (vitamin B2), folic acid. CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Calorie Percentages

PRO - 2.96%
CHO - 77.04%
FAT - 20%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

eNutrition

Breakfast Bar Nutri-grn Apple

SUPC:5523808

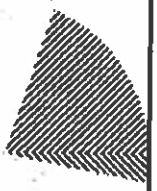
Nutrition Information
Serving Size: 1 Bar (37 grams)

Amount Per Serving		
Calories: 140		Calories from Fat: 27
		% Daily Value*
Total Fat:	3 GM	5%
Saturated Fat:	0 GM	2%
Trans Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	105 MG	4%
Potassium:	NA	NA
Total Carbohydrate:	26 GM	9%
Dietary Fiber:	1 GM	4%
Sugars:	13 GM	
Protein:	1 GM	

Vitamin A: 15% • Vitamin C: 0%
Calcium: 20% • Iron: 10%

Ingredients:
Filling (high fructose corn syrup, corn syrup, apple puree concentrate, glycerin, sugar, modified corn starch, sodium alginate, malic acid, sodium citrate, modified cellulose, dicalcium phosphate, cinnamon, citric acid, caramel color), enriched flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), whole grain oats, sugar, sunflower oil, high fructose corn syrup, contains two percent or less of honey, calcium carbonate, dextrose, nonfat dry milk, wheat bran, salt, cellulose, potassium bicarbonate (leavening), cinnamon, natural and artificial flavor, mono- and diglycerides, propylene glycol esters of fatty acids, soy lecithin, wheat gluten, cornstarch, vitamin A palmitate, niacinamide, carrageenan, sodium stearoyl lactylate, guar gum, zinc oxide, reduced iron, pyridoxine hydrochloride (vitamin B6), thiamin hydrochloride (vitamin B1), riboflavin (vitamin B2), folic acid. CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Calorie Percentages



PRO - 2.96%
CHO - 77.04%
FAT - 20%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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SYSCO eNutrition > Search Food Products Only > Product Detail > Nutrition Information

eal Apple Jck Red Sug Bwlpk

Printer Friendly

SUPC: 5135243

Nutrition Information

Serving Size: 1 BOWL (.7 OZ) (20 grams)

Amount Per Serving

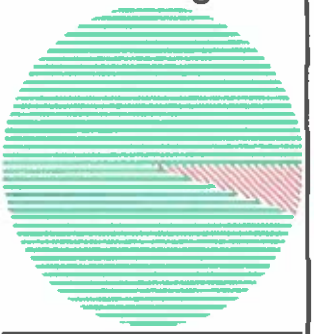
Calories: 60 Calories from Fat: 0

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	120 MG	5%
Potassium:	NA	NA
Total Carbohydrate:	18 GM	6%
Sugars:	6 GM	
Protein:	1 GM	

Vitamin A: 6% • Vitamin C: 15%
Calcium: 0% • Iron: 15%

Ingredients:
INGREDIENTS: CORN FLOUR, SUGAR, WHEAT FLOUR, WHOLE OAT FLOUR, APPLE CINNAMON GRANULES (SUGAR, MILLED CORN, APPLE JUICE CONCENTRATE, DRIED APPLES, CINNAMON, MODIFIED CORN STARCH, CALCIUM PHOSPHATE, SALT, BAKING SODA, RED #40), SALT, YELLOW #6, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, REDUCED IRON, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), TURMERIC COLOR, VITAMIN A PALMITATE, BHT (PRESERVATIVE), BLUE #1, FOLIC ACID, VITAMIN D, VITAMIN B12.

Calorie Percentages



PRO - 5.26%
CHO - 94.74%
FAT - 0%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.

Cereal Kix Bwlpk

Printer Friendly

SUPC: 4375408

Nutrition Information

Serving Size: 17 GR (17 grams)

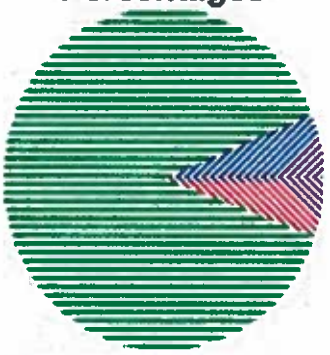
Amount Per Serving		
Calories: 60		Calories from Fat: 5
		%Daily Value*
Total Fat:	0.5 GM	1%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	100 MG	4%
Potassium:	35 MG	1%
Total Carbohydrate:	15 GM	5%
Dietary Fiber:	2 GM	8%
Sugars:	2 GM	
Protein:	1 GM	

Vitamin A: 6% • Vitamin C: 6%

Calcium: 8% • Iron: 25%

Ingredients:
Whole Grain Corn, Corn Meal, Sugar, Corn Bran, Salt, Brown Sugar Syrup, Trisodium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness.Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Calorie Percentages



PRO - 6%
CHO - 88%
FAT - 7%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes

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eal Froot Loop 1/3 Less Sug

Printer Friendly

SUPC: 6319958

Nutrition Information

Serving Size: 1 BOWL (.67 OZ) (19 grams)

Amount Per Serving		
Calories: 70	Calories from Fat: 5	
		% Daily Value*
Total Fat:	0.5 GM	1%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	105 MG	4%
Potassium:	NA	NA
Total Carbohydrate:	16 GM	5%
Sugars:	6 GM	
Protein:	1 GM	

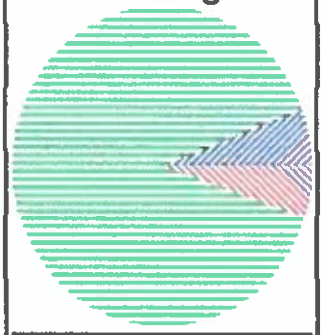
Vitamin A: 4% • Vitamin C: 15%

Calcium: 0% • Iron: 15%

Ingredients:

Ingredients: Corn flour; sugar; wheat flour; whole grain oat flour; partially hydrogenated vegetable oil (one or more of: coconut, cottonseed, and soybean); salt; sodium ascorbate and ascorbic acid (vitamin C); cinamide; red #40; reduced iron; natural orange, lemon, cherry, raspberry, blueberry, lime, and other ural flavors; blue #2; yellow #6; zinc oxide; turmeric color; blue #1; pyridoxine hydrochloride (vitamin B6); riboflavin (vitamin B2); annatto color; thiamin hydrochloride (vitamin B1); vitamin A palmitate; BHT (preservative); folic acid; vitamin B12; vitamin D.

Calorie Percentages



PRO - 5.52%
CHO - 88.28%
FAT - 6.21%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.

Kellogg's®
Frosted Mini-Wheats®
Bite Size

Nutrition Facts

Serving Size ¾ Cup (28g)
Calories 100
Calories from Fat 0
* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	**Cholesterol** 0mg	0%	Fiber 3g	12%
Sat. Fat 0g	0%	**Sodium** 0mg	0%	Sugars 6g	
Trans Fat 0g		**Total Carb.** 23g	8%	**Protein** 3g	

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 40%
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B_6 10%
Folic Acid 10% • Vitamin B_{12} 10% • Phosphorus 8% • Magnesium 8%
Zinc 4% • Copper 4%

Ingredients: Whole grain wheat, sugar, high fructose corn syrup, gelatin, reduced iron, niacinamide, zinc oxide, pyridoxine hydrochloride (vitamin B_6), riboflavin (vitamin B_2), thiamin hydrochloride (vitamin B_1), folic acid, and vitamin B_{12}. **CONTAINS WHEAT INGREDIENTS.**

NLI#00523

Kellogg's
Raisin Bran®

Nutrition Facts

Serving Size ¾ Cup (35g)
Calories 110
Calories from Fat 5
* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1g	2%	**Cholesterol** 0mg	0%	Fiber 4g	16%
Sat. Fat 0g	0%	**Sodium** 210mg	9%	Sugars 11g	
Trans Fat 0g		**Total Carb.** 27g	9%	**Protein** 3g	

Vitamin A 6% • Vitamin C 0% • Calcium 0% • Iron 15%
Vitamin D 8% • Thiamin 15% • Riboflavin 15% • Niacin 15%
Vitamin B_6 15% • Folic Acid 15% • Vitamin B_{12} 15%
Phosphorus 10% • Magnesium 15% • Zinc 6% • Copper 6%

Ingredients: Whole wheat, raisins, wheat bran, sugar, high fructose corn syrup, salt, malt flavoring, niacinamide, reduced iron, zinc oxide, pyridoxine hydrochloride (vitamin B_6), riboflavin (vitamin B_2), thiamin hydrochloride (vitamin B_1), vitamin A palmitate, folic acid, vitamin B_{12} and vitamin D. **CONTAINS WHEAT INGREDIENTS.**

NLI#00470

eNutrition

Cereal Raisin Bran Bwlpk

SUPC:4044624

Nutrition Information
Serving Size: 1.25 OZ (35 grams)

Amount Per Serving		
Calories: 110		Calories from Fat: 9
		% Daily Value*
Total Fat:	1 GM	2%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	210 MG	9%
Potassium:	NA	NA
Total Carbohydrate:	27 GM	9%
Dietary Fiber:	4 GM	16%
Sugars:	11 GM	
Protein:	3 GM	

Vitamin A: 6% • Vitamin C: 0%
Calcium: 0% • Iron: 15%

Ingredients:
Whole wheat, raisins, wheat bran, sugar, high fructose corn syrup, salt, malt flavoring, niacinamide, reduced iron, zinc oxide, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), vitamin A palmitate, folic acid, vitamin B 12 and vitamin D. CONTAINS WHEAT INGREDIENTS

Calorie Percentages

PRO - 9.30%
CHO - 83.72%
FAT - 6.98%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

eNutrition

Cereal Apple Jack Bwlpk

SUPC:4044590

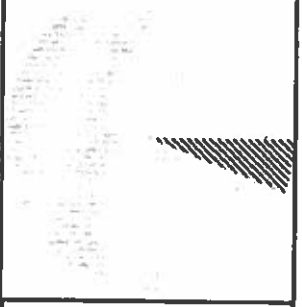
Nutrition Information
Serving Size: 0.625 OZ (18 grams)

Amount Per Serving		
Calories: 70		Calories from Fat: 0
		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	80 MG	3%
Potassium:	20 MG	1%
Total Carbohydrate:	16 GM	5%
Dietary Fiber:	0 GM	0%
Sugars:	9 GM	
Protein:	1 GM	

Vitamin A: 4% • Vitamin C: 10%
Calcium: 0% • Iron: 10%

Ingredients:
Sugar, corn flour, wheat flour, whole oat flour, high fructose corn syrup, salt, milled corn, apple juice concentrate, dried apples, cinnamon, modified corn starch, sodium ascorbate and ascorbic acid (vitamin C), calcium phosphate, yellow #6, niacinamide, reduced iron, zinc oxide, pyridoxine hydrochloride (vitamin B6), baking soda, riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), red #40, turmeric color, vitamin A palmitate, BHT (preservative), blue #1, folic acid, vitamin B12 and vitamin D. CONTAINS WHEAT INGREDIENTS. CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

Calorie Percentages



PRO - 5.88%
CHO - 94.12%
FAT - 0%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

eNutrition

Cereal Froot Loop Bwlpk

SUPC:4044608

Nutrition Information
Serving Size: 0.75 OZ (21 grams)

Amount Per Serving		
Calories: 80		Calories from Fat: 5
		% Daily Value*
Total Fat:	0.5 GM	1%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	95 MG	4%
Potassium:	NA	NA
Total Carbohydrate:	18 GM	6%
Dietary Fiber:	0 GM	0%
Sugars:	10 GM	
Protein:	1 GM	

Vitamin A: 6% • Vitamin C: 15%
Calcium: 0% • Iron: 15%

Ingredients:
Sugar; corn flour; wheat flour; whole oat flour; partially hydrogenated vegetable oil (one or more of: coconut, cottonseed, and soybean); salt; sodium ascorbate and ascorbic acid (vitamin C); niacinamide; reduced iron; natural orange, lemon, cherry, raspberry, blueberry, lime, and other natural flavors; red #40; blue #2; zinc oxide; yellow #6; turmeric color; pyridoxine hydrochloride (vitamin B6); blue #1; riboflavin (vitamin B2); thiamin hydrochloride (vitamin B1); annatto color; vitamin A palmitate; BHT (preservative); folic acid; vitamin B12 ; vitamin D. CONTAINS WHEAT INGREDIENTS. CORN CONTAINS TRACES OF SOYBEANS.

Calorie Percentages

PRO - 4.97%
CHO - 89.44%
FAT - 5.59%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

eNutrition

Cheese Stick Mozz Brd Ovenable

SUPC:9459942

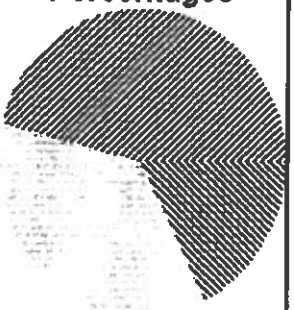
Nutrition Information
Serving Size: 1 piece (30 grams)

Amount Per Serving		
Calories: 90		Calories from Fat: 41
		% Daily Value*
Total Fat:	4.5 GM	7%
Saturated Fat:	2 GM	10%
Trans Fat:	0 GM	
Cholesterol:	10 MG	3%
Sodium:	270 MG	11%
Potassium:	NA	NA
Total Carbohydrate:	8 GM	3%
Dietary Fiber:	0 GM	2%
Sugars:	0 GM	
Protein:	4 GM	

Vitamin A: 2% • Vitamin C: 0%
Calcium: 10% • Iron: 0%

Ingredients:
Part-Skim Mozzarella Cheese (Pasteurized Part-Skim Milk, Culture, Salt, Enzymes, Calcium Chloride), Wheat Flour, Bleached Wheat Flour, Vegetable Oil (Soybean And/Or Canola), Water. Contains 2% or less of Annatto Extract Color, Annatto Extract, Caramel Color, Dextrose, Dried Garlic, Egg Whites, Modified Food Starch, Natural and Artificial Flavors, Onion Powder, Paprika Oleoresin Color, Parsley, Parmesan Cheese (Part Skim Milk, Cheese Cultures, Salt, Enzymes), Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Salt, Sorbitol, Sugar, Yeast.

Calorie Percentages



PRO - 18.08%
CHO - 36.16%
FAT - 45.76%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cheese Mozz String

Printer Friendly

SUPC: 0615658

Nutrition Information

Serving Size: 1 unit/1oz (28 grams)

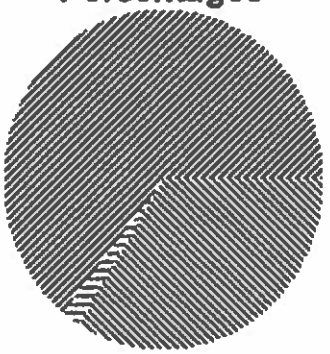
Amount Per Serving		
Calories: 80	Calories from Fat: 54	
		% Daily Value*
Total Fat:	6 GM	9%
Saturated Fat:	3.5 GM	18%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	15 MG	5%
Sodium:	210 MG	9%
Potassium:	NA	NA
Total Carbohydrate:	0 GM	0%
Dietary Fiber:	0 GM	0%
Sugars:	0 GM	
Protein:	7 GM	

Vitamin A: 4% • Vitamin C: 0%

Calcium: 20% • Iron: 0%

Ingredients:
Pasteurized Part Skim milk, Cheese Cultures, Salt, Enzymes.~ALLERGEN INFORMATION: CONTAINS MILK

Calorie Percentages



PRO - 33%
CHO - 2%
FAT - 65%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.

Chips

TYSON PRODUCT SPECIFICATION

Product-Brand: 100570 - 0894 Version: 1 Status: Official Effective Date 8/30/2013

Brand: CASA SAL
Minor Line: 191 PRIVATE LABEL
Sell Group: FOOD SERVICE
Product Name: Yellow Triangle Tortilla Chips

Last Issue Date:

General Information

Computer Name: YEL TRI TOR CHP SYS

Description: Product consists of yellow food grade corn that has been cooked, ground into masa (or mixed from approved masa flour), extruded, rolled, cut to size, baked, cooled, fried, salted, and packaged.

UPCs
007-34730-43040 9

Ingredient Statement
Whole Grain Corn treated with Lime, Vegetable Oil (Contains one or more of the following: Soybean Oil, Corn Oil) with TBHQ and Citric Acid (as preservatives), Water, Salt.

Record 1 of 1

Nutritional Information

Nutrition Facts

Serving Size :	11 PIECES	30 g	
Servings Per Container :	About 178		
Amount Per Serving			
Calories	150	**Calories from Fat**	60
			% Daily Values *
Total Fat	7 g		11 %
Saturated Fat	1 g		5 %
Trans Fat	0 g		
Polyunsaturated Fat	4 g		
Monounsaturated Fat	2 g		
Cholesterol	0 mg		0 %
Sodium	65 mg		3 %
Total Carbohydrate	20 g		7 %
Dietary Fiber	2 g		8 %
Sugars	0 g		
Protein	2 g		4 %
Vitamin A	0 %	**Vitamin C**	0 %
Calcium	8 %	**Iron**	0 %

Philadelphia Cream Cheese – Regular

Ingredients:
Pasteurized nonfat milk and milkfat, whey protein concentrate, whey, cheese culture, sale, carob bean gum, xanthan gum, guar gum, sorbic acid (as a preservative), vitamin a palmitate.

Contains:
Milk.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TRIBE MEDITERRANEAN FOODS: 150 Prince Henry Dr., Taunton, MA 02780
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CLASSIC
Nutrition Facts: Serving Size 2 Tbsp (28g/1oz) Servings: 64 Calories 60 Fat Cal. 45 Total Fat 5g (8%) Sat. Fat 0g (0%) Trans Fat 0g Cholest. 0mg (0%) Sodium 120mg (5%) Total Carb. 4g (1%) Dietary Fiber 1g (4%) Sugars 0g Protein 2g Vitamin A 0%* Vitamin C 2%* Calcium 2%* Iron 4%* Percent Daily Values (DV) are based on a 2,000 calorie diet.
INGREDIENTS: cooked chickpeas (chickpeas, water), tahini (ground sesame), canola oil, dried roasted garlic, salt, citric acid, spices. PLEASE ENJOY WITHIN 7 DAYS AFTER OPENING.
NET WT 4 LBS (1.8kg)
0 78902 67800 9

eNutrition

Salsa Chunky Mild Authentic

SUPC:7039266

Nutrition Information
Serving Size: 2 Tbsp. (30 grams)

Amount Per Serving		
Calories: 10		Calories from Fat: 0
		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	210 MG	9%
Potassium:	NA	NA
Total Carbohydrate:	2 GM	1%
Dietary Fiber:	0 GM	2%
Sugars:	2 GM	
Protein:	0 GM	

Vitamin A: 2% • Vitamin C: 0%
Calcium: 0% • Iron: 0%

Calorie Percentages

PRO - 0%
CHO - 100%
FAT - 0%

Ingredients:
Crushed tomatoes (water, concentrated crushed tomatoes), diced tomatoes, water, fresh Jalapeno Peppers, fresh onions, distilled vinegar, dehydrated onions, salt, garlic, modified food starch, xanthan gum and natural flavoring.

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

eNutrition

Tuna Light Chunk In Wtr Sj

SUPC:8682692

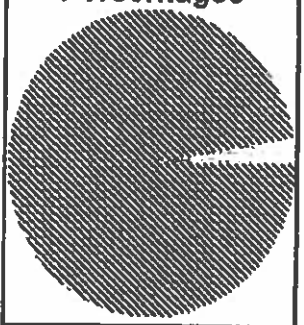
Nutrition Information
Serving Size: 1/4 cup (56 grams)

Amount Per Serving		
Calories: 50		Calories from Fat: 0
		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	20 MG	7%
Sodium:	180 MG	8%
Potassium:	NA	NA
Total Carbohydrate:	0 GM	0%
Dietary Fiber:	0 GM	0%
Sugars:	0 GM	
Protein:	13 GM	

Vitamin A: 0% • Vitamin C: 0%
Calcium: 0% • Iron: 2%

Ingredients:
Tuna, Water, Salt, Vegetable Broth.

Calorie Percentages



PRO - 97.01%
CHO - 2.99%
FAT - 0%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Turkey Dogs

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SYSCO eNutrition

SYSCO eNutrition>Search Food Products and Recipes>Product Detail>Nutrition Information

Frank Turkey 8x1 5.25" Cn

Printer Friendly

SUPC: 9822453

Nutrition Information

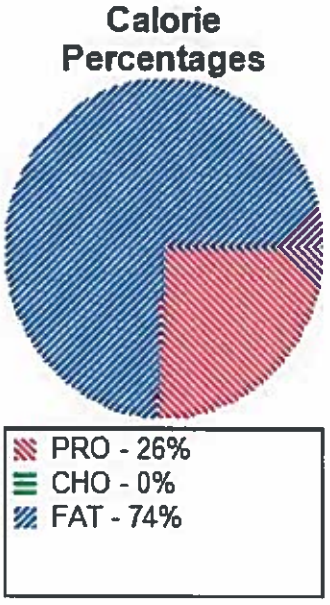
Serving Size: 1 Frank (56 grams)

Amount Per Serving		
Calories: 130	Calories from Fat: 90	
		% Daily Value*
Total Fat:	10 GM	15%
Saturated Fat:	3.5 GM	18%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	45 MG	15%
Sodium:	630 MG	26%
Potassium:	NA	NA
Total Carbohydrate:	0 GM	0%
Dietary Fiber:	0 GM	0%
Sugars:	0 GM	
Protein:	8 GM	

Vitamin A: 0% • Vitamin C: 0%

Calcium: 6% • Iron: 4%

Ingredients:
Mechanically separated turkey, water, salt, corn syrup, flavorings, sodium phosphate, paprika, sodium erythorbate, sodium nitrite.



* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.

only yogurt serving this year

DANNON
Light & Fit

COMPARISONS ARE FOR 4 OZ SERVINGS		
Yogurt	Calories	Fat
Dannon® Light & Fit®		
• Strawberry	50	0g
• Blueberry	50	0g
• Raspberry	60	0g
Regular lowfat yogurt	115	1g

DANNON LIGHT & FIT®
STRAWBERRY & BLUEBERRY NONFAT YOGURT: 50 CALORIES, 0g FAT
DANNON LIGHT & FIT®
RASPBERRY NONFAT YOGURT: 60 CALORIES, 0g FAT
REGULAR LOWFAT YOGURT: 115 CALORIES, 1g FAT PER 4 OZ.

Nutrition Facts
Serving Size 1 container (113g)
Servings Per Package 4

Amount Per Serving	Strawberry	Blueberry	Raspberry FLAVOR
Calories	50	50	60
Calories from Fat	0	0	0
	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	0g 0%	0g 0%	0g 0%
Saturated Fat	0g 0%	0g 0%	0g 0%
Trans Fat	0g	0g	0g
Cholesterol	0mg 0%	<5mg 1%	<5mg 1%
Sodium	50mg 2%	50mg 2%	50mg 2%
Potassium	160mg 5%	150mg 4%	150mg 4%
Total Carbohydrate	10g 3%	10g 3%	10g 3%
Sugars	7g	7g	7g
Protein	3g 6%	3g 6%	3g 6%
Vitamin A	8%	8%	8%
Calcium	10%	10%	10%
Vitamin D	10%	10%	10%
Riboflavin	10%	10%	10%
Phosphorus	10%	10%	10%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		2,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

† Not a significant source of dietary fiber, Vit. C and Iron

STRAWBERRY NATURAL & ARTIFICIAL FLAVORS INGREDIENTS: NONFAT YOGURT (CULTURED GRADE A NON FAT MILK, MODIFIED FOOD STARCH, FRUCTOSE, KOSHER GELATIN, VITAMIN A PALMITATE, VITAMIN D3), WATER, STRAWBERRIES, CONTAINS LESS THAN 1% OF FRUCTOSE, MODIFIED CORN STARCH, NATURAL AND ARTIFICIAL FLAVORS, ASPARTAME, MALIC ACID, POTASSIUM SORBATE (TO MAINTAIN FRESHNESS), SODIUM CITRATE, ACESULFAME POTASSIUM, SUCRALOSE, RED 40.

BLUEBERRY INGREDIENTS: NONFAT YOGURT (CULTURED GRADE A NON FAT MILK, MODIFIED FOOD STARCH, FRUCTOSE, KOSHER GELATIN, VITAMIN A PALMITATE, VITAMIN D3), WATER, BLUEBERRY PUREE, CONTAINS LESS THAN 1% OF FRUCTOSE, MODIFIED CORN STARCH, NATURAL FLAVOR, CITRIC ACID, RED 40, BLUE 1, MALIC ACID, SODIUM CITRATE, POTASSIUM SORBATE (TO MAINTAIN FRESHNESS), ACESULFAME POTASSIUM, SUCRALOSE.

RASPBERRY FLAVOR INGREDIENTS: NONFAT YOGURT (CULTURED GRADE A NON FAT MILK, MODIFIED FOOD STARCH, FRUCTOSE, KOSHER GELATIN, VITAMIN A PALMITATE, VITAMIN D3), WATER, FRUCTOSE, CONTAINS LESS THAN 1% OF RASPBERRY PUREE, MODIFIED CORN STARCH, NATURAL FLAVOR, ASPARTAME, MALIC ACID, POTASSIUM SORBATE (TO MAINTAIN FRESHNESS), ACESULFAME POTASSIUM, SUCRALOSE, RED 40, SODIUM CITRATE, BLUE 1.

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