Amount Per Serving Calories 70 Calories from Fat 20 % Daily Value*	HARD WHITE WHEAT (6 cans) Nutrition Facts Serving Size: 1/4 Cup (43g) Dry Servings Per Container: 51 Amount Per Serving Calories 140 Calories from Fat 5	ELBOW MACARONI (6 cans) Nutrition Facts Serving Size: 1/2 Cup (54g) Dry Servings Per Container: 26 Amount Per Serving Calories 200 Calories from Fat 10	LONG GRAIN WHITE RICE (6 cans) Nutrition Facts Serving Size: 1/4 Cup (47g) Dry Servings Per Container: 47 Amount Per Serving Calories 170 Calories from Fat 0
% Daily Value* Total Fat 2.5g			
Protein 3g Vitamin A 8% • Vitamin C 0% Vitamin D 25% • Riboflavin 4% Calcium 10% • 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. Calories 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 Carbs 4 Protein 4	Vitamin A 0% • Vitamin C 0% 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. Calories 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 Filber 25g 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4	Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 50% *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 Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Filber 25g 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4	Vitamin A 0% Vitamin C 0% Calcium 0% Iron 8% *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 • Carbs 4 • Protein 4
INGREDIENTS: Sweet whey, creamer (coconut oil, corn syrup olids, sodium caseinate [a milk derivative], lipotassium phosphate, sugar, mono and liglycerides, polysorbate 80, sodium ilicoaluminate, tetrasodium pyrophosphate, soy ecithin), nonfat milk, sugar, guar gum, vitamin A, vitamin D. Contains allergens: Milk and soy.	INGREDIENTS: Hard white wheat berries. Contains allergens: Wheat.	INGREDIENTS: Semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid. Contains allergens: Wheat.	INGREDIENTS: Long grain white rice.
COUNTRY FRESH® 100% INSTANT NONFAT DRY MILK 16 cans) Nutrition Facts Serving Size: 5 Tbsp (21g) Dry Servings Per Container: 39 Amount Per Serving Calories 70 Calories from Fat 0 % Daily Value*	HONEY WHITE BREAD, SCONE & ROLL MIX (5 cans) Nutrition Facts Serving Size: 1/4 Cup (33g) Dry Servings Per Container: 49 Amount Per Serving Calories 120 Calories from Fat 15 % Daily Value*	WHOLE EGGS (4 cans) Nutrition Facts Serving Size: 2 1/2 Tbsp (13g) Dry Servings Per Container: 71 Amount Per Serving Calories 70 Calories from Fat 45 % Daily Value*	FREEZE DRIED SWEET CORN (4 cans) Nutrition Facts Serving Size: 1/2 Cup (19g) Dry Servings Per Container: 23 Amount Per Serving Calories 70 Calories from Fat 5 % Daily Value*
*Percent Daily values are based on a 2,000	calorie diet. Your daily values may be higher or	calorie diet. Your daily values may be higher or	calorie diet. Your daily values may be higher or
PINTO BEANS (4 cans) Nutrition Facts Serving Size: 1/2 Cup (86g) Dry Servings Per Container: 26 Amount Per Serving Calories 300 Calories from Fat 0 % Daily Value*	BUTTERMILK PANCAKE MIX (4 cans) Nutrition Facts Serving Size: 1/3 Cup (50g) Dry Servings Per Container: 29 Amount Per Serving Calories 170 Calories from Fat 5 % Daily Value*	CHOCOLATE MORNING MOO'S® LOW FAT MILK ALTERNATIVE (4 cans) Nutrition Facts Serving Size: 3 1/2 Tbsp (35g) Dry Servings Per Container: 57 Amount Per Serving Calories 140 Calories from Fat 35 % Daily Value*	SOUP MIX (4 cans) Nutrition Facts Serving Size: 1/3 Cup (49g) Dry Servings Per Container: 33 Amount Per Serving Calories 200 Calories from Fat 70 % Daily Value*
Total Fat Og	Total Fat 0.5g 1% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 10mg 3% Sodium 670mg 28% Total Carbohydrate 36g 12% Dietary Fiber less than 1g 4% Sugars 5g Protein 5g Vitamin A 0% • Vitamin C 0% Calcium 10% • Iron 15% *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 3.5g	Total Fat 7g
Calories 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 • Carbs 4 • Protein 4 INGREDIENTS: Printo Beans.	Calories 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 • Carbs 4 • Protein 4 INGREDIENTS: Cake flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), dried eggs (pasteurized whole eggs, less than 2 percent sodium silicoaluminate as an anticaking agent), soybean oil. Contains allergens: Milk, egg, soy and wheat.		Calories 2,000 2,500 Total Fat Less than 65g 80g Saturated Fat Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Creamer (maltodextrin, palm oil), enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), potato dices, chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel colo dehydrated onion), onion chopped, onion powder parsley flakes. Contains allergens: Wheat, dairy, and soy.
APPLE DELIGHT DRINK MIX (4 cans) Nutrition Facts Serving Size: 2 Tbsp (25g) Dry Servings Per Container: 103 Amount Per Serving Calories 100 Calories from Fat 0 % Daily Value* Total Fat 0g 0%	BEEF FLAVORED VEGETARIAN MEAT SUBSTITUTE (4 cans) Nutrition Facts Serving Size: 1/4 Cup (26g) Dry Servings Per Container: 40 Amount Per Serving Calories 90 Calories from Fat 35 % Daily Value* Total Fat 4g 6%	POTATO GEMS (3 cans) Nutrition Facts Serving Size: 1/4 Cup (30g) Dry Servings Per Container: 45 Amount Per Serving Calories 110 Calories from Fat 15 % Daily Value* Total Fat 1.5g 2%	QUICK ROLLED OATS (3 cans) Nutrition Facts Serving Size: 1/2 Cup (50g) Dry Servings Per Container: 22 Amount Per Serving Calories 190 Calories from Fat 30 % Daily Value* Total Fat 3.5g 5%
Total Fat Og	Total Fat 4g 6% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol Omg 0% Sodium 480mg 20% Total Carbohydrate 7g 2% Dietary Fiber 3g 12% Sugars 2g Protein 11g Vitamin A 0% • Vitamin C 0% Calcium 6% • 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.	Total Fat 1.5g 2% Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium 520mg 22% Total Carbohydrate 22g 7% Dietary Fiber 2g 8% Sugars 1g Protein 2g Vitamin A 0% • Vitamin C 15% 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.	Total Fat 3.5g 5% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol Omg 0% Sodium Omg 0% Total Carbohydrate 33g 11% Dietary Fiber 5g 20% Sugars 0g Protein 8g Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 15% *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
calorie diet. Your daily values may be higher or	calorie diet. Your daily values may be higher or	calorie diet. Your daily values may be higher or	calorie diet. Your daily values may be higher or
DEHYDRATED POTATO SHREDS (3 cans) Nutrition Facts Serving Size: 1/2 Cup (31g) Dry Servings Per Container: 21 Amount Per Serving Calories 110 Calories from Eat 5	BLUEBERRY MUFFIN MIX (3 cans) Nutrition Facts Serving Size: 1/4 Cup (39g) Dry Servings Per Container: 40 Amount Per Serving Calories 150, Calories from Eat 25	SCRAMBLED EGG MIX (3 cans) Nutrition Facts Serving Size: 2 Tbsp (11g) Dry Servings Per Container: 92 Amount Per Serving Calories 60 Calories from Eat 35	FREEZE DRIED PEAS (3 cans) Nutrition Facts Serving Size: 1/2 Cup (23g) Dry Servings Per Container: 19 Amount Per Serving Calories 80 Calories from Eat 5
Amount Per Serving	Calories 150 Calories from Fat 25 % Daily Value*	Amount Per Serving	Calories 80 Calories from Fat 5 % Daily Value*
HONEY CORNBREAD MUFFIN MIX (3 cans) Nutrition Facts Serving Size: 1/4 Cup (37g) Dry Servings Per Container: 42 Amount Per Serving Calories 150 Calories from Fat 45 % Daily Value*	VEGETARIAN MEAT SUBSTITUTE (2 can) Nutrition Facts Serving Size: 1 Tbsp (5g) Dry Servings Per Container: 192 Amount Per Serving Calories 15 Calories from Fat 5 % Daily Value*	(2 can) Nutrition Facts Serving Size: 1/2 Cup (10g) Dry Servings Per Container: 18 Amount Per Serving Calories 35 Calories from Fat 5 % Daily Value*	BANANA SLICES (2 cans) Nutrition Facts Serving Size: 1/2 Cup (42g) Dry Servings Per Container: 22 Amount Per Serving Calories 230 Calories from Fat 140 % Daily Value*
Total Fat 5g 8% Saturated Fat 1g 4% Trans Fat 0g Cholesterol 20mg 7% Sodium 240mg 10% Total Carbohydrate 24g 8% Dietary Fiber 1g 4% Sugars 9g Protein 3g Vitamin A 2% • Vitamin C 0% Calcium 6% • 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.	Total Fat 0.5g 1% Saturated Fat 0g 0% Trans Fat 0g Cholesterol Omg 0% Sodium 115mg 5% Total Carbohydrate 1g 0% Dietary Fiber less than 1g 4% Sugars 0g Protein 2g Vitamin A 0% • Vitamin C 0% 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.	Total Fat Og 0% Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium Omg 0% Total Carbohydrate 5g 2% Dietary Fiber 2g 8% Sugars 5g Protein 1g Vitamin A 0% • Vitamin C 110% 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.	Total Fat 15g
calorie diet. Your daily values may be higher or	calorie diet. Your daily values may be higher or	calorie diet. Your daily values may be higher or	
DEHYDRATED POTATO SLICES (2 cans) Nutrition Facts Serving Size: 1/2 Cup (20g) Dry Servings Per Container: 28 Amount Per Serving Calories 70 Calories from Fat 0 % Daily Value* Total Fat 0g 0% Saturated Fat 0g 0%	TACO FLAVORED VEGETARIAN MEAT SUBSTITUTE (2 cans) Nutrition Facts Serving Size: 1/4 Cup (37g) Dry Servings Per Container: 30 Amount Per Serving Calories 140 Calories from Fat 50 % Daily Value* Total Fat 6g 9% Saturated Fat 1g 4%	FREEZE DRIED WHOLE RASPBERRIES (2 can) Nutrition Facts Serving Size: 1/2 Cup (10g) Dry Servings Per Container: 22 Amount Per Serving Calories 35 Calories from Fat 0 % Daily Value* Total Fat 0g 0% Saturated Fat 0g 0%	DICED CARROTS (2 cans) Nutrition Facts Serving Size: 1/3 Cup (36g) Dry Servings Per Container: 29 Amount Per Serving Calories 120 Calories from Fat 5 % Daily Value* Total Fat 0.5g 1%
BLEND 2 cans) Nutrition Facts Serving Size: 1/4 Cup (23g) Dry Servings Per Container: 40 Amount Per Serving Calories 70 Calories from Fat 0 % Daily Value* Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g	ROWNIE MIX (2 cans) Nutrition Facts Serving Size: 1/4 Cup (39g) Dry Servings Per Container: 45 Amount Per Serving Calories 150 Calories from Fat 15 % Daily Value* Total Fat 1.5g 2%	CEREAL (1 can) Nutrition Facts Serving Size: 1/4 Cup (50g) Dry Servings Per Container: 36	Nutrition Facts Serving Size: 1/2 Tsp (2g) Dry Servings Per Container: 921 Amount Per Serving
Trans Fat Og Cholesterol Omg	Total Fat 1.5g 2% Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium 150mg 6% Total Carbohydrate 32g 11% Dietary Fiber 1g 4% Sugars 18g Protein 3g Vitamin A 0% • Vitamin C 0% Calcium 0% • 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. Calories 2,000 2,500 Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 300mg 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Sugar, unbleached pastry flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), corn syrup solids, dextrose, dutched cocoa (cocoa [processed with alkali]), egg whites (egg whites and less than 0.1 percent sodium lauryl sulfate added as a whipping	Calories 180 Calories from Fat 5 Maily Value*	Calories 5 Calories from Fat 0 **Daily Value** Total Fat Og 0% Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium 400mg 17% Total Carbohydrate 1g 0% Dietary Fiber Og 0% Sugars Og Protein Og Vitamin A 0% • Vitamin C 0% Calcium 0% • 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. Calories 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 Sodium Less than 300mg 30mg Sodium Less than 300mg 30mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), salt, sugar, yeast extract, sweet whey, turmeric, garlic
Cholesterol Omg Sodium 50mg Z% Total Carbohydrate 18g Dietary Fiber 2g Sugars 5g Protein 2g Vitamin A 50% • Vitamin C 70% Calcium 6% • 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. Calories 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 • Carbs 4 • Protein 4 INGREDIENTS: Potato dices, cabbage flakes, chopped onion, carrot dices, celery slices, red and green bell beepers. Contains allergens: Processed in a plant that bandles wheat, egg, dairy, soybean, peanut, rashew, walnut, and almond products.	Total Fat 1.5g 2% Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium 150mg 6% Total Carbohydrate 32g 11% Dietary Fiber 1g 4% Sugars 18g Protein 3g Vitamin A 0% • Vitamin C 0% Calcium 0% • 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. Calories 2,000 2,500 Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 20g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Sugar, unbleached pastry flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), corn syrup solids, dextrose, dutched cocoa (cocoa [processed with alkali]), egg whites (egg whites and less than 0.1 percent sodium lauryl sulfate added as a whipping agent), shortening (partially hydrogenated soybean and cottonseed oil), cocoa, non-iodized salt, powdered shortening (mono and diglycerides [from partially hydrogenated soybean oil] with mixed tocopherols, ascorbic acid and citric acid [antioxidants]), wheat starch, vanilla flavor (dextrose, corn starch, water, alcohol), egg yolks, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), baking soda. Contains allergens: Egg and wheat.	Calories 180 Calories from Fat 5 **Daily Value**	Calories 5 Calories from Fat 0 % Daily Value* Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g Cholesterol Omg 0% Sodium 400mg 17% Total Carbohydrate 1g 0% Dietary Fiber 0g 0% Sugars 0g Protein 0g Vitamin A 0% • Vitamin C 0% Calcium 0% • 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. Calories 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 • Carbs 4 • Protein 4 INGREDIENTS: Chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion. Contains allergens: Soy, milk.
Cholesterol Omg Sodium 50mg Z% Total Carbohydrate 18g Dietary Fiber 2g Sugars 5g Protein 2g Vitamin A 50% • Vitamin C 70% Calcium 6% • 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. Calories 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 • Carbs 4 • Protein 4 PORREDIENTS: Potato dices, cabbage flakes, chopped onion, carrot dices, celery slices, red and green bell beppers. Contains allergens: Processed in a plant that landles wheat, egg, dairy, soybean, peanut, eashew, walnut, and almond products.	Total Fat 1.5g 2% Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 6% Sodium 150mg 6% Total Carbohydrate 32g 11% Dietary Fiber 1g 4% Sugars 18g Protein 3g Vitamin A 0% • Vitamin C 0% Calcium 0% • 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. Calories 2,000 2,500 Total Fat Less than 65g 80g Saturated Fat Less than 65g 80g Saturated Fat Less than 200g 25g Cholesterol Less than 300mg 300mg Sodium Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Sugar, unbleached pastry flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), corn syrup solids, dektrose, dutched cocoa (cocoa (processed with alkali]), egg whites (egg whites and less than 0.1 percent sodium lauryl sulfate added as a whipping agent), shortening (partially hydrogenated soybean oil] with mixed tocopherols, ascorbic acid and citric acid [antioxidants]), wheat starch, vanilla flavor (dextrose, corn starch, water, alcohol), egg yolks, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), baking soda. Contains allergens: Egg and wheat.	Calories 180 Calories from Fat 5 **Strong Fat 5*	Calories 5 Calories from Fat O % Daily Value* Total Fat Og O% Saturated Fat Og O% Trans Fat Og Cholesterol Omg O% Sodium 400mg 17% Total Carbohydrate 1g O% Dietary Fiber Og O% Sugars Og Protein Og Vitamin A O% • Vitamin C O% Calcium O% • Iron O% *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 25g Cholesterol Less than 200mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300mg 375g Dietary Fiber 25mg 30mg Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: Chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder disodium incosinate, disodium gunylate, spices, turmeric, dehydrated parsley, silicon dioxide), salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion. Contains allergens: Soy, milk.
Cholesterol Omg 2% Sodium 50mg 2% Total Carbohydrate 18g 6% Dietary Fiber 2g 8% Sugars 5g Protein 2g Vitamin A 50% • Vitamin C 70% Calcium 6% • 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. Calories 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 • Carbs 4 • Protein 4 NGREDIENTS: Potato dices, cabbage flakes, chopped onion, carrot dices, celery slices, red and green bell perpers. Contains allergens: Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products. Nutrition Facts Calories 160 Calories from Fat 0 % Daily Value* Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Cholesterol 0mg 0%	Total Fat 1.5g 2% Saturated Fat 0g 0% Trans Fat 0g Cholesterol Omg 0% Sodium 150mg 6% Total Carbohydrate 32g 11% Dietary Fiber 1g 4% Sugars 18g Protein 3g Vitamin A 0% Vitamin C 0% Calcium 0% 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. Calories 2,000 2,500 Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 2,400mg 2,400mg Sodium Less than 2,400mg 2,400mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 Carbs 4 Protein 4 INGREDIENTS: Sugar, unbleached pastry flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), corn syrup solids, dextrose, dutched cocoa (cocoa [processed with alkali)), egg whites (egg whites and less than 0.1 percent sodium lauryl sulfate added as a whipping agent), shortening (partially hydrogenated soybean and cottonseed oil), cocoa, non-iodized salt, powdered shortening (partially hydrogenated soybean and cottonseed oil), cocoa, non-iodized salt, powdered shortening (partiall) hydrogenated soybean and cottonseed oil), cocoa, non-iodized salt, powdered shortening (partiall) hydrogenated soybean oil] with mixed tocopherols, ascorbic acid and citric acid [antioxidants]), wheat starch, vanilla flavor (dextrose, corn starch, water, alcohol), egg yolks, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), baking soda. Contains allergens: Egg and wheat. Serving Size: 1/4 Cup (46g) Dry Servings Per Container: 49 Amount Per Serving Calories 150 Calories from Fat 0 % Daily Value* Total Fat 0g 0% Saturated Fat 0g 0% Cholesterol Omg 0%	Calories 180 Calories from Fat 5 **Daily Value*** Total Fat 0.5g 1%	Calories 5 Calories from Fat O % Daily Value* Total Fat Og
Cholesterol Omg Sodium 50mg 2 % Total Carbohydrate 18g 6 % Dietary Fiber 2g 8 % Sugars 5g Protein 2g Vitamin A 50% • Vitamin C 70% Calcium 6% • Iron 4% *Percent Delly values are based on a 2,000 colorie diet voir daily values may be Higher or lower depending on your calorie needs. Calories 2,000 2 550 Cotal Fat Less than 5659 809 Saturated Fat Less than 200g 3550 Cotal Fat Less than 200g 350 Sodium Less than 300g 300mg 300mg 50dium Less than 300g 300g 300g 300g 300g 300g 300g 300	Total Fat 1.5g Saturated Fat Og Cholesterol Omg O% Sodium 150mg G% Total Carbohydrate 32g IT% Dietary Fiber 1g A% Sugars 18g Protein 3g Vitamin A 0% Vitamin C 0% Calcium 0% Iron 10% Percent Dally values are based on a 2,000 caorie delt-Your dally values are based on a 2,000 Total Fat Less than 65g Sougars 18g Protein 2g Vitamin A 0% Vitamin C 0% Calories 2,000 2,500 Total Fat Less than 65g Sougars 18g For Calories 2,000 2,500 Total Fat Less than 65g Sougars 18g Saturated Fat Less than 200g 25g Cholesterol Less than 200g 357g Dietary Fiber 25g Sougars 18g INGREDIENTS: Sugar unbleeched oberty flour (wheat flour, nation, reduced in con. thainin momonitate, riboflavin, folic acid, enzyme), corn syrup solids, destrose, dutch docoos (coca processed with alkall), gag whites (egg whites and less than 0.1 percent sodium brusty sulfate added as a whipping agent), shortening (partially hydrogenated sysphean and cottonseed 01), cocon, monicolized coductose, dutch cococ, non-inclized cocost (coca pc., non-inclized cocos), shortening (partially hydrogenated sysphean oil or with alkall), gag whites (egg whites and less than 0.1 percent sodium brusty sulfate added as a whipping agent), shortening (partially hydrogenated sysphean oil or with alkall), gag whites (egg whites and less than 0.1 percent sodium sourchoused ollow. Cococo, non-inclized cococococococococococococococococococo	CALICKEN GRAVY MIX CHICKEN GRAVY MIX CHICKEN GRAVY MIX Calories 100 Calories from Fat 5 **N Daily Value** Total Fat 0.5g	Calories 5 Calories from Fat O % Dally Value* Total Fat Og
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