



0000044811

Rice Pilaf

White Rice Steamed in Vegetable Broth, Enhanced with Mushrooms and Yellow Onions

Nutritional Data		
Serving Size 4 oz		(113) g
Amount Per Serving		
Calories	155	Calories From Fat 21
		% Daily Value *
Total Fat	2.3g	4%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	451.3mg	19%
Total Carbohydrate	29.9g	10%
Dietary Fiber	1g	0%
Sugars	1.2g	
Protein	3.1g	
Vitamin A	8%	Vitamin C 2%
Calcium	2%	Iron 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.

INGREDIENTS:
 [Does not list ingredients for convenience (CONV) products]
 RICE-WHITE, GOLD STANDARD
 [Water]
 Rice-White, Converted, Raw
 Margarine, 1# Prints
 Salt, Kosher
 Pepper-White, Ground
 Mushrooms-Fresh
 Onions-Yellow, Fresh
 Bases-Vegetable, No MSG
 Margarine, 1# Prints

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0471213233

Fresh Broccoli Florets
Steamed Fresh Broccoli Florets

Nutritional Data		
Serving Size 4 oz		(113) g
Amount Per Serving		
Calories 40	Calories From Fat 4	
% Daily Value *		
Total Fat	0.5g	1%
Saturated Fat	0.1g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	46.5mg	2%
Total Carbohydrate	8.1g	3%
Dietary Fiber	3.7g	0%
Sugars	1.6g	
Protein	2.7g	
Vitamin A 59%	Vitamin C 123%	
Calcium 5%	Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:
 [Does not list ingredients for convenience (CONV) products]
 Broccoli Florets, Fresh

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0000047811

Summer Squash

Steamed Fresh Yellow Squash and Zucchini

Nutritional Data		
Serving Size 4 oz		(113) g
Amount Per Serving		
Calories 22	Calories From Fat 4	
% Daily Value *		
Total Fat	0.4g	1%
Saturated Fat	0.1g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	2.3mg	0%
Total Carbohydrate	3.7g	1%
Dietary Fiber	1.2g	0%
Sugars	2.4g	
Protein	1.2g	
Vitamin A 42%	Vitamin C 23%	
Calcium 2%	Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:
 [Does not list ingredients for convenience (CONV) products]
 Squash-Yellow, Fresh
 Zucchini-Fresh

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0000059212

Fresh Steamed Asparagus

Steamed Fresh Asparagus Spears

Nutritional Data		
Serving Size 6 Spears		(97) g
Amount Per Serving		
Calories 20	Calories From Fat 2	
% Daily Value *		
Total Fat	0.2g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	12.8mg	1%
Total Carbohydrate	3.8g	1%
Dietary Fiber	1.8g	0%
Sugars	1.2g	
Protein	2.2g	
Vitamin A 31%	Vitamin C 12%	
Calcium 2%	Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:
 [Does not list ingredients for convenience (CONV) products]
 Asparagus, Fresh

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0000044794

Steamed Corn

Nutritional Data		
Serving Size 4 oz		(79) g
Spoodle		
Amount Per Serving		
Calories 64	Calories From Fat 4	
% Daily Value *		
Total Fat	0.5g	1%
Saturated Fat	0.1g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0.8mg	0%
Total Carbohydrate	15.3g	5%
Dietary Fiber	1.9g	0%
Sugars	2.4g	
Protein	2g	
Vitamin A 5%	Vitamin C 5%	
Calcium 0%	Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		


INGREDIENTS:
 [Does not list ingredients for convenience (CONV) products]
 Corn Kernels, Frozen

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0000015250

French Fried Breaded Mushrooms

Nutritional Data		
Serving Size 4 oz		(113) g
Amount Per Serving		
Calories 204	Calories From Fat 107	
% Daily Value *		
Total Fat	11.9g	18%
Saturated Fat	1.7g	9%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	193.2mg	8%
Total Carbohydrate	21.7g	7%
Dietary Fiber	1.1g	0%
Sugars	2g	
Protein	2.6g	
Vitamin A 1%	Vitamin C 3%	
Calcium 1%	Iron 6%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:
 [Does not list ingredients for convenience (CONV) products]
 Mushrooms-Breaded, Frozen
 Deep Fat Frying Oil

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0000044807

Whole Green Beans

Nutritional Data		
Serving Size 4 oz		(113) g
Amount Per Serving		
Calories 32	Calories From Fat 2	
% Daily Value *		
Total Fat	0.2g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	1.1mg	0%
Total Carbohydrate	7.3g	2%
Dietary Fiber	3.4g	0%
Sugars	1.4g	
Protein	1.7g	
Vitamin A 21%	Vitamin C 8%	
Calcium 5%	Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:
 [Does not list ingredients for convenience (CONV) products]
 Green Beans-Whole, Frozen

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0000044761

Scalloped Potatoes

Nutritional Data		
Serving Size 4 oz		(113)g
Amount Per Serving		
Calories 114	Calories From Fat 45	
% Daily Value *		
Total Fat	5g	8%
Saturated Fat	2.7g	14%
Trans Fat	0g	
Cholesterol	11.9mg	4%
Sodium	255mg	11%
Total Carbohydrate	13.6g	5%
Dietary Fiber	1g	0%
Sugars	1.7g	
Protein	4.1g	
Vitamin A 5%	Vitamin C 6%	
Calcium 10%	Iron 1%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

SAUCE-NEW CHEESE

[Water]

Sauce Mix-Aged Cheddar Cheese

Cheddar Cheese, Mild, Shredded (CONV)

Salt

Mustard-Ground, Dry

Pepper-Cayenne

Potato-Chef, Peeled, Sliced 1/4" (CONV)

Cheddar Cheese, Mild, Shredded (CONV)

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0000010196

Fresh Sugar Snap Peas
 Fresh Sugar Snap Peas Steamed until Tender-Crisp

Nutritional Data		
Serving Size 4 oz		(113) g
Amount Per Serving		
Calories 47	Calories From Fat 3	
% Daily Value *		
Total Fat	0.3g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	4.5mg	0%
Total Carbohydrate	8g	3%
Dietary Fiber	3.2g	0%
Sugars	4.5g	
Protein	3.7g	
Vitamin A 39%	Vitamin C 90%	
Calcium 5%	Iron 12%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:
 [Does not list ingredients for convenience (CONV) products]
 Peas, Sugar Snap, Fresh

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0000038977

Mexican Rice

Nutritional Data

Serving Size	1/2 Cup	(170) g
Portion		
Amount Per Serving		
Calories	240	Calories From Fat 40
		% Daily Value *
Total Fat	4.5g	7%
Saturated Fat	0.8g	4%
Trans Fat	0g	
Cholesterol	0.1mg	0%
Sodium	102.2mg	4%
Total Carbohydrate	44.5g	15%
Dietary Fiber	1.5g	0%
Sugars	2g	
Protein	4.3g	
Vitamin A 15%	Vitamin C 20%	
Calcium 2%	Iron 13%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Water
 Rice-White, Converted, Raw
 Tomatoes-Crushed, Canned
 Onions-Yellow, Fresh
 Peppers-Red, Fresh
 Vegetable Salad Oil
 Bases-Vegetable, Low Sodium, No MSG
 Cilantro, Fresh
 Garlic, Fresh

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0000038206

Seasoned Vegetable Confetti

Julienne Zucchini, Carrots and Yellow Squash Sautéed in Butter

Nutritional Data		
Serving Size 4 oz		(113) g
Amount Per Serving		
Calories 58	Calories From Fat 34	
% Daily Value *		
Total Fat	3.8g	6%
Saturated Fat	2.3g	12%
Trans Fat	0.1g	
Cholesterol	9.2mg	3%
Sodium	376.4mg	16%
Total Carbohydrate	5.6g	2%
Dietary Fiber	2g	0%
Sugars	2.8g	
Protein	1.1g	
Vitamin A 261%	Vitamin C 16%	
Calcium 3%	Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Carrots-Fresh
 Squash-Yellow, Fresh
 Zucchini-Fresh
 Butter Solids, 1# Prints
 Salt, Kosher
 Pepper-Black, Table Ground

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0000044809

Garlic Mashed Potatoes

Nutritional Data		
Serving Size 4 oz		(113) g
Amount Per Serving		
Calories 118	Calories From Fat 31	
% Daily Value *		
Total Fat	3.4g	5%
Saturated Fat	1.7g	9%
Trans Fat	0g	
Cholesterol	1.5mg	1%
Sodium	138.3mg	6%
Total Carbohydrate	20g	7%
Dietary Fiber	1.7g	0%
Sugars	1.7g	
Protein	2.3g	
Vitamin A 6%	Vitamin C 12%	
Calcium 3%	Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:
 [Does not list ingredients for convenience (CONV) products]
 Potato-Chef, Peeled, Fresh (CONV)
 Reduced Fat Milk, 2%, Gallon
 Margarine, 1# Prints
 Garlic, Fresh
 Salt
 Pepper-White, Ground

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0000047398

Brussels Sprouts

Brussels Sprouts, Steamed Until Crisp-Tender.

Nutritional Data		
Serving Size 4 oz		(112) g
Spoodle		
Amount Per Serving		
Calories 47	Calories From Fat 4	
% Daily Value *		
Total Fat	0.4g	1%
Saturated Fat	0.1g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	16.8mg	1%
Total Carbohydrate	9.3g	3%
Dietary Fiber	4.6g	0%
Sugars	2.3g	
Protein	4.1g	
Vitamin A 35%	Vitamin C 86%	
Calcium 3%	Iron 3%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:
 [Does not list ingredients for convenience (CONV) products]
 Brussels Sprouts, Frozen
 Water

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0000047309

Steamed Cauliflower with Cheese Sauce

Fresh Steamed Cauliflower with Cheddar Cheese Sauce

Nutritional Data

Serving Size 4 oz (113) g

Amount Per Serving

Calories 58 Calories From Fat 28

% Daily Value *

Total Fat 3.1g 5%

Saturated Fat 1.6g 8%

Trans Fat 0g

Cholesterol 5.5mg 2%

Sodium 269.9mg 11%

Total Carbohydrate 5.6g 2%

Dietary Fiber 1.2g 0%

Sugars 2.1g

Protein 2.3g

Vitamin A 2% Vitamin C 22%

Calcium 6% Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

SAUCE-NEW CHEESE

[Water]

Sauce Mix-Aged Cheddar Cheese

Cheddar Cheese, Mild, Shredded (CONV)

Salt

Mustard-Ground, Dry

Pepper-Cayenne

Cauliflower, Frozen

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0000057719

Three Cheese Gratin Potatoes

Traditional Homestyle Potatoes Gratin Taken Up a Notch with Parmesan, Monterey Jack and Cheddar Cheeses

Nutritional Data		
Serving Size 4 oz		(114) g
Amount Per Serving		
Calories 398	Calories From Fat 278	
% Daily Value *		
Total Fat	30.9g	48%
Saturated Fat	19g	95%
Trans Fat	0g	
Cholesterol	107mg	36%
Sodium	612.5mg	26%
Total Carbohydrate	19.6g	7%
Dietary Fiber	1.6g	0%
Sugars	0.9g	
Protein	11.8g	
Vitamin A 39%	Vitamin C 11%	
Calcium 34%	Iron 3%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Potato-Chef, Peeled, Fresh (CONV)
 Heavy Whipping Cream
 Parmesan Cheese, Shredded (CONV)
 Monterey Jack Cheese, Shredded (CONV)
 Cheddar Cheese, Mild, Shredded (CONV)
 Parmesan Cheese, Shredded (CONV)
 Salt
 Pepper-Black, Ground

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0000012196

Fresh Zucchini with Garlic & Basil
Sliced Zucchini Sauteed with Fresh Garlic and Basil

Nutritional Data		
Serving Size 4 oz		(113) g
Amount Per Serving		
Calories 58	Calories From Fat 46	
		% Daily Value *
Total Fat	5.1g	8%
Saturated Fat	0.7g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	284mg	12%
Total Carbohydrate	3g	1%
Dietary Fiber	1.1g	0%
Sugars	1.8g	
Protein	1.3g	
Vitamin A 40%		Vitamin C 23%
Calcium 2%		Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:
 [Does not list ingredients for convenience (CONV) products]
 Zucchini-Fresh
 Olive Oil
 Salt, Kosher
 Basil-Fresh
 Garlic, Fresh
 Pepper-Black, Table Ground

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0000034177

Herb Broiled Tomatoes

Tomato Half Baked with Tarragon, Basil, Parmesan and Italian Parsley

Nutritional Data		
Serving Size	1 Half	(65) g
Amount Per Serving		
Calories	37	Calories From Fat 15
% Daily Value *		
Total Fat	1.7g	3%
Saturated Fat	0.4g	2%
Trans Fat	0g	
Cholesterol	1.1mg	0%
Sodium	121.9mg	5%
Total Carbohydrate	4.5g	2%
Dietary Fiber	0.9g	0%
Sugars	1.8g	
Protein	1.4g	
Vitamin A	18%	Vitamin C 15%
Calcium	3%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Tomatoes-Fresh, 6x6
 Bread Crumbs-Plain, Dry
 Garlic, Fresh
 Parmesan Cheese, Grated (CONV)
 Olive Oil
 Parsley-Italian, Fresh
 Salt
 Tarragon, Fresh
 Basil-Fresh
 Pepper-Black, Ground

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0000047335

Broccoli, Cheese, & Rice Casserole

Tender Steamed Broccoli and Fluffy White Rice Baked in a Creamy Cheese Sauce

Nutritional Data		
Serving Size 1 Cut-3x4 HP		(270) g
Amount Per Serving		
Calories	220	Calories From Fat 68
% Daily Value *		
Total Fat	7.6g	12%
Saturated Fat	4.1g	21%
Trans Fat	0g	
Cholesterol	16.3mg	5%
Sodium	556.4mg	23%
Total Carbohydrate	29.6g	10%
Dietary Fiber	4.6g	0%
Sugars	4.2g	
Protein	10.3g	
Vitamin A	55%	Vitamin C 95%
Calcium	21%	Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS:
 [Does not list ingredients for convenience (CONV) products]
 Broccoli, Chopped, Frozen
 SAUCE-NEW CHEESE
 [Water]
 Sauce Mix-Aged Cheddar Cheese
 Cheddar Cheese, Mild, Shredded (CONV)
 Salt
 Mustard-Ground, Dry
 Pepper-Cayenne
 RICE-WHITE, GOLD STANDARD
 [Water]
 Rice-White, Converted, Raw
 Margarine, 1# Prints
 Salt, Kosher
 Pepper-White, Ground
 Cheddar Cheese, Mild, Shredded (CONV)
 Pepper-White, Ground

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0000047700

Risotto

Nutritional Data

Serving Size 4 oz (113) g

Amount Per Serving

Calories 170 Calories From Fat 29

% Daily Value *

Total Fat 3.2g 5%

Saturated Fat 1.4g 7%

Trans Fat 0g

Cholesterol 4.8mg 2%

Sodium 229mg 10%

Total Carbohydrate 29.4g 10%

Dietary Fiber 0.2g 0%

Sugars 1g

Protein 2.6g

Vitamin A 7% Vitamin C 1%

Calcium 1% Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Water

Rice-Arborio, Raw

Wine-White

Onions-Yellow, Fresh

Bases-Vegetable, No MSG

Butter-Sweet, Salt Free, 1# Prints

Olive Oil

Garlic, Fresh

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0000047499

Green Peas

Green Peas Steamed until Tender

Nutritional Data		
Serving Size 4 oz		(113) g
Amount Per Serving		
Calories 88	Calories From Fat 3	
% Daily Value *		
Total Fat	0.3g	0%
Saturated Fat	0.1g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	81.5mg	3%
Total Carbohydrate	16.1g	5%
Dietary Fiber	6.2g	0%
Sugars	5.3g	
Protein	5.8g	
Vitamin A 79%	Vitamin C 19%	
Calcium 3%	Iron 9%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]


Peas, Frozen

Water

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0000044763

Steamed Baby Carrots

Fresh Steamed Baby Carrots


Nutritional Data		
Serving Size 4 oz		(113) g
Amount Per Serving		
Calories 40	Calories From Fat 1	
% Daily Value *		
Total Fat	0.1g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	88.5mg	4%
Total Carbohydrate	9.3g	3%
Dietary Fiber	3.3g	0%
Sugars	5.4g	
Protein	0.7g	
Vitamin A 521%	Vitamin C 5%	
Calcium 4%	Iron 6%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:
 [Does not list ingredients for convenience (CONV) products]
 Carrots-Baby, Fresh

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0000044792

Cilantro Jasmine Rice

Steamed Jasmine Rice Tossed with Fresh Cilantro

Nutritional Data

Serving Size 4 oz (85) g
Spoodle

Amount Per Serving		
Calories	142	Calories From Fat 3
% Daily Value *		
Total Fat	0.3g	0%
Saturated Fat	0.1g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	223.7mg	9%
Total Carbohydrate	30.8g	10%
Dietary Fiber	0.6g	0%
Sugars	0.4g	
Protein	2.9g	
Vitamin A	9%	Vitamin C 1%
Calcium	1%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Water

Rice-Jasmine, Raw

Bases-Vegetable, No MSG

Cilantro, Fresh

Pepper-Black, Ground

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0211708912

Fresh Cauliflower

Fresh Cauliflower Florets Steamed until Tender

Nutritional Data	
Serving Size 4 oz Spoodle	(99) g
Amount Per Serving	
Calories 23	Calories From Fat 4
% Daily Value *	
Total Fat 0.4g	1%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 14.8mg	1%
Total Carbohydrate 4.1g	1%
Dietary Fiber 2.3g	0%
Sugars 2.1g	
Protein 1.8g	
Vitamin A 0%	Vitamin C 73%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

INGREDIENTS:


[Does not list ingredients for convenience (CONV) products]

Cauliflower, Fresh

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0398711181

Refried Beans Mix

Nutritional Data		
Serving Size 4 oz		(113) g
Amount Per Serving		
Calories 151	Calories From Fat 37	
% Daily Value *		
Total Fat	4.1g	6%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	3.4mg	1%
Sodium	494.2mg	21%
Total Carbohydrate	21.2g	7%
Dietary Fiber	7.3g	0%
Sugars	0.3g	
Protein	7.3g	
Vitamin A 0%	Vitamin C 1%	
Calcium 4%	Iron 9%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:
 [Does not list ingredients for convenience (CONV) products]
 Water
 Refried Beans, Dried Mix

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0000008503

California Mixed Vegetables

Steamed Broccoli, Cauliflower and Crinkle Cut Carrots

Nutritional Data		
Serving Size 4 oz		(113) g
Amount Per Serving		
Calories	42	Calories From Fat 0
% Daily Value *		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	48.5mg	2%
Total Carbohydrate	6.9g	2%
Dietary Fiber	2.8g	0%
Sugars	4.2g	
Protein	1.4g	
Vitamin A	46%	Vitamin C 49%
Calcium	3%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		


INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]
Mixed Vegetables-California, Frozen

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0000057724

Boursin McCreamy Potatoes

Tender Sliced Potatoes Oven Roasted in A Creamy Rich Boursin Sauce -- Outstanding!

Nutritional Data		
Serving Size 7 oz		(197) g
Amount Per Serving		
Calories	360	Calories From Fat 219
% Daily Value *		
Total Fat	24.3g	37%
Saturated Fat	15.2g	76%
Trans Fat	0g	
Cholesterol	84.1mg	28%
Sodium	832.5mg	35%
Total Carbohydrate	28.1g	9%
Dietary Fiber	2.4g	0%
Sugars	1.5g	
Protein	8.5g	
Vitamin A 30%	Vitamin C 28%	
Calcium 18%	Iron 3%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:
[Does not list ingredients for convenience (CONV) products]
Potato-Red Bliss, Fresh
Heavy Whipping Cream
Parmesan Cheese, Grated (CONV)
Boursin Cheese, Herb
Parmesan Cheese, Grated (CONV)
Salt
Garlic, Granulated
Pepper-Black, Ground

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0000036987

Sauteed Spinach w/Red Onion & Garlic
Vegan Sauteed Spinach with Red Onions and Garlic

Nutritional Data		
Serving Size 4 oz		(113) g
Amount Per Serving		
Calories 48	Calories From Fat 16	
% Daily Value *		
Total Fat	1.8g	3%
Saturated Fat	0.3g	2%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	236mg	10%
Total Carbohydrate	6.8g	2%
Dietary Fiber	2.4g	0%
Sugars	1.8g	
Protein	2.9g	
Vitamin A 279%	Vitamin C 17%	
Calcium 12%	Iron 17%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS:

[Does not list ingredients for convenience (CONV) products]

Spinach, Fresh
 Onions-Red, Fresh
 Garlic, Fresh
 Olive Oil
 Salt, Kosher
 Pepper-Black, Ground

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