

PRODUCT NUTRITIONAL PROFILE

1/28/2020

Product	SKU	Serving Size	Protein (g)	Phenylalanine (mg)	Valine (mg)	Leucine (mg)	Isoleucine (mg)	Methionine (mg)	Tyrosine (mg)	Threonine (mg)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Vitamin D (%)	Calcium (%)	Iron (%)	Potassium (%)	Phosphorus (%)	
Alfredo Sauce Mix	10812	1 Tbs (8g)	0.3	13	18	27	17	4	6	17	25	0	0	0	0	490	5	0	0	0	0	0	0	0	0	
American Cheese Singles	20311	1 slice (19g)	0.4	20	26	37	20	9	17	17	35	2	1	0	0	210	1	0	0	0	0	0	0	0	2	
Apple Breakfast Bars	10614	1 bar (63g)	0.4	22	22	39	18	4	7	18	184	7	3.5	0	10	340	30	0.5	8	7	0	2	2	0	8	
Artisan Bread	10101	1/3 roll (52g)	0.3	6	7	8	6	3	4	6	100	1.5	0	0	0	310	23	2.6	1	1	0	4	2	0	8	
Baby Boule Artisan Bread	10116	1/4 boule (56g)	0.3	6	7	8	6	3	4	6	130	2	0	0	0	300	28	2	1	1	0	2	0	0	10	
Bagel Bars - French Toast	10625	1 bagel (53g)	0.5	23	23	33	17	6	12	17	140	5	1.5	0	0	290	26	1.3	6	6	0	4	2	0	8	
Bagels - Cinnamon Raisin	10618	1 bagel (53g)	0.4	23	23	34	21	5	13	18	130	1.5	0	0	0	200	26	1.5	3	1	0	6	2	0	10	
Bagels - Onion	10620	1 bagel (53g)	0.4	24	23	34	21	6	13	17	130	1.5	0	0	0	200	27	1.6	2	1	0	6	20	2	10	
Bagels - Plain	10622	1 bagel (53g)	0.4	21	21	32	16	5	11	16	130	1.5	0	0	0	200	27	1.4	1	1	0	6	2	2	10	
Baking Mix	10301	1 cup (100g)	0.4	2	5	4	2	1	0	2	410	10	2	0	0	80	79	0	11	11	0	0	9	0	3	
Blueberry Breakfast Bars	10617	1 bar (71g)	0.4	21	21	35	17	4	7	18	200	8	4	0	10	300	33	2	9	8	0	2	2	0	8	
Blueberry Scones	10610	1 scone (58g)	0.2	8	10	14	7	3	4	8	210	10	4.5	0	15	270	32	0	6	6	0	2	2	0	15	
Brooklyn Dog Buns	10616	1 bun (89g)	0.4	9	9	17	8	5	2	9	210	5	0.5	0	0	560	43	4	3.58	3.58	0	5	4	0	15	
Brooklyn Dogs	10918	1 dog (56g)	0.5	27	28	49	21	9	15	24	70	0	0	0	0	210	18	6	2	0	2	0	4	4	2	
Burger Patty Mix	10305	1/4 cup dry (28 g)	0.6	20	34	31	22	6	8	20	90	0.3	0	0	0	415	21	2	1	0.4	0	4	0	2	6	
Butterscotch Chip Cookies	10507	1 cookie (35g)	0.1	4	5	7	4	1	2	4	150	7	3.5	0	5	170	24	2	9	9	0	0	0	0	4	
Camburger Buns	10124	1 bun (80g)	0.3	6	9	11	6	3	4	6	200	2.5	0	0	0	480	44	3	2	2	0	4	4	0	15	
Camburgers	10901	1 burger (71g)	1.3	50	85	85	57	14	21	57	90	3	0	0	0	610	16	1	4	2	0	0	2	4	6	
Candy Bars - Strawberry	10712	1 bar (20g)	0.3	0	0	0	0	0	0	0	123	9	8	0	0	0	11.4	0	11.4	11.4	0	0	0	0	0	
Candy Bars - Vanilla	10711	1 bar (20g)	0.15	0	0	0	0	0	0	0	123	9	8	0	0	0	11.4	0	11.4	11.4	0	0	0	0	0	
Cheddar Shreds	10314	1/3 cup (30g)	0.7	37	42	66	36	13	28	35	80	6	3	0	0	310	2	0	1	0	0	0	0	0	4	
Cheddar Wizard	10308	2 Tbs (28g)	0.75	39	48	75	42	18	23	38	70	6	2.5	0	0	280	4	0	1	1	0	0	0	0	2	
Cheese Filled Meatballs	10917	2 veggie balls (72g)	1.2	34	41	52	28	9	14	32	130	4.5	1.5	0	0	300	20	2.34	4	0	0	2	6	4	4	
Cheese Pizza	10903	1 pizza (139g)	1	44	45	67	38	9	21	39	300	8	2	0	0	920	56	5	5	4	0	4	8	4	20	
Cheese Ravioli	10413	4 raviolis (54g)	0.4	17	17	31	14	7	8	15	60	3.5	2	0	0	180	11	3	1	0	0	0	0	0	2	
Chewy Fudgie Brownie Mix	10722	28g of mix (makes 1 brownie)	0.3	11	14	13	8	5	8	8	110	2	0.5	0	0	195	24	0.4	12	12	0	0	6	2	2	
Chicken Consommé	10811	1 tsp (3g)	0.2	5	6	11	5	0.2	4	5	5	0	0	0	0	690	1	0	1	1	0	0	0	0	0	
Chicken Patty Mix	10304	1/4 cup dry (35 g)	0.53	18	18	25	14	4	7	3	115	0.5	0	0	0	180	28	2	1	0	0	2	6	4	2	
Chocolate Cha Cha's	10701	4 pieces (24 g)	0.3	20	23	31	17	8	14	17	140	9	6	0	0	0	14	0	14	14	0	0	0	0	0	
Chocolate Chip Cookie Mix	10720	19 g mix (Makes 1 cookie)	0.1	4	5	5	3	1	3	4	80	2	0.5	0	0	153	16	0.3	9	8	0	0	0	0	0	
Cinnamon Raisin Swirl Bread	10111	1 slice (50g)	0.2	14	10	15	5	5	5	5	140	1.5	0	0	0	320	27	2	4	1.4	0	2	6	2	8	
Corny Dogs	10915	1 dog (50g)	0.3	13	15	26	11	5	9	13	150	6	2.5	0	5	180	24	2	3	3	0	0	6	2	2	
Crackers	10330	9 crackers (14 g)	0.3	10	10	17	10	3	7	10	65	2	0.7	0	5	65	12	0.3	0.2	0	0	0	0	1	0	
Creamy Hot Cereal - Cinnamon	10638	1/4 cup (28 g)	0.27	5	7	8	5	2	3	5	124	2	0.2	0	0	4	25	1	1	0.3	0	0	0	2	0	
Creamy Hot Cereal - Vanilla	10639	1/4 cup (28 g)	0.27	7	8	10	7	3	4	6	124	2.1	0.2	0	0	4	14	1	1	0.3	0	0	0	2	0	
Drops - Fruit Punch	99704	1/2 tsp (2 ml)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Drops - Lemonade	99703	1/2 tsp (2 ml)	0	0	0	0	0	0	0	0	0	0	0	0	0	20	0	0	0	0	0	0	0	0	0	
Drops - Orange Tangerine	99705	1/2 tsp (2 ml)	0	0	0	0	0	0	0	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0	0	
Eggz™	10313	2 Tbs (16 g)	0.2	6	7	8	7	1	3	4	70	2.5	0.5	0	0	200	12	0	1.5	1	0	0	0	0	6	
Focaccia Sticks - Italian Style	10123	1 stick (51g)	0.3	13	16	21	12	3	8	13	120	2	0	0	0	310	26	1	1	1	0	4	4	0	10	
Gingerbread Mix	10723	43 g of mix (1 square)	0.11	3	15	4	12	1	2	2	170	2.6	0.6	0	0	260	36	0	17.5	3	0	2	6	0	0	
GO! Pockets™ - Burrito	10931	1 pocket (130g)	0.9	26	48	42	26	5	16	26	230	4.5	2	0	0	410	48	3	4	2	0	6	6	4	10	
GO! Pockets™ - Cheesy Broccoli	10930	1 pocket (130g)	2.3	87	128	162	96	30	43	92	300	8	2	1	0	600	53	3	2	2	0	8	6	6	15	
GO! Pockets™ - Samosa	10932	1 pocket (130g)	1	42	63	68	42	5	21	37	240	5	1.5	0	0	250	46	3.5	4	3	0	4	6	4	8	
Homestyle Bread	10110	1 slice (50g)	0.1	5	8	7	5	1	3	5	130	2	0	0	0	320	27	1	1	1	0	2	4	0	10	
Instant Noodle Soup - Beef	10821	1.5 oz dry (43 g)	1	23	26	36	20	5	16	18	140	0.2	0	0	0	1540	34	0.5	3	2	0	2	6	4	2	
Instant Noodle Soup - Chicken	10820	1.5 oz dry (43 g)	1	26	29	40	22	6	18	20	150	0	0	0	0	1280	35	0.5	5	3	0	2	6	4	2	
Lynn's Enchiladas	10922	1 tray (255g)	2	82	85	107	62	21	36	66	400	6	2	0	0	1145	85	2.5	5	1	0	6	6	2	8	
Malt-O-Meal® Coco Roos®	27001	1 bowl (25 g)	0.8	43	46	77	31	10	17	29	100	1	0	0	0	90	22	0	12	11	8	10	15	1		
Malt-O-Meal® Frosted Flakes	27002	1 bowl (28 g)	1	56	48	157	36	17	22	34	110	0	0	0	0	130	25	0	10	11	0	0	20	0	2	

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Marinara Minis	10813	1 tub (65g)	1	26	20	39	33	7	26	33	35	2	1	0	0	310	3	1	2	0	0	2	2	4	2
Medley Meals - Barbecue Bake	10920	1 tray (320g)	1.9	60	96	84	48	10	40	63	470	3	0	0	0	1660	109	4	42	21	0	4	8	15	8
Medley Meals - Thai	10921	1 tray (320g)	2.9	115	158	194	115	36	65	108	340	7	3	0	0	600	63	2	6	2	0	4	15	10	10
Medley Meals - Vegetable Masala	10919	1 tray (320g)	1.6	50	61	78	42	13	27	44	300	4	1.5	0	5	860	63	3	4	0	0	4	6	8	6
Mini Pockets™ - PB&J	10913	2 pockets (86g)	0.7	27	29	43	25	13	24	23	210	7	2	0	0	360	39	2	11	10.5	0	4	0	2	10
Mini Pockets™ - Pizza	10909	2 pockets (84g)	0.7	35	31	49	26	32	19	25	180	5	1.5	0.5	0	500	32	2	2	2	0	4	6	2	10
MixQuick	10302	1 cup (100 g)	0.2	6	8	7	4	2	3	5	400	9	2	0	0	1111	80	1.4	6	6	0	4	10	0	35
Mozzarella Shreds	10315	1/4 cup (28 g)	0.7	33	45	66	37	14	28	34	80	5	2.5	0	0	280	6	0	1	0	0	0	0	0	4
Pasta Duets - Mac & Cheese	10406	2.3 oz dry (66g)	0.7	34	37	68	38	14	13	32	230	1.5	0.3	0	0	580	54	0	1	0	0	2	2	2	2
Pasta Duets-Crmy Garlic & Broc Rice	10410	2.3 oz dry (66g)	0.6	29	33	48	24	12	17	24	230	0.5	0	0	0	550	55	0	0	0	0	0	2	0	2
Pasta Duets-Instant Stivaletti Alfredo	10431	2.3 oz dry (66g)	0.6	24	25	48	26	8	9	26	220	0	0	0	0	580	55	0	0	0	0	2	6	0	2
Pasta Solo - Elbows	10401	2oz dry (57g)	0.1	8	3	17	7	3	2	6	190	0	0	0	0	5	49	0	0	0	0	0	2	0	2
Pea-Not Butter	10306	2 Tbs (28g)	0.65	31	40	57	33	14	34	26	100	9	3.5	0	0	160	5	0	2	2	0	0	0	0	2
Peanut Butter Chocolate Chip Cookies	10506	1 cookie (35g)	0.2	6	5	11	3	2	3	3	160	8	3.5	0	5	170	24	1	9	8.5	0	0	0	0	4
Pierogi	10412	4 pierogi (58g)	0.4	25	28	38	22	8	13	21	120	1	0.5	0	0	380	26	1	0	0	0	0	2	2	2
Pita Pockets	10621	1/2 pita (45g)	0.3	5	5	10	4	3	3	5	120	1	0	0	0	270	25	1	1	1	0	2	0	0	6
Pizza Blanca	10904	1 pizza (150g)	1.1	51	50	75	41	9	24	44	270	9	3.5	0	0	600	46	2.5	3	2	0	4	2	2	15
Pizza Primavera	10908	1 pizza (165g)	2.2	80	81	108	65	25	46	67	290	7	2.5	0	0	910	53	3.5	4	2.5	0	2	0	4	20
Portabella Spinach Ravioli	10411	4 raviolis (56g)	0.6	21	25	29	18	7	16	16	120	2	1	0	0	300	24	1	0	0	0	2	2	0	2
Raspberry Gems	10702	1 cookie (36g)	0.3	12	19	24	13	5	5	12	133	4.5	2.5	0	9	50	8	0	12	12	0	0	0	0	2
Readi-Dough	10345	1 sheet (120 g)	0.4	14	14	27	12	12	12	13	300	4	1	0	0	756	67	3.5	3	2.5	0	6	2	2	20
Sausage Patty Mix	10311	1/4 cup dry (28 g)	0.8	21	27	34	20	9	17	23	100	0.5	0	0	0	258	24	3	1	0	0	4	6	2	4
Savory Cracker Thins	10335	2 cracker thins (14 g)	0.3	14	15	24	14	6	10	14	65	2	0.7	0	5	65	12	0.3	0.2	0	0	0	0	1	0
Shake 'N' Cheese	10309	1 tsp (3g)	0.2	8	11	16	10	3	4	8	12	0.5	0	0	0	200	1.7	0	0.35	0.026	0	0	0	0	0
Short Grain Rice	10407	1/3 cup (50g)	0.3	11	12	20	8	6	6	7	180	0	0	0	0	0	43	0	0	0	0	0	2	0	0
Sugar Cookie Mix	10721	19 g mix (Makes 1 cookie)	0	1	1	2	1	1	1	1	75	1.2	0.2	0	0	161	16	0	8	8	0	0	0	0	0
Swiss Cheese Singles	20312	1 slice (19g)	0.4	20	26	37	20	9	17	17	35	2.5	1	0	0	210	1	0	0	0	0	0	0	0	2
The Bigger Bagel - Apple Cinnamon	10631	1 bagel (84g)	0.6	34	34	49	25	8	17	25	198	3	0	0	0	310	43	2	4	2	0	8	4	2	15
The Bigger Bagel - Garlic	10632	1 bagel (81g)	0.6	34	34	49	25	8	17	25	190	3	0	0	0	310	42	2	2	1	0	8	4	2	15
The Bigger Bagel - Plain	10630	1 bagel (81g)	0.5	32	32	48	24	8	16	24	190	3	0	0	0	310	42	2	2	2	0	8	4	2	15
Toasted Pierogies	10429	3 pierogies (60g)	0.4	22	24	32	19	7	11	18	180	7	1	0	0	300	29	6	0.5	0.2	0	0	0	2	2
Toaster Topz - Banana Chip	10612	1 toaster topz (52g)	0.1	6	7	9	5	1	2	5	160	4.5	1	0	0	290	33	0	8	7	0	2	0	0	8
Tortilla Chips - Sea Salt	10317	1 bag (28g)	0.2	3	3	3	3	3	8	2	145	8	1.4	0.03	0	316.4	18	0.4	0.36	0	0	2	0	0	10
Tortilla Chips - Sweet Chili	10318	1 bag (28g)	0.2	4	5	6	3	3	9	3	143	8	1.4	0.028	0	308	19	0.4	1	1	0	4	0	0	10
Tortilla Wraps	10312	1 tortilla (53g)	0.2	4	20	8	4	0	4	4	180	4.5	2.5	0	0	470	34	0	1	0	0	6	0	0	6
Tuscan Pizza Crusts	10115	1/4 crust (52g)	0.3	5	5	10	4	3	3	5	130	1.5	0	0	0	330	29	1.5	1	1	0	2	0	0	10
Tweekz	10902	3 pieces (96g)	1.2	48	50	60	39	10	20	42	190	10	1	0	0	670	28	1.3	2	1	2	2	2	4	8
Veggie Dumplings	10421	1 dumpling (64g)	0.7	13	30	27	13	5	10	16	90	2.5	0.4	0	0	220	18	2	1	0	0	2	2	2	2
Veggie Meatballs	10911	2 veggie balls (64g)	1	30	27	46	20	20	20	29	60	2.5	0	0	0	140	11	2.5	1	0	2	2	2	4	4
Wel-Made Baking Mix	10320	1 cup (110g)	0.34	6	5	6	3	4	4	3	420	4	1	0	0	55	95	0.2	3.7	3.6	0	0	10	0	4
Yuca Tater Home Fries	10830	2.7 oz (76 g)	0.8	23	23	30	23	8	23	30	90	1.5	0	0	0	520	19	1	1	0	0	2	8	4	2