

PRODUCT NUTRITIONAL PROFILE

4/18/2018

Product	SKU	Serving Size	Protein (g)	Phenylalanine (mg)	Valine (mg)	Leucine (mg)	Isoleucine (mg)	Methionine (mg)	Tyrosine (mg)	Threonine (mg)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Phosphorus (%)
Alfredo Sauce Mix	10812	1 Tbs (8g)	0.3	13	18	27	17	4	6	17	25	0	0	0	0	490	18	5	0	0	0	0	0	0	0
American Cheese Singles	20311	1 slice (19g)	0.4	20	26	37	20	9	17	17	35	20	2	1	0	210	4	1	0	0	0	0	0	0	2
Apple Breakfast Bars	10614	1 bar (63g)	0.4	22	22	39	18	4	7	18	184	63	7	3.5	10	330	35	30	0.5	8			2	0	8
Apronen Anellini	79034	2.2 oz dry (62g)	0.3	17	11	22	7	3	16	6	210		0	0	0	20	18	49	0	0	0	0	0	0	2
Apronen Bucatini	77400	2.2 oz dry (62g)	0.3	17	11	22	7	3	16	6	210		0	0	0	20	18	49	0	0	0	0	0	0	2
Apronen Chicchi	78754	2.2 oz dry (62g)	0.2	10	11	22	7	3	9	6	210	5	0	0	0	20	12	50	0	0	0	0	30	0	2
Apronen Ditalini	79430	2.2 oz dry (62g)	0.3	17	11	22	7	3	16	6	210		0	0	0	20	18	49	0	0	0	0	0	0	2
Apronen Fettuccine	79317	2.2 oz dry (62g)	0.3	17	11	22	7	3	16	6	210		0	0	0	20	18	49	0	0	0	0	0	0	2
Apronen Fusilli	78938	2.2 oz dry (62g)	0.3	17	11	22	7	3	16	6	210		0	0	0	20	18	49	0	0	0	0	0	0	2
Apronen Linguine	79600	2.2 oz dry (62g)	0.3	17	11	22	7	3	16	6	210		0	0	0	20	18	49	0	0	0	0	0	0	2
Apronen Penne	78839	2.2 oz dry (62g)	0.3	17	11	22	7	3	16	6	210		0	0	0	20	18	49	0	0	0	0	0	0	2
Apronen Pipe	79700	2.2 oz dry (62g)	0.3	17	11	22	7	3	16	6	210		0	0	0	20	18	49	0	0	0	0	0	0	2
Apronen Rigatini	79232	2.2 oz dry (62g)	0.3	17	11	22	7	3	16	6	210		0	0	0	20	18	49	0	0	0	0	0	0	2
Apronen Sedani	79500	2.2 oz dry (62g)	0.3	17	11	22	7	3	16	6	210		0	0	0	20	18	49	0	0	0	0	0	0	2
Apronen Spaghetti	78709	2.2 oz dry (62g)	0.3	17	11	22	7	3	16	6	210		0	0	0	20	18	49	0	0	0	0	0	0	2
Apronen Tagliatelle	79119	2.2 oz dry (62g)	0.3	17	11	22	7	3	16	6	210		0	0	0	20	18	49	0	0	0	0	0	0	2
Artisan Bread	10101	1/3 roll (52g)	0.3	6	7	8	6	3	4	6	130	20	2	0	0	300	26	28	2	1		0	2	0	8
Baby Boule Artisan Bread	10116	1/4 boule (56g)	0.3	6	7	8	6	3	4	6	130	20	2	0	0	300	29	28	2	1	0	0	2	0	10
Bagel Bars - French Toast	10625	1 bagel (53g)	0.5	23	23	33	17	6	12	17	140	45	5	1.5	0	290	45	26	1.3	6	0	0	4	2	8
Bagels - Cinnamon Raisin	10618	1 bagel (53g)	0.4	23	23	34	21	5	13	18	130	15	1.5	0	0	200	36	26	1.5	3	0	0	6	2	10
Bagels - Onion	10620	1 bagel (53g)	0.4	24	23	34	21	6	13	17	130	15	1.5	0	0	200	74	27	1.6	2	0	0	6	20	10
Bagels - Plain	10622	1 bagel (53g)	0.4	21	21	32	16	5	11	16	130	15	1.5	0	0	200	50	27	1.4	1	0	0	6	2	10
Baking Mix	10301	1 cup (100g)	0.4	2	5	4	2	1	0	2	410	90	10	2	0	20	16	79	0	11	0	0	0	0	2
Blueberry Breakfast Bars	10617	1 bar (71g)	0.4	21	21	35	17	4	7	18	200	75	8	4	10	360	26	32	1	9	4	0	2	0	8
Blueberry Scones	10610	1 scone (58g)	0.2	8	10	14	7	3	4	8	230	99	11	4.5	15	360	9	32	0	6		0	4	2	2
Brooklyn Dog Buns	10616	1 bun (89g)	0.3	9	9	17	8	5	2	9	250	60	7	0.5	0	530	29	47	2	3.58	0	0	4	4	10
Brooklyn Dogs	10918	1 dog (56g)	0.5	27	28	49	21	9	15	24	90	2	0	0	0	210	164	21	0	2		4	0	2	2
Burger Patty Mix	10305	1/4 cup dry (28 g)	0.6	20	34	31	22	6	8	20	100	4	0	0	0	340	62	23	2.5	1		0	4	0	4
Butterscotch Chip Cookies	10507	1 cookie (35g)	0.1	4	5	7	4	1	2	4	150	60	7	3.5	5	120	11	24	0	9			0	0	4
Camburger Buns	10124	1 bun (80g)	0.3	6	9	11	6	3	4	6	200	25	2.5	0	0	480	41	44	3	2	0	0	4	4	15
Camburgers	10901	1 burger (71g)	1.3	50	85	85	57	14	21	57	90	25	3	0	0	610	220	16	1	4	2	0	0	2	6
Cheddar Shreds	10314	1/3 cup (30g)	0.7	37	42	66	36	13	28	35	80	45	6	3	0	310	25	2	0	1	0	0	0	0	4
Cheddar Wizard	10308	2 Tbs (28g)	0.75	39	48	75	42	18	23	38	70	50	6	2.5	0	280	26	4	0	1	0	0	0	0	4
Cheese Filled Meatballs	10917	2 veggie balls (72g)	1.2	34	41	52	28	9	14	32	130	40	4.5	1.5	0	300	170	20	2.34	4	10	0	2	6	4
Cheese Pizza	10903	1 pizza (139g)	1	44	45	67	38	9	21	39	300	70	8	2	0	900	144	56	5	5	4	4	4	2	20
Cheese Ravioli	10413	4 raviolis (54g)	0.4	17	17	31	14	7	8	15	110	25	3	2	0	320	15	23	1	1	0	0	0	0	2
Chicken Consommé	10811	1 tsp (3g)	0.2	1	1	2	1	0.2	1	1	5	0	0	0	0	660	1	1	0	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	130	6	0.5	0	0	294	150	30	2	1		0	6	6	4
Chocolate Cha Cha's	10701	4 pieces (24 g)	0.3	20	23	31	17	8	14	17	140	80	9	6	0	0	18	14	0	14	0	0	0	0	0
Cinnamon and Raisin Gems	10703	1 cookie (45g)	0.5	17	19	27	17	6	8	16	200	89	10	6	25	125	39	27	0	10	2	0	2	0	4
Cinnamon Raisin Swirl Bread	10111	1 slice (50g)	0.2	14	10	15	5	5	5	5	140	15	1.5	0	0	320	60	27	2	4	0	0	2	6	8
Corny Dogs	10915	1 dog (50g)	0.3	13	15	26	11	5	9	13	150	60	6	2.5	5	180	62	24	0	3	2	0	2	2	2
Crackers	10330	9 crackers (14 g)	0.3	10	10	17	10	3	7	10	60	18	2	0.4	0	50	32	11	0	0	0	0	0	0	0
Cranberry Scones	10608	1 scone (58g)	0.2	7	5	10	3	2	3	3	230	97	11	5	15	360	14	32	0	6.2		0	4	0	2
Cream Cheese - Garlic & Herb	10310	2 Tbs (28g)	0.57	27	34	52	29	16	30	24	45	45	4	2	0	70	9.2	2.6	0	0.5	0	0	0	0	0
Cream Cheese - Plain	10307	2 Tbs (28g)	0.47	26	31	48	27	15	27	22	45	45	4	2	0	70	5	2.5	0	0.49	0	0	0	0	0
Creamy Hot Cereal - Cinnamon	10638	1/4 cup (28 g)	0.1	3	3	5	3	1	2	3	124	0	2	0.2	0	2	10	25	1	0.45	0	0	0	0	0
Eggz™	10313	1/4 cup (16 g)	0.2	6	7	8	7	1	3	4	70	20	2.5	0.5	0	180	30	12	0	1	0	0	0	0	6
Focaccia Sticks - Italian Style	10123	1 stick (51g)	0.3	13	16	21	12	3	8	13	120	18	2	0	0	310	28	26	1	1	0	0	4	4	10
Fudgy Brownies	10750	1/6 th of tray (38g)	0.27	18	18	23	13	4	5	16	160	70	8	3.5	15	65	27	20	0	8	0	0	0	4	2

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Gingerbread	10705	1/4 th of tray (57g)	0.2	5	7	9	6	2	4	5	170	71	8	4	15	240	113	26	0	8	4	0	6	2	2
GO! Pockets™ - Burrito	10931	1 pocket (130g)	0.9	26	48	42	26	5	16	26	230	40	4.5	2	0	410	226	48	3	4	4	0	6	6	10
GO! Pockets™ - Cheesy Broccoli	10930	1 pocket (130g)	2.3	87	128	162	96	30	43	92	300	70	8	2	0	600	256	53	3	2	4	6	8	6	15
GO! Pockets™ - Samosa	10932	1 pocket (130g)	1	42	63	68	42	5	21	37	240	40	5	1.5	0	250	228	46	3.5	4	2	6	4	6	8
Gourmet Chocolate Chip Cookie Dough	10505	1 cookie (28g)	0.2	3	3	4	2	1	1	2	130	55	7	3.5	5	180	2	18	0	7.5		0	0	2	0
Homestyle Bread	10110	1 slice (50g)	0.1	5	8	7	5	1	3	5	130	15	2	0	0	320	24	27	1	1	0	0	2	4	10
Instant Noodle Soup - Beef	10821	1.5 oz dry (43 g)	1	23	26	36	20	5	16	18	140	0	0	0	0	1180	106	34	0.5	3	8	0	2	2	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	1230	150	35	0.5	5	20	10	2	2	2
Jalapeno Cheese Singles	20313	1 slice (19g)	0.4	20	25	36	20	10	17	18	35	20	2.5	1	0	220	5	3	0	0	0	0	0	0	2
Lynn's Enchiladas	10922	1 tray (255g)	2	82	85	107	62	21	36	66	400	45	6	2	0	760	125	85	2.5	5		24	6	10	8
Malt-O-Meal® Cereal Variety Pack	27003	1 bowl (24-28 g)	1	56	48	157	36	17	22	34	110	0	0	0	0	125	25	25	0	10.8	8	8	0	15	
Malt-O-Meal® Coco Roos®	27001	1 bowl (24 g)	0.8	43	46	77	31	10	17	29	100	10	1	0	0	110	0	21	0	12	8	8	6	40	
Malt-O-Meal® Frosted Flakes	27002	1 bowl (28 g)	1	56	48	157	36	17	22	34	110	0	0	0	0	125	25	25	0	11	8	8	0	15	
Marinara Minis	10813	1 marinara cup (65g)	1	26	20	39	33	7	26	33	35	15	2	1	0	310	205	3	1	3	6	10	2	2	2
Medley Meals - Barbecue Bake	10920	1 tray (320g)	1.9	60	96	84	48	10	40	63	470	25	3	0	0	1660	704	109	4	42	0	15	4	8	8
Medley Meals - Thai	10921	1 tray (320g)	2.9	115	158	194	115	36	65	108	340	70	7	3	0	600	512	63	2	6	10	15	4	15	10
Medley Meals - Vegetable Masala	10919	1 tray (320g)	1.6	50	61	78	42	13	27	44	300	35	4	1.5	5	860	367	63	3	4	10	8	4	6	6
Mini Pockets™ - PB&J	10913	2 pockets (86g)	0.7	27	29	43	25	13	24	23	210	63	7	2	0	360	49	39	2	11	0	0	4	0	10
Mini Pockets™ - Pizza	10909	2 pockets (84g)	0.7	35	31	49	26	32	19	25	180	50	5	1.5	0	500	100	32	2	2	2	0	4	6	10
MixQuick	10302	1 cup (100g)	0.2	6	8	7	4	2	3	5	400	80	9	2	0	940	9	80	1.4	6	0	0	2	2	35
Mozzarella Shreds	10315	1/4 cup (28 g)	0.7	33	45	66	37	14	28	34	80	45	5	2.5	0	280	24	6	0	1	0	0	0	0	4
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	22	55	0	0	0	0	2	0	2
Pasta Duets™ - Mac & Cheese	10406	2.3 oz dry (66g)	0.7	34	37	68	38	14	13	32	230	5	1.5	0.3	0	580	32	54	0	1	0	0	2	0	2
Pasta Duets™ - White Cheddar Mac	10428	2.3 oz dry (66g)	0.5	26	13	52	28	10	10	29	230	10	1.5	0	0	570	32	54	0	1	0	0	0	0	2
Pasta Duets™ - Creamy Garlic & Broccoli Rice	10410	2.3 oz dry (66g)	0.6	29	33	48	24	12	17	24	230	5	0.5	0	0	550	22	54	0	0	2	15	0	2	2
Pasta Solo™ - Elbows	10401	2 oz dry (57g)	0.1	8	3	17	7	3	2	6	190	0	0	0	0	5	18	49	0	0	0	0	0	2	2
Pea-Not Butter	10306	2 Tbs (28g)	0.65	31	40	57	33	14	34	26	100	80	9	3.5	0	160	8	5	0	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	70	8	3.5	5	120	22	24	0	9	0	0	0	0	4
Pierogi	10412	4 pierogi (58g)	0.4	25	28	38	22	8	13	21	120	10	1	0.5	0	380	62	26	1	0	0	0	0	2	2
Pita Pockets	10621	1/2 pita (45g)	0.3	5	5	10	4	3	3	5	120	10	1	0	0	270	20	25	1	1	0	0	2	0	6
Pizza Blanca	10904	1 pizza (150g)	1.1	51	50	75	41	9	24	44	270	90	9	3.5	0	600	106	46	2.5	3	0	4	4	2	15
Pizza Primavera	10908	1 pizza (165g)	2.2	80	81	108	65	25	46	67	290	70	7	2.5	0	910	234	53	3.5	4	8	6	2	0	20
Portabella Spinach Ravioli	10411	4 ravioli (56g)	0.6	21	25	29	18	7	16	16	120	20	2	1	0	300	42	24	1	0	10	0	2	2	2
Pumpkin Raisin Cookies	10704	1 cookie (34g)	0.1	5	6	8	4	1	2	4	140	50	6	2.5	5	120	37	23	0.3	9	4	0	0	0	4
Raspberry Gems	10702	1 cookie (36g)	0.3	12	19	24	13	5	5	12	133	39	4.5	2.5	9	50	16	8	0	12		0	0	0	2
Readi-Dough	10345	1 sheet (120g)	0.4	14	14	27	12	12	12	13	300		4	1	0	756	60	67	3.5	3	0	0	6	2	20
Savory Cracker Thins	10335	2 cracker thins (14 g)	0.3	14	15	24	14	6	10	14	60	18	2	0.4	0	50	34	11	0	0	0	0	0	0	0
Seasoned Breadcrumbs	10340	1/4 cup (30 g)	0.63	33	33	51	30	6	21	27	120		2.6	0.6	10	273	92	23	0	0.2	0	0	2	6	2
Shake 'N' Cheese	10309	1 tsp (3g)	0.2	8	11	16	10	3	4	8	10	5	0.5	0	0	180	10	2	0	0	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	3	42	0	0	0	0	0	0	0
Southwestern Biscuits	10611	1 biscuit (50g)	0.3	12	15	22	11	4	5	12	180	90	9	3.5	5	230	17	24	0	4	0	0	2	0	4
Sugar Cookie Dough	10607	1 cookie (28g)	0.2	2	2	3	1	1	1	1	120	50	5.5	2	5	170	2	18	0	9		0	0	0	4
Swiss Cheese Singles	20312	1 slice (19g)	0.4	20	26	37	20	9	17	17	35	20	2.5	1	0	210	4	1	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	25	3	0	0	310	100	43	2	4	0	0	8	4	15
The Bigger Bagel - Garlic	10632	1 bagel (81g)	0.6	34	34	49	25	8	17	25	190	25	3	0	0	310	81	42	2	2	0	0	8	4	15
The Bigger Bagel - Plain	10630	1 bagel (81g)	0.5	32	32	48	24	8	16	24	190	25	3	0	0	310	79	42	2	2	0	0	8	4	15
Toasted Pierogies	10429	3 pierogies (60g)	0.4	22	24	32	19	7	11	18	180	70	7	1	0	300	53	29	1	0.5	0	0	2	0	4
Toaster Topz - Banana Chip	10612	1 toaster topz (52g)	0.1	6	7	9	5	1	2	5	160	41	4.5	1	0	200	9	33	0	8	0	0	2	0	8
Tortilla Chips - Sea Salt	10317	1 bag (28g)	0.2	3	3	3	3	3	8	2	145	72	8	1.4	0	316.4	9.88	18	0.4	0.36	0	0	2	0	10
Tortilla Chips - Sweet Chili	10318	1 bag (28g)	0.2	4	5	6	3	3	9	3	143	68	8	1.4	0	308	19	19	0.4	1	0	0	4	0	10

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Tortilla Wraps	10312	1 tortilla (53g)	0.2	4	20	8	4	0	4	4	180	40	4.5	2.5	0	470	25	34	0	1	2	0	6	0	6
Tuscan Pizza Crusts	10115	1/4 crust (52g)	0.3	5	5	10	4	3	3	5	130	15	1.5	0	0	330	26	29	1.5	1	0	0	2	0	10
Tweekz	10902	3 pieces (96g)	1.2	48	50	60	39	10	20	42	190	90	10	1	0	630	186	28	1.3	2	0	0	2	2	8
Veggie Meatballs	10911	2 veggie balls (64g)	1	30	27	46	20	20	20	29	110	30	3	0	0	230	143	20	2	1	4	0	2	4	2
Wheat Starch	10303	3/4 cup (100g)	0.3	6	7	9	4	3	3	3	370	5	0.5	0	0	90	16	88	0	0	4	0	2	0	2
Wise Onion Rings	27074	1 bag (14g)	0.3	13	5	7	4	1	1	4	70	25	3	1	0	180	22	10	0	0	0	0	0	0	2
Yuca Tater Home Fries	10830	2.7 oz (76 g)	0.8	23	23	30	23	8	23	30	90	15	1.5	0	0	520	220	19	1	1	0	2	2	8	2