

**NUTRITIONAL INFO**

**MISSION BBQ®**  
The American Way.



# PROTEINS

# NUTRITIONAL INFO



## BAY-B-BACK RIBS (SINGLE BONE SERVING)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	68.04	100.00
Calories (kcal)	197.95	290.93
Calories from Fat (kcal)	129.66	190.57
Calories from SatFat (kcal)	47.02	69.10
Protein (g)	15.41	22.65
Carbohydrates (g)	0.63	0.93
Dietary Fiber (g)	0	0
Soluble Fiber (g)	0	0
Total Sugars (g)	0.63	0.93
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	0	0
Fat (g)	14.41	21.17
Saturated Fat (g)	5.22	7.68
Mono Fat (g)	6.22	9.14
Poly Fat (g)	2.36	3.47
Trans Fatty Acid (g)	0.13	0.19
Cholesterol (mg)	56.26	82.69
Water (g)	36.72	53.96
<b>VITAMINS</b>		
Vitamin A - IU (IU)	13.40	19.69
Vitamin A - RAE (RAE)	4.02	5.91
Carotenoid RE (RE)	0	0
Retinol RE (RE)	4.02	5.91
Beta-Carotene (mcg)	0	0
Vitamin B1 (mg)	0.31	0.45
Vitamin B2 (mg)	0.22	0.33
Vitamin B3 (mg)	5.11	7.52
Vitamin B3 - Niacin Equiv (mg)	8.17	12.01
Vitamin B6 (mg)	0.28	0.41
Vitamin B12 (mcg)	0.50	0.73
Biotin (mcg)	1.34	1.97
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	32.15	47.25
Vitamin D - mcg (mcg)	0.80	1.18
Vitamin E - Alpha-Toco (mg)	0.17	0.25
Folate (mcg)	0	0
Folate, DFE (mcg)	0	0
Vitamin K (mcg)	0	0
Pantothenic Acid (mg)	0.84	1.24

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	30.81	45.28
Chromium (mcg)	-	-
Copper (mg)	0.07	0.11
Fluoride (mg)	-	-
Iodine (mcg)	-	-
Iron (mg)	0.62	0.91
Magnesium (mg)	11.39	16.73
Manganese (mg)	0.01	0.01
Molybdenum (mcg)	2.28	3.35
Phosphorus (mg)	110.51	162.42
Potassium (mg)	160.74	236.25
Selenium (mcg)	21.57	31.70
Sodium (mg)	177.43	260.78
Zinc (mg)	2.06	3.02
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.11	0.16
Omega 6 Fatty Acid (g)	2.16	3.18
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	52.64	77.37

# NUTRITIONAL INFO



## BAY-B-BACK RIBS (5 BONE SERVING)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	340.19	100.00
Calories (kcal)	989.73	290.93
Calories from Fat (kcal)	648.29	190.57
Calories from SatFat (kcal)	235.08	69.10
Protein (g)	77.06	22.65
Carbohydrates (g)	3.17	0.93
Dietary Fiber (g)	0	0
Soluble Fiber (g)	0	0
Total Sugars (g)	3.17	0.93
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	0	0
Fat (g)	72.03	21.17
Saturated Fat (g)	26.12	7.68
Mono Fat (g)	31.11	9.14
Poly Fat (g)	11.82	3.47
Trans Fatty Acid (g)	0.63	0.19
Cholesterol (mg)	281.30	82.69
Water (g)	183.58	53.96
<b>VITAMINS</b>		
Vitamin A - IU (IU)	66.98	19.69
Vitamin A - RAE (RAE)	20.09	5.91
Carotenoid RE (RE)	0	0
Retinol RE (RE)	20.09	5.91
Beta-Carotene (mcg)	0	0
Vitamin B1 (mg)	1.54	0.45
Vitamin B2 (mg)	1.11	0.33
Vitamin B3 (mg)	25.57	7.52
Vitamin B3 - Niacin Equiv (mg)	40.86	12.01
Vitamin B6 (mg)	1.38	0.41
Vitamin B12 (mcg)	2.48	0.73
Biotin (mcg)	6.70	1.97
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	160.74	47.25
Vitamin D - mcg (mcg)	4.02	1.18
Vitamin E - Alpha-Toco (mg)	0.84	0.25
Folate (mcg)	0	0
Folate, DFE (mcg)	0	0
Vitamin K (mcg)	0	0
Pantothenic Acid (mg)	4.22	1.24

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	154.04	45.28
Chromium (mcg)	-	-
Copper (mg)	0.36	0.11
Fluoride (mg)	-	-
Iodine (mcg)	-	-
Iron (mg)	3.08	0.91
Magnesium (mg)	56.93	16.73
Manganese (mg)	0.03	0.01
Molybdenum (mcg)	11.39	3.35
Phosphorus (mg)	552.55	162.42
Potassium (mg)	803.71	236.25
Selenium (mcg)	107.83	31.70
Sodium (mg)	887.16	260.78
Zinc (mg)	10.28	3.02
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.55	0.16
Omega 6 Fatty Acid (g)	10.80	3.18
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	263.21	77.37

# NUTRITIONAL INFO



## BAY-B-BACK RIBS (10 BONE SERVING)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	680.39	100.00
Calories (kcal)	1979.46	290.93
Calories from Fat (kcal)	1296.58	190.57
Calories from SatFat (kcal)	470.17	69.10
Protein (g)	154.11	22.65
Carbohydrates (g)	6.34	0.93
Dietary Fiber (g)	0	0
Soluble Fiber (g)	0	0
Total Sugars (g)	6.34	0.93
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	0	0
Fat (g)	144.06	21.17
Saturated Fat (g)	52.24	7.68
Mono Fat (g)	62.22	9.14
Poly Fat (g)	23.64	3.47
Trans Fatty Acid (g)	1.26	0.19
Cholesterol (mg)	562.60	82.69
Water (g)	367.16	53.96
<b>VITAMINS</b>		
Vitamin A - IU (IU)	133.95	19.69
Vitamin A - RAE (RAE)	40.19	5.91
Carotenoid RE (RE)	0	0
Retinol RE (RE)	40.19	5.91
Beta-Carotene (mcg)	0	0
Vitamin B1 (mg)	3.08	0.45
Vitamin B2 (mg)	2.22	0.33
Vitamin B3 (mg)	51.14	7.52
Vitamin B3 - Niacin Equiv (mg)	81.73	12.01
Vitamin B6 (mg)	2.77	0.41
Vitamin B12 (mcg)	4.96	0.73
Biotin (mcg)	13.40	1.97
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	321.48	47.25
Vitamin D - mcg (mcg)	8.04	1.18
Vitamin E - Alpha-Toco (mg)	1.67	0.25
Folate (mcg)	0	0
Folate, DFE (mcg)	0	0
Vitamin K (mcg)	0	0
Pantothenic Acid (mg)	8.44	1.24

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	308.09	45.28
Chromium (mcg)	-	-
Copper (mg)	0.72	0.11
Fluoride (mg)	-	-
Iodine (mcg)	-	-
Iron (mg)	6.16	0.91
Magnesium (mg)	113.86	16.73
Manganese (mg)	0.07	0.01
Molybdenum (mcg)	22.77	3.35
Phosphorus (mg)	1105.10	162.42
Potassium (mg)	1607.42	236.25
Selenium (mcg)	215.66	31.70
Sodium (mg)	1774.32	260.78
Zinc (mg)	20.56	3.02
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	1.10	0.16
Omega 6 Fatty Acid (g)	21.61	3.18
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	526.43	77.37

# NUTRITIONAL INFO



## BRISKET (BURGER)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	302.03	100.00
Calories (kcal)	724.16	239.76
Calories from Fat (kcal)	271.46	89.88
Calories from SatFat (kcal)	104.82	34.70
Protein (g)	85.51	28.31
Carbohydrates (g)	21.56	7.14
Dietary Fiber (g)	0.90	0.30
Soluble Fiber (g)	0.26	0.09
Total Sugars (g)	2.74	0.91
Monosaccharides (g)	1.87	0.62
Disaccharides (g)	0.86	0.29
Other Carbs (g)	17.92	5.93
Fat (g)	30.16	9.99
Saturated Fat (g)	11.65	3.86
Mono Fat (g)	12.67	4.20
Poly Fat (g)	1.74	0.58
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	244.32	80.89
Water (g)	162.26	53.72
<b>VITAMINS</b>		
Vitamin A - IU (IU)	0.43	0.14
Vitamin A - RAE (RAE)	0.02	0.01
Carotenoid RE (RE)	0.04	0.01
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	0	0
Vitamin B1 (mg)	0.43	0.14
Vitamin B2 (mg)	0.60	0.20
Vitamin B3 (mg)	13.43	4.45
Vitamin B3 - Niacin Equiv (mg)	22.27	7.37
Vitamin B6 (mg)	0.82	0.27
Vitamin B12 (mcg)	6.58	2.18
Biotin (mcg)	0.44	0.14
Vitamin C (mg)	0.56	0.19
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	1.20	0.40
Folate (mcg)	72.99	24.17
Folate, DFE (mcg)	98.79	32.71
Vitamin K (mcg)	5.56	1.84
Pantothenic Acid (mg)	1.60	0.53

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	117.69	38.97
Chromium (mcg)	6.06	2.01
Copper (mg)	0.36	0.12
Fluoride (mg)	-	-
Iodine (mcg)	7.32	2.42
Iron (mg)	8.40	2.78
Magnesium (mg)	63.41	20.99
Manganese (mg)	0.27	0.09
Molybdenum (mcg)	-	-
Phosphorus (mg)	530.01	175.48
Potassium (mg)	697.89	231.06
Selenium (mcg)	84.18	27.87
Sodium (mg)	761.50	252.13
Zinc (mg)	18.72	6.20
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.36	0.12
Omega 6 Fatty Acid (g)	1.38	0.46
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	315.85	104.58

# NUTRITIONAL INFO



## BRISKET (MEAT MARKET 8OZ. PORTION) - LEAN

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	226.80	100.00
Calories (kcal)	480.35	211.8
Calories from Fat (kcal)	159.50	70.33
Calories from SatFat (kcal)	62.78	27.68
Protein (g)	72.95	32.17
Carbohydrates (g)	2.71	1.19
Dietary Fiber (g)	0.74	0.32
Soluble Fiber (g)	0	0
Total Sugars (g)	0.06	0.02
Monosaccharides (g)	0.02	0.01
Disaccharides (g)	0.04	0.02
Other Carbs (g)	1.92	0.85
Fat (g)	17.72	7.81
Saturated Fat (g)	6.98	3.08
Mono Fat (g)	7.60	3.35
Poly Fat (g)	0.68	0.30
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	202.55	89.31
Water (g)	130.07	57.35
<b>VITAMINS</b>		
Vitamin A - IU (IU)	12.60	5.55
Vitamin A - RAE (RAE)	0.63	0.28
Carotenoid RE (RE)	1.26	0.56
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	7.14	3.15
Vitamin B1 (mg)	0.16	0.07
Vitamin B2 (mg)	0.44	0.19
Vitamin B3 (mg)	10.31	4.55
Vitamin B3 - Niacin Equiv (mg)	18.30	8.07
Vitamin B6 (mg)	0.74	0.33
Vitamin B12 (mcg)	5.35	2.36
Biotin (mcg)	-	-
Vitamin C (mg)	0.02	0.01
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	1.00	0.44
Folate (mcg)	23.21	10.23
Folate, DFE (mcg)	23.21	10.23
Vitamin K (mcg)	7.30	3.22
Pantothenic Acid (mg)	1.47	0.65

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	53.38	25.53
Chromium (mcg)	5.54	2.44
Copper (mg)	0.29	0.13
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	6.40	2.82
Magnesium (mg)	51.48	22.70
Manganese (mg)	0.33	0.15
Molybdenum (mcg)	7.49	3.30
Phosphorus (mg)	451.00	198.86
Potassium (mg)	632.11	278.71
Selenium (mcg)	68.55	30.22
Sodium (mg)	1173.09	517.24
Zinc (mg)	16.83	7.42
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.18	0.08
Omega 6 Fatty Acid (g)	0.49	0.22
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	277.27	122.26

# NUTRITIONAL INFO



## BRISKET (MEAT MARKET 80Z. PORTION) - MOIST

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	226.80	100.00
Calories (kcal)	594.83	262.28
Calories from Fat (kcal)	416.50	183.64
Calories from SatFat (kcal)	167.17	73.71
Protein (g)	39.38	17.36
Carbohydrates (g)	2.71	1.19
Dietary Fiber (g)	0.74	0.32
Soluble Fiber (g)	0	0
Total Sugars (g)	0.06	0.02
Monosaccharides (g)	0.02	0.01
Disaccharides (g)	0.04	0.02
Other Carbs (g)	1.92	0.85
Fat (g)	46.28	20.40
Saturated Fat (g)	18.57	8.19
Mono Fat (g)	21.00	9.26
Poly Fat (g)	1.55	0.68
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	156.31	68.92
Water (g)	132.41	58.38
<b>VITAMINS</b>		
Vitamin A - IU (IU)	12.60	5.55
Vitamin A - RAE (RAE)	0.63	0.28
Carotenoid RE (RE)	1.26	0.56
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	7.14	3.15
Vitamin B1 (mg)	0.19	0.08
Vitamin B2 (mg)	0.34	0.15
Vitamin B3 (mg)	6.91	3.05
Vitamin B3 - Niacin Equiv (mg)	14.23	6.27
Vitamin B6 (mg)	0.83	0.36
Vitamin B12 (mcg)	4.93	2.17
Biotin (mcg)	-	-
Vitamin C (mg)	0.02	0.01
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.04	0.02
Folate (mcg)	14.40	6.35
Folate, DFE (mcg)	14.40	6.35
Vitamin K (mcg)	3.78	1.67
Pantothenic Acid (mg)	0.71	0.31

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	24.75	10.91
Chromium (mcg)	0.37	0.16
Copper (mg)	0.20	0.09
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	4.04	1.78
Magnesium (mg)	44.88	19.79
Manganese (mg)	0.34	0.15
Molybdenum (mcg)	-	-
Phosphorus (mg)	376.14	165.85
Potassium (mg)	632.11	278.71
Selenium (mcg)	33.98	14.98
Sodium (mg)	1212.72	534.72
Zinc (mg)	9.41	4.15
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.51	0.22
Omega 6 Fatty Acid (g)	1.03	0.45
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	163.67	72.16

# NUTRITIONAL INFO



## BRISKET (SANDWICH 6OZ. PORTION) - LEAN

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	213.10	100.00
Calories (kcal)	479.80	225.16
Calories from Fat (kcal)	134.18	62.97
Calories from SatFat (kcal)	50.51	23.70
Protein (g)	58.96	27.67
Carbohydrates (g)	23.60	11.07
Dietary Fiber (g)	1.45	0.68
Soluble Fiber (g)	0.26	0.12
Total Sugars (g)	2.78	1.31
Monosaccharides (g)	1.89	0.89
Disaccharides (g)	0.89	0.42
Other Carbs (g)	19.36	9.09
Fat (g)	14.91	7.00
Saturated Fat (g)	5.61	2.63
Mono Fat (g)	6.09	2.86
Poly Fat (g)	1.19	0.56
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	151.91	71.29
Water (g)	112.25	52.68
<b>VITAMINS</b>		
Vitamin A - IU (IU)	9.88	4.64
Vitamin A - RAE (RAE)	0.49	0.23
Carotenoid RE (RE)	0.99	0.46
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	5.35	2.51
Vitamin B1 (mg)	0.39	0.18
Vitamin B2 (mg)	0.42	0.20
Vitamin B3 (mg)	9.79	4.59
Vitamin B3 - Niacin Equiv (mg)	15.77	7.40
Vitamin B6 (mg)	0.59	0.28
Vitamin B12 (mcg)	4.10	1.92
Biotin (mcg)	0.44	0.21
Vitamin C (mg)	0.57	0.27
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.78	0.37
Folate (mcg)	65.13	30.57
Folate, DFE (mcg)	90.93	42.67
Vitamin K (mcg)	6.81	3.19
Pantothenic Acid (mg)	1.11	0.52

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	114.42	53.69
Chromium (mcg)	4.16	1.95
Copper (mg)	0.27	0.13
Fluoride (mg)	0	0
Iodine (mcg)	7.32	3.44
Iron (mg)	6.27	2.94
Magnesium (mg)	48.93	22.96
Manganese (mg)	0.49	0.23
Molybdenum (mcg)	-	-
Phosphorus (mg)	384.26	180.32
Potassium (mg)	528.69	248.10
Selenium (mcg)	61.22	28.73
Sodium (mg)	1094.82	513.76
Zinc (mg)	12.99	6.10
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.21	0.10
Omega 6 Fatty Acid (g)	0.98	0.46
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	214.23	100.53



# NUTRITIONAL INFO



## BRISKET (SANDWICH 6OZ. PORTION) - MOIST

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	213.10	100.00
Calories (kcal)	565.67	265.45
Calories from Fat (kcal)	326.92	153.42
Calories from SatFat (kcal)	128.80	60.44
Protein (g)	33.78	15.85
Carbohydrates (g)	23.60	11.07
Dietary Fiber (g)	1.45	0.68
Soluble Fiber (g)	0.26	0.12
Total Sugars (g)	2.78	1.31
Monosaccharides (g)	1.89	0.89
Disaccharides (g)	0.89	0.42
Other Carbs (g)	19.36	9.09
Fat (g)	36.32	17.05
Saturated Fat (g)	14.31	6.72
Mono Fat (g)	16.14	7.57
Poly Fat (g)	1.84	0.87
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	117.24	55.02
Water (g)	114.00	53.50
<b>VITAMINS</b>		
Vitamin A - IU (IU)	9.88	4.64
Vitamin A - RAE (RAE)	0.49	0.23
Carotenoid RE (RE)	0.99	0.46
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	5.35	2.51
Vitamin B1 (mg)	0.42	0.20
Vitamin B2 (mg)	0.34	0.16
Vitamin B3 (mg)	7.23	3.39
Vitamin B3 - Niacin Equiv (mg)	12.72	5.97
Vitamin B6 (mg)	0.65	0.31
Vitamin B12 (mcg)	3.78	1.78
Biotin (mcg)	0.44	0.21
Vitamin C (mg)	0.57	0.27
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.06	0.03
Folate (mcg)	58.53	27.47
Folate, DFE (mcg)	84.33	39.57
Vitamin K (mcg)	4.17	1.95
Pantothenic Acid (mg)	0.53	0.25

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	92.96	43.62
Chromium (mcg)	0.28	0.13
Copper (mg)	0.20	0.09
Fluoride (mg)	0	0
Iodine (mcg)	7.32	3.44
Iron (mg)	4.51	2.11
Magnesium (mg)	43.98	20.64
Manganese (mg)	0.49	0.23
Molybdenum (mcg)	-	-
Phosphorus (mg)	328.12	153.98
Potassium (mg)	528.69	248.10
Selenium (mcg)	35.29	16.56
Sodium (mg)	1124.54	527.71
Zinc (mg)	7.43	3.49
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.45	0.21
Omega 6 Fatty Acid (g)	1.39	0.65
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	129.03	60.55

# NUTRITIONAL INFO



## BRISKET (SLIDER) - LEAN

0.29 0.36	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	81.45	100.00
Calories (kcal)	200.09	245.66
Calories from Fat (kcal)	53.38	65.53
Calories from SatFat (kcal)	15.70	19.27
Protein (g)	20.24	24.85
Carbohydrates (g)	15.68	19.25
Dietary Fiber (g)	0.18	0.23
Soluble Fiber (g)	0	0
Total Sugars (g)	0.01	0.02
Monosaccharides (g)	0.01	0.01
Disaccharides (g)	0.01	0.01
Other Carbs (g)	15.48	19.00
Fat (g)	5.93	7.28
Saturated Fat (g)	1.74	2.14
Mono Fat (g)	1.90	2.33
Poly Fat (g)	0.17	0.21
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	50.64	62.17
Water (g)	32.52	39.92
<b>VITAMINS</b>		
Vitamin A - IU (IU)	3.15	3.87
Vitamin A - RAE (RAE)	0.16	0.19
Carotenoid RE (RE)	0.31	0.39
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	1.78	2.19
Vitamin B1 (mg)	0.04	0.05
Vitamin B2 (mg)	0.11	0.13
Vitamin B3 (mg)	2.58	3.17
Vitamin B3 - Niacin Equiv (mg)	4.57	5.62
Vitamin B6 (mg)	0.19	0.23
Vitamin B12 (mcg)	1.34	1.64
Biotin (mcg)	-	-
Vitamin C (mg)	0.01	0.01
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.25	0.31
Folate (mcg)	5.80	7.12
Folate, DFE (mcg)	5.80	7.12
Vitamin K (mcg)	1.82	2.24
Pantothenic Acid (mg)	0.37	0.45

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	13.34	16.38
Chromium (mcg)	1.39	1.70
Copper (mg)	0.07	0.09
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	1.60	1.96
Magnesium (mg)	12.87	15.80
Manganese (mg)	0.08	0.10
Molybdenum (mcg)	1.87	2.30
Phosphorus (mg)	112.75	138.43
Potassium (mg)	158.03	194.02
Selenium (mcg)	17.14	21.04
Sodium (mg)	293.27	360.07
Zinc (mg)	4.21	5.17
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.04	0.06
Omega 6 Fatty Acid (g)	0.12	0.15
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	69.32	85.11

# NUTRITIONAL INFO



## BRISKET (SLIDER) - MOIST

0.29 0.36	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	81.45	100.00
Calories (kcal)	228.71	280.80
Calories from Fat (kcal)	117.62	144.41
Calories from SatFat (kcal)	41.79	51.31
Protein (g)	11.84	14.54
Carbohydrates (g)	15.68	19.25
Dietary Fiber (g)	0.18	0.23
Soluble Fiber (g)	0	0
Total Sugars (g)	0.01	0.02
Monosaccharides (g)	0.01	0.01
Disaccharides (g)	0.01	0.01
Other Carbs (g)	15.48	19.00
Fat (g)	13.07	16.05
Saturated Fat (g)	4.64	5.70
Mono Fat (g)	5.25	6.45
Poly Fat (g)	0.39	0.47
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	39.08	47.98
Water (g)	33.10	40.64
<b>VITAMINS</b>		
Vitamin A - IU (IU)	3.15	3.87
Vitamin A - RAE (RAE)	0.16	0.19
Carotenoid RE (RE)	0.31	0.39
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	1.78	2.19
Vitamin B1 (mg)	0.05	0.06
Vitamin B2 (mg)	0.08	0.10
Vitamin B3 (mg)	1.73	2.12
Vitamin B3 - Niacin Equiv (mg)	3.56	4.37
Vitamin B6 (mg)	0.21	0.25
Vitamin B12 (mcg)	1.23	1.51
Biotin (mcg)	-	-
Vitamin C (mg)	0.01	0.01
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.01	0.01
Folate (mcg)	3.60	4.42
Folate, DFE (mcg)	3.60	4.42
Vitamin K (mcg)	0.94	1.16
Pantothenic Acid (mg)	0.18	0.22

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	6.19	7.60
Chromium (mcg)	0.09	0.11
Copper (mg)	0.05	0.06
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	1.01	1.24
Magnesium (mg)	11.22	13.77
Manganese (mg)	0.08	0.10
Molybdenum (mcg)	-	-
Phosphorus (mg)	94.04	115.45
Potassium (mg)	158.03	194.02
Selenium (mcg)	8.50	10.43
Sodium (mg)	303.18	372.23
Zinc (mg)	2.35	2.89
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.13	0.16
Omega 6 Fatty Acid (g)	0.26	0.32
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	40.92	50.24

# NUTRITIONAL INFO

MISSION BBQ®  
The American Way.



## CHICKEN

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	311	100.00
Calories (kcal)	613	197
Calories from Fat (kcal)	271	87
Protein (g)	85	27.4
Carbohydrates (g)	<1	<1
Dietary Fiber (g)	<1	<1
Total Sugars (g)	<1	<1
Fat (g)	30	9.68
Saturated Fat (g)	9	2.89
Mono Fat (g)	14	4.57
Poly Fat (g)	7	2.18
Trans Fatty Acid (g)	<1	<1
Cholesterol (mg)	429	138

NUTRIENTS	Per Serving	Per 100g
<b>VITAMINS</b>		
Vitamin D - mcg (mcg)	1	0.46
<b>MINERALS</b>		
Calcium (mg)	39	12.5
Iron (mg)	2	0.73
Potassium (mg)	961	309
Sodium (mg)	942	303

# NUTRITIONAL INFO



## CHOPPED BRISKET (SANDWICH)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	241.45	100.00
Calories (kcal)	590.73	244.66
Calories from Fat (kcal)	219.02	90.71
Calories from SatFat (kcal)	84.41	34.96
Protein (g)	40.19	16.65
Carbohydrates (g)	46.83	19.40
Dietary Fiber (g)	1.38	0.57
Soluble Fiber (g)	0.27	0.11
Total Sugars (g)	24.26	10.05
Monosaccharides (g)	6.20	2.57
Disaccharides (g)	1.55	0.64
Other Carbs (g)	21.18	8.77
Fat (g)	24.34	10.08
Saturated Fat (g)	9.38	3.88
Mono Fat (g)	10.15	4.20
Poly Fat (g)	1.57	0.65
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	130.10	53.89
Water (g)	109.83	45.49
<b>VITAMINS</b>		
Vitamin A - IU (IU)	135.24	56.01
Vitamin A - RAE (RAE)	6.90	2.86
Carotenoid RE (RE)	13.54	5.61
Retinol RE (RE)	0.13	0.05
Beta-Carotene (mcg)	80.13	33.19
Vitamin B1 (mg)	0.37	0.15
Vitamin B2 (mg)	0.36	0.15
Vitamin B3 (mg)	7.70	3.19
Vitamin B3 - Niacin Equiv (mg)	11.45	4.74
Vitamin B6 (mg)	0.57	0.24
Vitamin B12 (mcg)	2.69	1.11
Biotin (mcg)	0.44	0.18
Vitamin C (mg)	3.20	1.32
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	1.02	0.42
Folate (mcg)	62.54	25.90
Folate, DFE (mcg)	88.34	36.59
Vitamin K (mcg)	6.42	2.66
Pantothenic Acid (mg)	0.90	0.37

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	159.82	66.19
Chromium (mcg)	4.42	1.83
Copper (mg)	0.35	0.15
Fluoride (mg)	0	0
Iodine (mcg)	7.32	3.03
Iron (mg)	6.38	2.64
Magnesium (mg)	90.98	37.68
Manganese (mg)	0.76	0.31
Molybdenum (mcg)	-	-
Phosphorus (mg)	287.27	118.98
Potassium (mg)	841.90	348.69
Selenium (mcg)	47.11	562.00
Sodium (mg)	1356.92	562.00
Zinc (mg)	8.76	3.63
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.32	0.13
Omega 6 Fatty Acid (g)	1.25	0.52
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	147.75	61.20

# NUTRITIONAL INFO



## PULLED CHICKEN (MEAT MARKET)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	226.80	100.00
Calories (kcal)	404.45	178.33
Calories from Fat (kcal)	165.53	72.98
Calories from SatFat (kcal)	45.37	20.00
Protein (g)	52.98	23.36
Carbohydrates (g)	3.86	1.70
Dietary Fiber (g)	0.80	0.35
Soluble Fiber (g)	0	0
Total Sugars (g)	1.93	0.85
Monosaccharides (g)	0.12	0.05
Disaccharides (g)	0.04	0.02
Other Carbs (g)	1.08	0.48
Fat (g)	18.39	8.11
Saturated Fat (g)	5.04	2.22
Mono Fat (g)	7.46	3.29
Poly Fat (g)	3.70	1.63
Trans Fatty Acid (g)	0.09	0.04
Cholesterol (mg)	295.47	130.28
Water (g)	147.77	65.16
<b>VITAMINS</b>		
Vitamin A - IU (IU)	669.74	295.30
Vitamin A - RAE (RAE)	48.04	21.18
Carotenoid RE (RE)	61.06	26.92
Retinol RE (RE)	17.51	7.72
Beta-Carotene (mcg)	321.63	141.81
Vitamin B1 (mg)	0.22	0.10
Vitamin B2 (mg)	0.43	0.19
Vitamin B3 (mg)	13.71	6.04
Vitamin B3 - Niacin Equiv (mg)	23.62	10.41
Vitamin B6 (mg)	1.05	0.46
Vitamin B12 (mcg)	0.88	0.39
Biotin (mcg)	-	-
Vitamin C (mg)	0.34	0.15
Vitamin D - IU (IU)	15.32	6.76
Vitamin D - mcg (mcg)	0.44	0.19
Vitamin E - Alpha-Toco (mg)	0.85	0.38
Folate (mcg)	12.48	5.50
Folate, DFE (mcg)	12.48	5.50
Vitamin K (mcg)	10.68	4.71
Pantothenic Acid (mg)	2.89	1.27

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	33.39	14.72
Chromium (mcg)	0.11	0.05
Copper (mg)	0.15	0.06
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	2.96	1.30
Magnesium (mg)	58.10	25.62
Manganese (mg)	0.17	0.07
Molybdenum (mcg)	-	-
Phosphorus (mg)	486.10	214.33
Potassium (mg)	662.62	292.17
Selenium (mcg)	57.53	25.37
Sodium (mg)	1289.87	568.73
Zinc (mg)	4.03	1.78
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.21	0.09
Omega 6 Fatty Acid (g)	3.38	1.49
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	158.70	69.98

# NUTRITIONAL INFO



## PULLED CHICKEN (SANDWICH)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	213.10	100.00
Calories (kcal)	422.88	198.44
Calories from Fat (kcal)	138.70	65.09
Calories from SatFat (kcal)	37.45	17.57
Protein (g)	43.98	20.64
Carbohydrates (g)	24.46	11.48
Dietary Fiber (g)	1.50	0.71
Soluble Fiber (g)	0.26	0.12
Total Sugars (g)	4.19	1.97
Monosaccharides (g)	1.97	0.92
Disaccharides (g)	0.89	0.42
Other Carbs (g)	18.73	8.79
Fat (g)	15.41	7.23
Saturated Fat (g)	4.16	1.95
Mono Fat (g)	5.98	2.81
Poly Fat (g)	3.46	1.62
Trans Fatty Acid (g)	0.07	0.03
Cholesterol (mg)	221.60	103.99
Water (g)	125.53	58.91
<b>VITAMINS</b>		
Vitamin A - IU (IU)	502.73	235.92
Vitamin A - RAE (RAE)	36.05	16.92
Carotenoid RE (RE)	45.84	21.51
Retinol RE (RE)	13.13	6.16
Beta-Carotene (mcg)	241.22	113.20
Vitamin B1 (mg)	0.44	0.21
Vitamin B2 (mg)	0.41	0.19
Vitamin B3 (mg)	12.33	5.79
Vitamin B3 - Niacin Equiv (mg)	19.76	9.27
Vitamin B6 (mg)	0.82	0.38
Vitamin B12 (mcg)	0.74	0.35
Biotin (mcg)	0.44	0.21
Vitamin C (mg)	0.81	0.38
Vitamin D - IU (IU)	11.49	5.39
Vitamin D - mcg (mcg)	0.33	0.15
Vitamin E - Alpha-Toco (mg)	0.67	0.31
Folate (mcg)	57.09	26.79
Folate, DFE (mcg)	82.89	38.90
Vitamin K (mcg)	9.34	4.39
Pantothenic Acid (mg)	2.17	1.02

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	99.43	46.66
Chromium (mcg)	0.08	0.04
Copper (mg)	0.16	0.08
Fluoride (mg)	0	0
Iodine (mcg)	7.32	3.44
Iron (mg)	3.69	1.73
Magnesium (mg)	53.90	25.29
Manganese (mg)	0.36	0.17
Molybdenum (mcg)	-	-
Phosphorus (mg)	410.59	192.68
Potassium (mg)	551.57	258.84
Selenium (mcg)	52.95	24.85
Sodium (mg)	1182.40	554.86
Zinc (mg)	3.40	1.59
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.23	0.11
Omega 6 Fatty Acid (g)	3.15	1.48
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	125.30	58.80

# NUTRITIONAL INFO



## PULLED CHICKEN (SLIDER)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	81.45	100.00
Calories (kcal)	181.11	222.36
Calories from Fat (kcal)	54.88	67.38
Calories from SatFat (kcal)	11.34	13.92
Protein (g)	15.24	18.72
Carbohydrates (g)	15.97	19.60
Dietary Fiber (g)	0.20	0.25
Soluble Fiber (g)	0	0
Total Sugars (g)	0.48	0.59
Monosaccharides (g)	0.03	0.04
Disaccharides (g)	0.01	0.01
Other Carbs (g)	15.27	18.75
Fat (g)	6.10	7.49
Saturated Fat (g)	1.26	1.55
Mono Fat (g)	1.86	2.29
Poly Fat (g)	0.92	1.13
Trans Fatty Acid (g)	0.02	0.03
Cholesterol (mg)	73.87	90.69
Water (g)	36.94	45.36
<b>VITAMINS</b>		
Vitamin A - IU (IU)	167.43	205.57
Vitamin A - RAE (RAE)	12.01	14.75
Carotenoid RE (RE)	15.27	18.74
Retinol RE (RE)	4.38	5.37
Beta-Carotene (mcg)	80.41	98.72
Vitamin B1 (mg)	0.05	0.07
Vitamin B2 (mg)	0.11	0.13
Vitamin B3 (mg)	3.43	4.21
Vitamin B3 - Niacin Equiv (mg)	5.90	7.25
Vitamin B6 (mg)	0.26	0.32
Vitamin B12 (mcg)	0.22	0.27
Biotin (mcg)	-	-
Vitamin C (mg)	0.08	0.10
Vitamin D - IU (IU)	3.83	4.70
Vitamin D - mcg (mcg)	0.11	0.13
Vitamin E - Alpha-Toco (mg)	0.21	0.26
Folate (mcg)	3.12	3.83
Folate, DFE (mcg)	3.12	3.83
Vitamin K (mcg)	2.67	3.28
Pantothenic Acid (mg)	0.72	0.89

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	8.35	10.25
Chromium (mcg)	0.03	0.03
Copper (mg)	0.04	0.04
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.74	0.91
Magnesium (mg)	14.53	17.83
Manganese (mg)	0.04	0.05
Molybdenum (mcg)	-	-
Phosphorus (mg)	121.53	149.20
Potassium (mg)	165.65	203.38
Selenium (mcg)	14.38	17.66
Sodium (mg)	322.47	395.91
Zinc (mg)	1.01	1.24
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.05	0.06
Omega 6 Fatty Acid (g)	0.85	1.04
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	39.68	48.71



# NUTRITIONAL INFO



## PULLED PORK (MEAT MARKET)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	226.80	100.00
Calories (kcal)	602.63	265.72
Calories from Fat (kcal)	358.54	158.09
Calories from SatFat (kcal)	133.45	58.84
Protein (g)	56.51	24.92
Carbohydrates (g)	0.34	0.15
Dietary Fiber (g)	0.08	0.03
Soluble Fiber (g)	0	0
Total Sugars (g)	0.01	0
Monosaccharides (g)	0	0
Disaccharides (g)	0.01	0
Other Carbs (g)	0.26	0.11
Fat (g)	39.84	17.57
Saturated Fat (g)	14.83	6.54
Mono Fat (g)	17.98	7.93
Poly Fat (g)	4.67	2.06
Trans Fatty Acid (g)	0.35	0.15
Cholesterol (mg)	220.64	97.29
Water (g)	123.76	54.57
<b>VITAMINS</b>		
Vitamin A - IU (IU)	19.11	8.43
Vitamin A - RAE (RAE)	4.56	2.01
Carotenoid RE (RE)	0.11	0.05
Retinol RE (RE)	4.50	1.99
Beta-Carotene (mcg)	0.62	0.28
Vitamin B1 (mg)	1.13	0.50
Vitamin B2 (mg)	0.82	0.36
Vitamin B3 (mg)	8.72	3.85
Vitamin B3 - Niacin Equiv (mg)	18.55	8.18
Vitamin B6 (mg)	1.01	0.45
Vitamin B12 (mcg)	2.09	0.92
Biotin (mcg)	4.50	1.99
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	105.82	46.66
Vitamin D - mcg (mcg)	2.70	1.19
Vitamin E - Alpha-Toco (mg)	0.27	0.12
Folate (mcg)	0.17	0.08
Folate, DFE (mcg)	0.17	0.08
Vitamin K (mcg)	0.33	0.15
Pantothenic Acid (mg)	2.91	1.28

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	59.94	26.43
Chromium (mcg)	0.04	0.02
Copper (mg)	0.30	0.13
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	3.98	1.75
Magnesium (mg)	52.37	23.09
Manganese (mg)	0.06	0.03
Molybdenum (mcg)	7.66	3.38
Phosphorus (mg)	469.85	207.17
Potassium (mg)	693.01	305.57
Selenium (mcg)	95.54	42.13
Sodium (mg)	576.71	254.29
Zinc (mg)	10.91	4.81
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.18	0.08
Omega 6 Fatty Acid (g)	4.30	1.90
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	230.55	101.65

# NUTRITIONAL INFO



## PULLED PORK (SANDWICH)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	213.10	100.00
Calories (kcal)	571.51	268.19
Calories from Fat (kcal)	283.45	133.02
Calories from SatFat (kcal)	103.51	48.57
Protein (g)	46.63	21.88
Carbohydrates (g)	21.82	10.24
Dietary Fiber (g)	0.96	0.45
Soluble Fiber (g)	0.26	0.12
Total Sugars (g)	2.75	1.29
Monosaccharides (g)	1.88	0.88
Disaccharides (g)	0.87	0.41
Other Carbs (g)	18.12	8.50
Fat (g)	31.49	14.78
Saturated Fat (g)	11.50	5.40
Mono Fat (g)	13.88	6.51
Poly Fat (g)	4.19	1.96
Trans Fatty Acid (g)	0.26	0.12
Cholesterol (mg)	165.48	77.66
Water (g)	107.52	50.46
<b>VITAMINS</b>		
Vitamin A - IU (IU)	14.76	6.93
Vitamin A - RAE (RAE)	3.44	1.61
Carotenoid RE (RE)	0.13	0.06
Retinol RE (RE)	3.38	1.58
Beta-Carotene (mcg)	0.47	0.22
Vitamin B1 (mg)	1.12	0.53
Vitamin B2 (mg)	0.71	0.33
Vitamin B3 (mg)	8.59	4.03
Vitamin B3 - Niacin Equiv (mg)	15.96	7.49
Vitamin B6 (mg)	0.79	0.37
Vitamin B12 (mcg)	1.66	0.78
Biotin (mcg)	3.81	1.79
Vitamin C (mg)	0.56	0.26
Vitamin D - IU (IU)	79.36	37.24
Vitamin D - mcg (mcg)	2.03	0.95
Vitamin E - Alpha-Toco (mg)	0.24	0.11
Folate (mcg)	47.86	22.46
Folate, DFE (mcg)	73.66	34.57
Vitamin K (mcg)	1.58	0.74
Pantothenic Acid (mg)	2.18	1.02

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	119.35	56.01
Chromium (mcg)	0.03	0.02
Copper (mg)	0.28	0.13
Fluoride (mg)	0	0
Iodine (mcg)	7.32	3.44
Iron (mg)	4.46	2.09
Magnesium (mg)	49.60	23.27
Manganese (mg)	0.28	0.13
Molybdenum (mcg)	5.74	2.69
Phosphorus (mg)	398.40	186.96
Potassium (mg)	574.37	269.53
Selenium (mcg)	81.46	38.23
Sodium (mg)	647.53	303.87
Zinc (mg)	8.55	4.01
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.21	0.10
Omega 6 Fatty Acid (g)	3.84	1.80
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	179.19	84.09

# NUTRITIONAL INFO



## PULLED PORK (SLIDER)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	81.45	100.00
Calories (kcal)	236.61	290.51
Calories from Fat (kcal)	85.38	104.83
Calories from SatFat (kcal)	30.86	37.89
Protein (g)	11.29	13.86
Carbohydrates (g)	26.07	32.00
Dietary Fiber (g)	0.21	0.26
Soluble Fiber (g)	0	0
Total Sugars (g)	1.20	1.48
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	24.65	30.27
Fat (g)	9.49	11.65
Saturated Fat (g)	3.43	4.21
Mono Fat (g)	2.70	3.32
Poly Fat (g)	0.70	0.86
Trans Fatty Acid (g)	0.05	0.06
Cholesterol (mg)	46.16	56.68
Water (g)	18.59	22.83
<b>VITAMINS</b>		
Vitamin A - IU (IU)	2.87	3.52
Vitamin A - RAE (RAE)	0.68	0.84
Carotenoid RE (RE)	0.02	0.02
Retinol RE (RE)	0.68	0.83
Beta-Carotene (mcg)	0.09	0.12
Vitamin B1 (mg)	0.17	0.21
Vitamin B2 (mg)	0.12	0.15
Vitamin B3 (mg)	1.31	1.61
Vitamin B3 - Niacin Equiv (mg)	2.79	3.42
Vitamin B6 (mg)	0.15	0.19
Vitamin B12 (mcg)	0.31	0.39
Biotin (mcg)	0.68	0.83
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	15.90	19.52
Vitamin D - mcg (mcg)	0.41	0.50
Vitamin E - Alpha-Toco (mg)	0.04	0.05
Folate (mcg)	0.03	0.03
Folate, DFE (mcg)	0.03	0.03
Vitamin K (mcg)	0.05	0.06
Pantothenic Acid (mg)	0.44	0.54

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	9.00	11.05
Chromium (mcg)	0.01	0.01
Copper (mg)	0.04	0.05
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.60	0.73
Magnesium (mg)	7.87	9.66
Manganese (mg)	0.01	0.01
Molybdenum (mcg)	1.15	1.41
Phosphorus (mg)	70.58	86.65
Potassium (mg)	104.10	127.81
Selenium (mcg)	14.35	17.62
Sodium (mg)	146.71	180.13
Zinc (mg)	1.64	2.01
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.03	0.03
Omega 6 Fatty Acid (g)	0.65	0.79
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	34.63	42.52

# NUTRITIONAL INFO

MISSION BBQ®  
The American Way.



## CLASSIC SAUSAGE (MEAT MARKET)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	227	100.00
Calories (kcal)	507	223.38
Calories from Fat (kcal)	358	157.5
Protein (g)	34	14.99
Carbohydrates (g)	1	0.46
Dietary Fiber (g)	<1	<1
Total Sugars (g)	<1	<1
Fat (g)	40	17.5
Saturated Fat (g)	13	5.77
Mono Fat (g)	17	7.34
Poly Fat (g)	8	3.5
Trans Fatty Acid (g)	<1	<1
Cholesterol (mg)	158	69.51

NUTRIENTS	Per Serving	Per 100g
<b>VITAMINS</b>		
Vitamin D - mcg (mcg)	1	0.66
<b>MINERALS</b>		
Calcium (mg)	26	11.59
Iron (mg)	3	1.2
Potassium (mg)	685	301.96
Sodium (mg)	1615	711.67

# NUTRITIONAL INFO

MISSION BBQ®  
The American Way.



## JALAPEÑO & CHEESE SAUSAGE (MEAT MARKET)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	227	100.00
Calories (kcal)	637	280.48
Calories from Fat (kcal)	490	216.05
Protein (g)	32	14.26
Carbohydrates (g)	3	1.42
Dietary Fiber (g)	1	0.29
Total Sugars (g)	1	0.56
Fat (g)	55	24.01
Saturated Fat (g)	21	9.36
Mono Fat (g)	22	9.89
Poly Fat (g)	7	3.3
Trans Fatty Acid (g)	1	0.24
Cholesterol (mg)	139	61.38

NUTRIENTS	Per Serving	Per 100g
<b>VITAMINS</b>		
Vitamin D - mcg (mcg)	2	0.68
<b>MINERALS</b>		
Calcium (mg)	215	94.68
Iron (mg)	2	0.96
Potassium (mg)	638	281.2
Sodium (mg)	1512	666.23

# NUTRITIONAL INFO



## SMOKED SALMON

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	234.50	100.00
Calories (kcal)	372.96	159.05
Calories from Fat (kcal)	180.32	76.90
Calories from SatFat (kcal)	52.85	22.54
Protein (g)	45.06	19.21
Carbohydrates (g)	0	0
Dietary Fiber (g)	0	0
Soluble Fiber (g)	0	0
Total Sugars (g)	0	0
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	0	0
Fat (g)	20.14	8.59
Saturated Fat (g)	5.87	2.50
Mono Fat (g)	6.26	2.67
Poly Fat (g)	5.97	2.55
Trans Fatty Acid (g)	0.23	0.10
Cholesterol (mg)	140.00	59.70
Water (g)	156.48	66.73
<b>VITAMINS</b>		
Vitamin A - IU (IU)	268.15	114.35
Vitamin A - RAE (RAE)	75.78	32.32
Carotenoid RE (RE)	1.85	0.79
Retinol RE (RE)	74.86	31.92
Beta-Carotene (mcg)	11.22	4.78
Vitamin B1 (mg)	0.51	0.22
Vitamin B2 (mg)	0.86	0.37
Vitamin B3 (mg)	17.83	7.60
Vitamin B3 - Niacin Equiv (mg)	26.23	11.19
Vitamin B6 (mg)	1.86	0.79
Vitamin B12 (mcg)	7.22	3.08
Biotin (mcg)	11.34	4.84
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	4.26	1.82
Vitamin D - mcg (mcg)	0.11	0.05
Vitamin E - Alpha-Toco (mg)	0.16	0.07
Folate (mcg)	56.91	24.27
Folate, DFE (mcg)	56.91	24.27
Vitamin K (mcg)	0.50	0.21
Pantothenic Acid (mg)	3.78	1.61

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	28.92	12.33
Chromium (mcg)	0.09	0.04
Copper (mg)	0.57	0.24
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	1.82	0.77
Magnesium (mg)	65.91	28.11
Manganese (mg)	0.04	0.02
Molybdenum (mcg)	102.06	43.52
Phosphorus (mg)	455.30	194.16
Potassium (mg)	1113.01	474.64
Selenium (mcg)	82.85	35.33
Sodium (mg)	310.48	132.40
Zinc (mg)	1.46	0.62
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	4.79	2.04
Omega 6 Fatty Acid (g)	1.19	0.51
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	1.33	0.57

# NUTRITIONAL INFO



## SPARE RIBS (SINGLE BONE SERVING)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	59.53	100.00
Calories (kcal)	164.35	276.05
Calories from Fat (kcal)	123.81	207.96
Calories from SatFat (kcal)	39.77	66.80
Protein (g)	9.13	15.34
Carbohydrates (g)	0.43	0.72
Dietary Fiber (g)	0.10	0.17
Soluble Fiber (g)	0	0
Total Sugars (g)	0.16	0.27
Monosaccharides (g)	0.01	0.03
Disaccharides (g)	0.01	0.01
Other Carbs (g)	0.16	0.26
Fat (g)	13.76	23.11
Saturated Fat (g)	4.42	7.42
Mono Fat (g)	5.02	8.43
Poly Fat (g)	2.33	3.92
Trans Fatty Acid (g)	0.13	0.22
Cholesterol (mg)	46.88	78.75
Water (g)	35.06	58.89
<b>VITAMINS</b>		
Vitamin A - IU (IU)	69.28	116.37
Vitamin A - RAE (RAE)	3.46	5.82
Carotenoid RE (RE)	6.93	11.64
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	36.17	60.75
Vitamin B1 (mg)	0.19	0.32
Vitamin B2 (mg)	0.15	0.25
Vitamin B3 (mg)	2.76	4.63
Vitamin B3 - Niacin Equiv (mg)	4.34	7.29
Vitamin B6 (mg)	0.34	0.58
Vitamin B12 (mcg)	0.22	0.37
Biotin (mcg)	-	-
Vitamin C (mg)	0.05	0.08
Vitamin D - IU (IU)	53.33	89.58
Vitamin D - mcg (mcg)	1.35	2.26
Vitamin E - Alpha-Toco (mg)	0.28	0.47
Folate (mcg)	0.19	0.32
Folate, DFE (mcg)	0.19	0.32
Vitamin K (mcg)	0.21	0.35
Pantothenic Acid (mg)	0.37	0.62

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	10.48	17.60
Chromium (mcg)	0.01	0.01
Copper (mg)	0.05	0.08
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.63	1.05
Magnesium (mg)	10.15	17.05
Manganese (mg)	0.02	0.03
Molybdenum (mcg)	-	-
Phosphorus (mg)	84.28	141.57
Potassium (mg)	149.09	250.42
Selenium (mcg)	12.96	21.77
Sodium (mg)	176.76	296.90
Zinc (mg)	1.48	2.49
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.05	0.08
Omega 6 Fatty Acid (g)	2.24	3.76
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	35.21	59.14

# NUTRITIONAL INFO



## SPARE RIBS (5 BONE SERVING)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	297.67	100.00
Calories (kcal)	821.73	276.05
Calories from Fat (kcal)	619.04	207.96
Calories from SatFat (kcal)	198.83	66.80
Protein (g)	45.66	15.34
Carbohydrates (g)	2.13	0.72
Dietary Fiber (g)	0.51	0.17
Soluble Fiber (g)	0	0
Total Sugars (g)	0.79	0.27
Monosaccharides (g)	0.07	0.03
Disaccharides (g)	0.03	0.01
Other Carbs (g)	0.78	0.26
Fat (g)	68.78	23.11
Saturated Fat (g)	22.09	7.42
Mono Fat (g)	25.10	8.43
Poly Fat (g)	11.67	3.92
Trans Fatty Acid (g)	0.65	0.22
Cholesterol (mg)	234.42	78.75
Water (g)	175.28	58.89
<b>VITAMINS</b>		
Vitamin A - IU (IU)	346.41	116.37
Vitamin A - RAE (RAE)	17.32	5.82
Carotenoid RE (RE)	34.64	11.64
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	180.83	60.75
Vitamin B1 (mg)	0.94	0.32
Vitamin B2 (mg)	0.75	0.25
Vitamin B3 (mg)	13.78	4.63
Vitamin B3 - Niacin Equiv (mg)	21.69	7.29
Vitamin B6 (mg)	1.71	0.58
Vitamin B12 (mcg)	1.11	0.37
Biotin (mcg)	-	-
Vitamin C (mg)	0.24	0.08
Vitamin D - IU (IU)	266.65	89.58
Vitamin D - mcg (mcg)	6.74	2.26
Vitamin E - Alpha-Toco (mg)	1.40	0.47
Folate (mcg)	0.96	0.32
Folate, DFE (mcg)	0.96	0.32
Vitamin K (mcg)	1.04	0.35
Pantothenic Acid (mg)	1.85	0.62

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	52.38	17.60
Chromium (mcg)	0.04	0.01
Copper (mg)	0.25	0.08
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	3.13	1.05
Magnesium (mg)	50.74	17.05
Manganese (mg)	0.09	0.03
Molybdenum (mcg)	-	-
Phosphorus (mg)	421.41	141.57
Potassium (mg)	745.44	250.42
Selenium (mcg)	64.79	21.77
Sodium (mg)	883.78	296.90
Zinc (mg)	7.41	2.49
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.24	0.08
Omega 6 Fatty Acid (g)	11.19	3.76
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	176.05	59.14



# NUTRITIONAL INFO



## SPARE RIBS (10 BONE SERVING)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	595.34	100.00
Calories (kcal)	1643.46	276.05
Calories from Fat (kcal)	1238.08	207.96
Calories from SatFat (kcal)	397.67	66.80
Protein (g)	91.33	15.34
Carbohydrates (g)	4.27	0.72
Dietary Fiber (g)	1.01	0.17
Soluble Fiber (g)	0	0
Total Sugars (g)	1.58	0.27
Monosaccharides (g)	0.15	0.03
Disaccharides (g)	0.06	0.01
Other Carbs (g)	1.56	0.26
Fat (g)	137.56	23.11
Saturated Fat (g)	44.19	7.42
Mono Fat (g)	50.21	8.43
Poly Fat (g)	23.34	3.92
Trans Fatty Acid (g)	1.30	0.22
Cholesterol (mg)	468.83	78.75
Water (g)	350.57	58.89
<b>VITAMINS</b>		
Vitamin A - IU (IU)	692.82	116.37
Vitamin A - RAE (RAE)	34.64	5.82
Carotenoid RE (RE)	69.28	11.64
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	361.67	60.75
Vitamin B1 (mg)	1.89	0.32
Vitamin B2 (mg)	1.49	0.25
Vitamin B3 (mg)	27.55	4.63
Vitamin B3 - Niacin Equiv (mg)	43.38	7.29
Vitamin B6 (mg)	3.43	0.58
Vitamin B12 (mcg)	2.23	0.37
Biotin (mcg)	-	-
Vitamin C (mg)	0.47	0.08
Vitamin D - IU (IU)	533.29	89.58
Vitamin D - mcg (mcg)	13.48	2.26
Vitamin E - Alpha-Toco (mg)	2.79	0.47
Folate (mcg)	1.93	0.32
Folate, DFE (mcg)	1.93	0.32
Vitamin K (mcg)	2.09	0.35
Pantothenic Acid (mg)	3.70	0.62

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	104.75	17.60
Chromium (mcg)	0.08	0.01
Copper (mg)	0.50	0.08
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	6.26	1.05
Magnesium (mg)	101.48	17.05
Manganese (mg)	0.17	0.03
Molybdenum (mcg)	-	-
Phosphorus (mg)	842.83	141.57
Potassium (mg)	1490.88	250.42
Selenium (mcg)	129.58	21.77
Sodium (mg)	1767.57	296.90
Zinc (mg)	14.83	2.49
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.49	0.08
Omega 6 Fatty Acid (g)	22.39	3.76
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	352.11	59.14

# NUTRITIONAL INFO



## TURKEY (MEAT MARKET 8 OZ.PORZION)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	226.80	100.00
Calories (kcal)	398.35	175.64
Calories from Fat (kcal)	120.78	53.26
Calories from SatFat (kcal)	29.39	12.96
Protein (g)	63.70	28.09
Carbohydrates (g)	1.51	0.66
Dietary Fiber (g)	0.42	0.18
Soluble Fiber (g)	0	0
Total Sugars (g)	0.10	0.04
Monosaccharides (g)	0.03	0.01
Disaccharides (g)	0.06	0.03
Other Carbs (g)	0.96	0.43
Fat (g)	13.42	5.92
Saturated Fat (g)	3.27	1.44
Mono Fat (g)	3.89	1.71
Poly Fat (g)	5.24	2.31
Trans Fatty Acid (g)	0.12	0.05
Cholesterol (mg)	222.97	98.31
Water (g)	147.03	64.83
<b>VITAMINS</b>		
Vitamin A - IU (IU)	161.19	71.07
Vitamin A - RAE (RAE)	16.10	7.10
Carotenoid RE (RE)	12.77	5.63
Retinol RE (RE)	9.71	4.28
Beta-Carotene (mcg)	67.70	29.85
Vitamin B1 (mg)	0.11	0.05
Vitamin B2 (mg)	0.62	0.27
Vitamin B3 (mg)	20.75	9.15
Vitamin B3 - Niacin Equiv (mg)	32.06	14.14
Vitamin B6 (mg)	1.43	0.63
Vitamin B12 (mcg)	2.06	0.91
Biotin (mcg)	-	-
Vitamin C (mg)	0.15	0.07
Vitamin D - IU (IU)	22.26	9.82
Vitamin D - mcg (mcg)	0.67	0.29
Vitamin E - Alpha-Toco (mg)	0.44	0.19
Folate (mcg)	20.90	9.21
Folate, DFE (mcg)	20.90	9.21
Vitamin K (mcg)	12.74	5.62
Pantothenic Acid (mg)	2.11	0.93

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	35.56	15.68
Chromium (mcg)	0.12	0.05
Copper (mg)	0.22	0.10
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	2.46	1.09
Magnesium (mg)	65.90	29.05
Manganese (mg)	0.13	0.06
Molybdenum (mcg)	7.41	3.27
Phosphorus (mg)	491.66	216.79
Potassium (mg)	549.96	242.49
Selenium (mcg)	67.38	29.71
Sodium (mg)	263.26	116.08
Zinc (mg)	5.53	2.44
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.50	0.22
Omega 6 Fatty Acid (g)	4.67	2.06
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	197.00	86.86

# NUTRITIONAL INFO



## TURKEY (SANDWICH 6OZ. PORTION)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	213.10	100.00
Calories (kcal)	418.30	196.30
Calories from Fat (kcal)	105.14	49.34
Calories from SatFat (kcal)	25.47	11.95
Protein (g)	52.02	24.41
Carbohydrates (g)	22.69	10.65
Dietary Fiber (g)	1.22	0.57
Soluble Fiber (g)	0.26	0.12
Total Sugars (g)	2.82	1.32
Monosaccharides (g)	1.90	0.89
Disaccharides (g)	0.91	0.43
Other Carbs (g)	18.65	8.75
Fat (g)	11.68	5.48
Saturated Fat (g)	2.83	1.33
Mono Fat (g)	3.30	1.55
Poly Fat (g)	4.62	2.17
Trans Fatty Acid (g)	0.09	0.04
Cholesterol (mg)	167.22	78.47
Water (g)	124.97	58.65
<b>VITAMINS</b>		
Vitamin A - IU (IU)	121.32	56.93
Vitamin A - RAE (RAE)	12.10	5.68
Carotenoid RE (RE)	9.62	4.51
Retinol RE (RE)	7.29	3.42
Beta-Carotene (mcg)	50.78	23.83
Vitamin B1 (mg)	0.36	0.17
Vitamin B2 (mg)	0.55	0.26
Vitamin B3 (mg)	17.61	8.27
Vitamin B3 - Niacin Equiv (mg)	26.09	12.25
Vitamin B6 (mg)	1.10	0.52
Vitamin B12 (mcg)	1.63	0.76
Biotin (mcg)	0.44	0.21
Vitamin C (mg)	0.67	0.31
Vitamin D - IU (IU)	16.70	7.84
Vitamin D - mcg (mcg)	0.50	0.23
Vitamin E - Alpha-Toco (mg)	0.36	0.17
Folate (mcg)	63.40	29.75
Folate, DFE (mcg)	89.20	41.86
Vitamin K (mcg)	10.89	5.11
Pantothenic Acid (mg)	1.58	0.74

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	101.06	47.43
Chromium (mcg)	0.09	0.04
Copper (mg)	0.22	0.10
Fluoride (mg)	0	0
Iodine (mcg)	7.32	3.44
Iron (mg)	3.32	1.56
Magnesium (mg)	59.74	28.03
Manganese (mg)	0.34	0.16
Molybdenum (mcg)	5.56	2.61
Phosphorus (mg)	414.76	194.63
Potassium (mg)	467.08	219.19
Selenium (mcg)	60.34	28.32
Sodium (mg)	412.45	193.55
Zinc (mg)	4.52	2.12
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.45	0.21
Omega 6 Fatty Acid (g)	4.12	1.93
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	154.03	72.28

# NUTRITIONAL INFO



## TURKEY (SLIDER)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	81.45	100.00
Calories (kcal)	179.59	220.49
Calories from Fat (kcal)	43.70	53.65
Calories from SatFat (kcal)	7.35	9.02
Protein (g)	17.93	22.01
Carbohydrates (g)	15.38	18.88
Dietary Fiber (g)	0.10	0.13
Soluble Fiber (g)	0	0
Total Sugars (g)	0.03	0.03
Monosaccharides (g)	0.01	0.01
Disaccharides (g)	0.01	0.02
Other Carbs (g)	15.24	18.71
Fat (g)	4.86	5.96
Saturated Fat (g)	0.82	1.00
Mono Fat (g)	0.97	1.19
Poly Fat (g)	1.31	1.61
Trans Fatty Acid (g)	0.03	0.04
Cholesterol (mg)	55.74	68.44
Water (g)	36.76	45.13
<b>VITAMINS</b>		
Vitamin A - IU (IU)	40.30	49.47
Vitamin A - RAE (RAE)	4.02	4.94
Carotenoid RE (RE)	3.19	3.92
Retinol RE (RE)	2.43	2.98
Beta-Carotene (mcg)	16.93	20.78
Vitamin B1 (mg)	0.03	0.03
Vitamin B2 (mg)	0.15	0.19
Vitamin B3 (mg)	5.19	6.37
Vitamin B3 - Niacin Equiv (mg)	8.02	9.84
Vitamin B6 (mg)	0.36	0.44
Vitamin B12 (mcg)	0.51	0.63
Biotin (mcg)	-	-
Vitamin C (mg)	0.04	0.05
Vitamin D - IU (IU)	5.57	6.83
Vitamin D - mcg (mcg)	0.17	0.20
Vitamin E - Alpha-Toco (mg)	0.11	0.14
Folate (mcg)	5.22	6.41
Folate, DFE (mcg)	5.22	6.41
Vitamin K (mcg)	3.18	3.91
Pantothenic Acid (mg)	0.53	0.65

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	8.89	10.92
Chromium (mcg)	0.03	0.04
Copper (mg)	0.05	0.07
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.62	0.76
Magnesium (mg)	16.47	20.23
Manganese (mg)	0.03	0.04
Molybdenum (mcg)	1.85	2.28
Phosphorus (mg)	122.92	150.91
Potassium (mg)	137.49	168.80
Selenium (mcg)	16.85	20.68
Sodium (mg)	65.82	80.81
Zinc (mg)	1.38	1.70
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.13	0.15
Omega 6 Fatty Acid (g)	1.17	1.43
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	49.25	60.47

**NUTRITIONAL INFO**

**MISSION BBQ®**  
The American Way.



# SIDES

# NUTRITIONAL INFO



## BAKED BEANS WITH BRISKET

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	184.27	100.00
Calories (kcal)	199.35	108.18
Calories from Fat (kcal)	21.44	11.64
Calories from SatFat (kcal)	6.21	3.37
Protein (g)	9.23	5.01
Carbohydrates (g)	35.42	19.22
Dietary Fiber (g)	7.07	3.84
Soluble Fiber (g)	0.01	0.01
Total Sugars (g)	17.75	9.64
Monosaccharides (g)	4.09	2.22
Disaccharides (g)	2.96	1.61
Other Carbs (g)	10.59	5.75
Fat (g)	2.38	1.29
Saturated Fat (g)	0.69	0.37
Mono Fat (g)	1.11	0.60
Poly Fat (g)	0.38	0.21
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	8.32	4.51
Water (g)	128.89	69.94
<b>VITAMINS</b>		
Vitamin A - IU (IU)	397.36	215.64
Vitamin A - RAE (RAE)	19.91	10.80
Carotenoid RE (RE)	39.74	21.57
Retinol RE (RE)	0.04	0.02
Beta-Carotene (mcg)	211.52	114.79
Vitamin B1 (mg)	0.16	0.09
Vitamin B2 (mg)	0.13	0.07
Vitamin B3 (mg)	1.34	0.73
Vitamin B3 - Niacin Equiv (mg)	2.93	1.59
Vitamin B6 (mg)	0.21	0.11
Vitamin B12 (mcg)	0.17	0.09
Biotin (mcg)	-	-
Vitamin C (mg)	2.89	1.57
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.75	0.41
Folate (mcg)	48.55	26.35
Folate, DFE (mcg)	48.55	26.35
Vitamin K (mcg)	6.96	3.78
Pantothenic Acid (mg)	0.28	0.15

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	67.15	36.44
Chromium (mcg)	1.43	0.78
Copper (mg)	0.25	0.14
Fluoride (mg)	0.01	0
Iodine (mcg)	-	-
Iron (mg)	2.40	1.30
Magnesium (mg)	55.04	29.87
Manganese (mg)	0.34	0.18
Molybdenum (mcg)	94.48	51.27
Phosphorus (mg)	140.08	76.02
Potassium (mg)	519.83	282.10
Selenium (mcg)	4.59	2.49
Sodium (mg)	670.41	363.82
Zinc (mg)	1.22	0.66
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.08	0.05
Omega 6 Fatty Acid (g)	0.26	0.14
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	56.78	30.82

# NUTRITIONAL INFO



## COLD SLAW

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	127.57	100.00
Calories (kcal)	156.08	122.34
Calories from Fat (kcal)	85.53	67.04
Calories from SatFat (kcal)	12.61	9.88
Protein (g)	1.44	1.13
Carbohydrates (g)	17.78	13.94
Dietary Fiber (g)	2.27	1.78
Soluble Fiber (g)	0.11	0.08
Total Sugars (g)	9.80	7.69
Monosaccharides (g)	2.50	1.96
Disaccharides (g)	5.39	4.22
Other Carbs (g)	5.71	4.47
Fat (g)	9.50	7.45
Saturated Fat (g)	1.40	1.10
Mono Fat (g)	2.59	2.03
Poly Fat (g)	5.05	3.96
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	7.23	5.67
Water (g)	96.48	75.63
<b>VITAMINS</b>		
Vitamin A - IU (IU)	1627.46	1275.71
Vitamin A - RAE (RAE)	84.17	65.98
Carotenoid RE (RE)	161.64	126.70
Retinol RE (RE)	3.35	2.63
Beta-Carotene (mcg)	798.51	625.92
Vitamin B1 (mg)	0.06	0.05
Vitamin B2 (mg)	0.05	0.04
Vitamin B3 (mg)	0.31	0.24
Vitamin B3 - Niacin Equiv (mg)	0.52	0.41
Vitamin B6 (mg)	0.12	0.10
Vitamin B12 (mcg)	0.06	0.05
Biotin (mcg)	1.88	1.48
Vitamin C (mg)	29.27	22.95
Vitamin D - IU (IU)	1.11	0.87
Vitamin D - mcg (mcg)	0.03	0.02
Vitamin E - Alpha-Toco (mg)	0.75	0.59
Folate (mcg)	35.87	28.11
Folate, DFE (mcg)	35.87	28.11
Vitamin K (mcg)	70.44	55.22
Pantothenic Acid (mg)	0.25	0.20

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	48.37	37.91
Chromium (mcg)	0.06	0.05
Copper (mg)	0.03	0.03
Fluoride (mg)	0	0
Iodine (mcg)	0.13	0.11
Iron (mg)	0.77	0.60
Magnesium (mg)	13.79	10.81
Manganese (mg)	0.20	0.16
Molybdenum (mcg)	4.02	3.15
Phosphorus (mg)	34.92	27.37
Potassium (mg)	189.44	148.49
Selenium (mcg)	0.92	0.72
Sodium (mg)	261.24	204.77
Zinc (mg)	0.25	0.20
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.56	0.44
Omega 6 Fatty Acid (g)	4.49	3.52
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	14.08	11.04

# NUTRITIONAL INFO



## CORNBREAD

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	70.87	100.00
Calories (kcal)	205.46	289.90
Calories from Fat (kcal)	76.49	107.93
Calories from SatFat (kcal)	45.31	63.94
Protein (g)	3.56	5.02
Carbohydrates (g)	28.70	40.50
Dietary Fiber (g)	0.82	1.16
Soluble Fiber (g)	0.24	0.33
Total Sugars (g)	11.43	16.13
Monosaccharides (g)	0.15	0.22
Disaccharides (g)	10.34	14.59
Other Carbs (g)	16.45	23.21
Fat (g)	8.62	12.17
Saturated Fat (g)	5.03	7.10
Mono Fat (g)	2.29	3.23
Poly Fat (g)	0.57	0.81
Trans Fatty Acid (g)	0.28	0.40
Cholesterol (mg)	48.63	68.61
Water (g)	29.08	41.03
<b>VITAMINS</b>		
Vitamin A - IU (IU)	319.82	451.25
Vitamin A - RAE (RAE)	81.23	114.61
Carotenoid RE (RE)	6.06	8.54
Retinol RE (RE)	78.20	110.34
Beta-Carotene (mcg)	28.59	40.34
Vitamin B1 (mg)	0.15	0.22
Vitamin B2 (mg)	0.17	0.23
Vitamin B3 (mg)	1.24	1.74
Vitamin B3 - Niacin Equiv (mg)	1.87	2.64
Vitamin B6 (mg)	0.05	0.07
Vitamin B12 (mcg)	0.17	0.24
Biotin (mcg)	2.04	2.88
Vitamin C (mg)	0.14	0.20
Vitamin D - IU (IU)	20.99	29.62
Vitamin D - mcg (mcg)	0.52	0.74
Vitamin E - Alpha-Toco (mg)	0.31	0.44
Folate (mcg)	48.64	68.62
Folate, DFE (mcg)	74.01	104.42
Vitamin K (mcg)	0.72	1.02
Pantothenic Acid (mg)	0.27	0.38

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	29.67	41.87
Chromium (mcg)	0.19	0.26
Copper (mg)	0.04	0.05
Fluoride (mg)	0	0
Iodine (mcg)	4.01	5.66
Iron (mg)	1.13	1.59
Magnesium (mg)	10.02	14.14
Manganese (mg)	0.10	0.13
Molybdenum (mcg)	1.29	1.81
Phosphorus (mg)	58.19	82.10
Potassium (mg)	74.58	105.23
Selenium (mcg)	7.65	10.80
Sodium (mg)	228.22	322.01
Zinc (mg)	0.35	0.49
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.05	0.08
Omega 6 Fatty Acid (g)	0.51	0.72
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	29.48	41.59



# NUTRITIONAL INFO



## FRESH CUT FRIES

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	226.65	100.00
Calories (kcal)	376.60	166.22
Calories from Fat (kcal)	252.52	98.39
Calories from SatFat (kcal)	78.18	30.46
Protein (g)	4.65	1.81
Carbohydrates (g)	39.94	15.56
Dietary Fiber (g)	3.48	1.36
Soluble Fiber (g)	0	0
Total Sugars (g)	1.78	0.69
Monosaccharides (g)	0	0
Disaccharides (g)	0.01	0
Other Carbs (g)	0.24	0.09
Fat (g)	28.56	11.13
Saturated Fat (g)	8.69	3.38
Mono Fat (g)	14.46	5.63
Poly Fat (g)	4.13	1.61
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	180.10	70.17
<b>VITAMINS</b>		
Vitamin A - IU (IU)	1.00	0.39
Vitamin A - RAE (RAE)	0.05	0.02
Carotenoid RE (RE)	0.10	0.04
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	0.57	0.22
Vitamin B1 (mg)	0.18	0.07
Vitamin B2 (mg)	0.07	0.03
Vitamin B3 (mg)	2.39	0.93
Vitamin B3 - Niacin Equiv (mg)	3.61	1.41
Vitamin B6 (mg)	0.67	0.26
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	42.75	16.66
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.03	0.01
Folate (mcg)	36.45	14.20
Folate, DFE (mcg)	36.45	14.20
Vitamin K (mcg)	4.61	1.80
Pantothenic Acid (mg)	0.68	0.26

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	28.49	11.10
Chromium (mcg)	0.04	0.02
Copper (mg)	0.25	0.10
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	1.81	0.70
Magnesium (mg)	52.69	20.53
Manganese (mg)	0.37	0.15
Molybdenum (mcg)	-	-
Phosphorus (mg)	130.68	50.92
Potassium (mg)	960.55	374.27
Selenium (mcg)	0.76	0.29
Sodium (mg)	419.41	163.42
Zinc (mg)	0.67	0.26
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.17	0.07
Omega 6 Fatty Acid (g)	3.86	1.50
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	0.20	0.08

# NUTRITIONAL INFO



## GREEN BEANS & BACON

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	170.10	100.00
Calories (kcal)	132.17	77.70
Calories from Fat (kcal)	66.96	39.37
Calories from SatFat (kcal)	21.92	12.89
Protein (g)	7.89	4.64
Carbohydrates (g)	9.23	5.42
Dietary Fiber (g)	2.81	1.65
Soluble Fiber (g)	1.02	0.60
Total Sugars (g)	3.69	2.17
Monosaccharides (g)	0.57	0.33
Disaccharides (g)	2.10	1.24
Other Carbs (g)	2.73	1.60
Fat (g)	7.44	4.37
Saturated Fat (g)	2.44	1.43
Mono Fat (g)	3.23	1.90
Poly Fat (g)	0.87	0.51
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	19.15	11.26
Water (g)	141.90	83.43
<b>VITAMINS</b>		
Vitamin A - IU (IU)	487.79	286.77
Vitamin A - RAE (RAE)	25.98	15.27
Carotenoid RE (RE)	48.14	28.30
Retinol RE (RE)	1.91	1.13
Beta-Carotene (mcg)	287.17	168.82
Vitamin B1 (mg)	0.11	0.06
Vitamin B2 (mg)	0.13	0.07
Vitamin B3 (mg)	2.27	1.34
Vitamin B3 - Niacin Equiv (mg)	3.45	2.03
Vitamin B6 (mg)	0.13	0.08
Vitamin B12 (mcg)	0.21	0.13
Biotin (mcg)	0.61	0.36
Vitamin C (mg)	4.72	2.78
Vitamin D - IU (IU)	7.31	4.30
Vitamin D - mcg (mcg)	0.17	0.10
Vitamin E - Alpha-Toco (mg)	0.10	0.06
Folate (mcg)	22.79	13.40
Folate, DFE (mcg)	22.79	13.40
Vitamin K (mcg)	10.70	6.29
Pantothenic Acid (mg)	0.27	0.16

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	42.87	25.20
Chromium (mcg)	1.38	0.81
Copper (mg)	0.09	0.05
Fluoride (mg)	0.05	0.03
Iodine (mcg)	0.35	0.20
Iron (mg)	0.85	0.50
Magnesium (mg)	23.88	14.04
Manganese (mg)	0.27	0.16
Molybdenum (mcg)	0.87	0.51
Phosphorus (mg)	122.20	71.84
Potassium (mg)	257.98	151.67
Selenium (mcg)	11.24	6.61
Sodium (mg)	1015.83	597.21
Zinc (mg)	0.84	0.50
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.08	0.04
Omega 6 Fatty Acid (g)	0.08	0.04
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	33.75	19.84

# NUTRITIONAL INFO



## MAGGIE'S MAC-N-CHEESE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	170.10	100.00
Calories (kcal)	304.33	178.92
Calories from Fat (kcal)	177.66	104.45
Calories from SatFat (kcal)	99.40	58.43
Protein (g)	15.32	9.01
Carbohydrates (g)	17.36	10.21
Dietary Fiber (g)	1.43	0.84
Soluble Fiber (g)	0.09	0.05
Total Sugars (g)	3.98	2.34
Monosaccharides (g)	0.15	0.09
Disaccharides (g)	2.28	1.34
Other Carbs (g)	11.93	7.01
Fat (g)	19.83	11.66
Saturated Fat (g)	11.04	6.49
Mono Fat (g)	4.02	2.36
Poly Fat (g)	1.04	0.61
Trans Fatty Acid (g)	0.24	0.14
Cholesterol (mg)	49.66	29.20
Water (g)	90.49	53.20
<b>VITAMINS</b>		
Vitamin A - IU (IU)	800.63	470.69
Vitamin A - RAE (RAE)	125.45	73.75
Carotenoid RE (RE)	13.65	8.02
Retinol RE (RE)	118.63	69.74
Beta-Carotene (mcg)	32.89	19.34
Vitamin B1 (mg)	0.14	0.08
Vitamin B2 (mg)	0.45	0.26
Vitamin B3 (mg)	0.63	0.37
Vitamin B3 - Niacin Equiv (mg)	4.49	2.64
Vitamin B6 (mg)	0.06	0.04
Vitamin B12 (mcg)	0.83	0.49
Biotin (mcg)	1.71	1.00
Vitamin C (mg)	1.94	1.14
Vitamin D - IU (IU)	36.18	21.27
Vitamin D - mcg (mcg)	0.91	0.54
Vitamin E - Alpha-Toco (mg)	0.31	0.18
Folate (mcg)	38.83	22.83
Folate, DFE (mcg)	45.31	26.64
Vitamin K (mcg)	2.80	1.65
Pantothenic Acid (mg)	0.43	0.25

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	413.74	243.23
Chromium (mcg)	0.12	0.07
Copper (mg)	0.06	0.03
Fluoride (mg)	0.02	0.01
Iodine (mcg)	19.71	11.59
Iron (mg)	1.11	0.65
Magnesium (mg)	17.83	10.48
Manganese (mg)	0.14	0.08
Molybdenum (mcg)	2.17	1.27
Phosphorus (mg)	355.56	209.03
Potassium (mg)	170.22	100.07
Selenium (mcg)	14.87	8.74
Sodium (mg)	997.84	586.63
Zinc (mg)	1.72	1.01
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.21	0.12
Omega 6 Fatty Acid (g)	0.83	0.49
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	13.76	8.09

# NUTRITIONAL INFO



## SALAD (ENTREE)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	181.57	100.00
Calories (kcal)	34.10	18.78
Calories from Fat (kcal)	3.02	1.66
Calories from SatFat (kcal)	0.43	0.23
Protein (g)	1.86	1.03
Carbohydrates (g)	7.43	4.09
Dietary Fiber (g)	2.91	1.60
Soluble Fiber (g)	0.17	0.09
Total Sugars (g)	3.86	2.13
Monosaccharides (g)	3.19	1.76
Disaccharides (g)	0.67	0.37
Other Carbs (g)	0.66	0.36
Fat (g)	0.34	0.18
Saturated Fat (g)	0.05	0.03
Mono Fat (g)	0.02	0.01
Poly Fat (g)	0.17	0.09
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	171.04	94.20
<b>VITAMINS</b>		
Vitamin A - IU (IU)	6653.88	3664.68
Vitamin A - RAE (RAE)	332.69	183.23
Carotenoid RE (RE)	665.39	366.47
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	3740.35	2060.02
Vitamin B1 (mg)	0.09	0.05
Vitamin B2 (mg)	0.07	0.04
Vitamin B3 (mg)	0.56	0.31
Vitamin B3 - Niacin Equiv (mg)	0.82	0.45
Vitamin B6 (mg)	0.14	0.08
Vitamin B12 (mcg)	0	0
Biotin (mcg)	3.80	2.09
Vitamin C (mg)	13.92	7.67
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.41	0.22
Folate (mcg)	91.99	50.66
Folate, DFE (mcg)	91.99	50.66
Vitamin K (mcg)	77.12	42.47
Pantothenic Acid (mg)	0.24	0.13

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	44.13	24.30
Chromium (mcg)	1.76	0.97
Copper (mg)	0.07	0.04
Fluoride (mg)	0	0
Iodine (mcg)	4.30	2.37
Iron (mg)	0.98	0.54
Magnesium (mg)	19.77	10.89
Manganese (mg)	0.25	0.14
Molybdenum (mcg)	9.33	5.14
Phosphorus (mg)	46.39	25.55
Potassium (mg)	367.68	202.50
Selenium (mcg)	0.73	0.40
Sodium (mg)	26.91	14.82
Zinc (mg)	0.35	0.19
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.09	0.05
Omega 6 Fatty Acid (g)	0.07	0.04
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	16.53	9.10

# NUTRITIONAL INFO



## SALAD (SIDE)

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	70.94	100.00
Calories (kcal)	14.05	19.81
Calories from Fat (kcal)	1.16	1.63
Calories from SatFat (kcal)	0.17	0.23
Protein (g)	0.73	1.03
Carbohydrates (g)	3.10	4.37
Dietary Fiber (g)	1.16	1.64
Soluble Fiber (g)	0.08	0.12
Total Sugars (g)	1.61	2.27
Monosaccharides (g)	1.28	1.81
Disaccharides (g)	0.33	0.46
Other Carbs (g)	0.33	0.46
Fat (g)	0.13	0.18
Saturated Fat (g)	0.02	0.03
Mono Fat (g)	0.01	0.01
Poly Fat (g)	0.06	0.09
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	66.62	93.90
<b>VITAMINS</b>		
Vitamin A - IU (IU)	2628.93	3705.88
Vitamin A - RAE (RAE)	131.45	185.29
Carotenoid RE (RE)	262.89	370.59
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	1451.64	2046.31
Vitamin B1 (mg)	0.04	0.05
Vitamin B2 (mg)	0.03	0.04
Vitamin B3 (mg)	0.24	0.34
Vitamin B3 - Niacin Equiv (mg)	0.34	0.48
Vitamin B6 (mg)	0.06	0.09
Vitamin B12 (mcg)	0	0
Biotin (mcg)	1.52	2.14
Vitamin C (mg)	6.32	8.91
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.17	0.24
Folate (mcg)	32.44	45.73
Folate, DFE (mcg)	32.44	45.73
Vitamin K (mcg)	28.06	39.56
Pantothenic Acid (mg)	0.10	0.14

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	17.40	24.52
Chromium (mcg)	0.62	0.87
Copper (mg)	0.03	0.04
Fluoride (mg)	0	0
Iodine (mcg)	1.50	2.11
Iron (mg)	0.37	0.52
Magnesium (mg)	7.99	11.26
Manganese (mg)	0.10	0.14
Molybdenum (mcg)	3.48	4.90
Phosphorus (mg)	18.50	26.07
Potassium (mg)	148.13	208.81
Selenium (mcg)	0.32	0.46
Sodium (mg)	11.62	16.37
Zinc (mg)	0.14	0.20
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.03	0.05
Omega 6 Fatty Acid (g)	0.03	0.04
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	6.70	9.44

**NUTRITIONAL INFO**

**MISSION BBQ®**  
The American Way.



# SAUCES

# NUTRITIONAL INFO



## ALABAMA WHITE SAUCE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	28.35	100.00
Calories (kcal)	161.26	568.81
Calories from Fat (kcal)	155.79	549.51
Calories from SatFat (kcal)	24.37	85.97
Protein (g)	0.25	0.88
Carbohydrates (g)	1.24	4.38
Dietary Fiber (g)	0.07	0.25
Soluble Fiber (g)	0	0
Total Sugars (g)	0.54	1.91
Monosaccharides (g)	0.02	0.08
Disaccharides (g)	0.48	1.70
Other Carbs (g)	0.63	2.23
Fat (g)	17.31	61.06
Saturated Fat (g)	2.71	9.55
Mono Fat (g)	3.89	13.74
Poly Fat (g)	10.33	36.44
Trans Fatty Acid (g)	0.04	0.15
Cholesterol (mg)	9.70	34.22
Water (g)	5.36	18.91
<b>VITAMINS</b>		
Vitamin A - IU (IU)	41.60	146.74
Vitamin A - RAE (RAE)	5.03	17.73
Carotenoid RE (RE)	3.12	11.01
Retinol RE (RE)	3.47	12.22
Beta-Carotene (mcg)	15.38	54.23
Vitamin B1 (mg)	0	0.01
Vitamin B2 (mg)	0.01	0.02
Vitamin B3 (mg)	0.01	0.03
Vitamin B3 - Niacin Equiv (mg)	0.07	0.24
Vitamin B6 (mg)	0	0.01
Vitamin B12 (mcg)	0.03	0.10
Biotin (mcg)	-	-
Vitamin C (mg)	0.14	0.51
Vitamin D - IU (IU)	1.62	5.70
Vitamin D - mcg (mcg)	0.05	0.16
Vitamin E - Alpha-Toco (mg)	0.78	2.74
Folate (mcg)	1.47	5.19
Folate, DFE (mcg)	1.47	5.19
Vitamin K (mcg)	37.97	133.93
Pantothenic Acid (mg)	0.04	0.15

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	2.86	10.10
Chromium (mcg)	0.07	0.26
Copper (mg)	0.01	0.02
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.07	0.25
Magnesium (mg)	0.70	2.47
Manganese (mg)	0.02	0.08
Molybdenum (mcg)	-	-
Phosphorus (mg)	5.40	19.06
Potassium (mg)	8.94	31.52
Selenium (mcg)	0.56	1.97
Sodium (mg)	285.44	1006.84
Zinc (mg)	0.04	0.15
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	1.26	4.45
Omega 6 Fatty Acid (g)	9.06	31.96
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	7.98	28.13

# NUTRITIONAL INFO



## BAJA BOLD SAUCE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	28.50	100.00
Calories (kcal)	33.54	117.70
Calories from Fat (kcal)	0.78	2.74
Calories from SatFat (kcal)	0.13	0.44
Protein (g)	0.33	1.15
Carbohydrates (g)	8.06	28.28
Dietary Fiber (g)	0.17	0.60
Soluble Fiber (g)	0.01	0.05
Total Sugars (g)	6.09	21.37
Monosaccharides (g)	3.84	13.47
Disaccharides (g)	0.60	2.10
Other Carbs (g)	1.71	5.98
Fat (g)	0.09	0.30
Saturated Fat (g)	0.01	0.05
Mono Fat (g)	0.02	0.06
Poly Fat (g)	0.04	0.13
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	14.15	49.66
<b>VITAMINS</b>		
Vitamin A - IU (IU)	173.88	610.12
Vitamin A - RAE (RAE)	8.69	30.51
Carotenoid RE (RE)	17.39	61.01
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	99.19	348.04
Vitamin B1 (mg)	0	0.01
Vitamin B2 (mg)	0.04	0.13
Vitamin B3 (mg)	0.31	1.09
Vitamin B3 - Niacin Equiv (mg)	0.33	1.16
Vitamin B6 (mg)	0.04	0.14
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	0.98	3.45
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.35	1.23
Folate (mcg)	2.11	7.41
Folate, DFE (mcg)	2.11	7.41
Vitamin K (mcg)	0.71	2.48
Pantothenic Acid (mg)	0.01	0.04

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	4.74	16.62
Chromium (mcg)	1.20	4.22
Copper (mg)	0.03	0.10
Fluoride (mg)	0	0.01
Iodine (mcg)	-	-
Iron (mg)	0.15	0.51
Magnesium (mg)	3.61	12.66
Manganese (mg)	0.03	0.10
Molybdenum (mcg)	-	-
Phosphorus (mg)	7.22	25.34
Potassium (mg)	70.32	246.74
Selenium (mcg)	0.13	0.45
Sodium (mg)	353.57	1240.59
Zinc (mg)	0.06	0.22
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0	0.01
Omega 6 Fatty Acid (g)	0.03	0.12
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	2.77	9.73



# NUTRITIONAL INFO



## BAY-B-QUE BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	28.35	100.00
Calories (kcal)	46.42	163.72
Calories from Fat (kcal)	0.21	0.74
Calories from SatFat (kcal)	0.04	0.15
Protein (g)	0.16	0.57
Carbohydrates (g)	11.86	41.83
Dietary Fiber (g)	0.04	0.14
Soluble Fiber (g)	0.01	0.03
Total Sugars (g)	10.93	38.55
Monosaccharides (g)	2.43	8.58
Disaccharides (g)	0.37	1.32
Other Carbs (g)	0.89	3.14
Fat (g)	0.02	0.08
Saturated Fat (g)	0	0.02
Mono Fat (g)	0.01	0.02
Poly Fat (g)	0.01	0.05
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	11.82	41.69
<b>VITAMINS</b>		
Vitamin A - IU (IU)	69.20	244.10
Vitamin A - RAE (RAE)	3.50	12.34
Carotenoid RE (RE)	6.92	24.42
Retinol RE (RE)	0.03	0.13
Beta-Carotene (mcg)	41.39	145.98
Vitamin B1 (mg)	0	0.01
Vitamin B2 (mg)	0.03	0.09
Vitamin B3 (mg)	0.21	0.74
Vitamin B3 - Niacin Equiv (mg)	0.22	0.78
Vitamin B6 (mg)	0.02	0.07
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	1.01	3.55
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.19	0.68
Folate (mcg)	1.46	5.14
Folate, DFE (mcg)	1.46	5.14
Vitamin K (mcg)	0.40	1.41
Pantothenic Acid (mg)	0.01	0.02

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	5.99	21.12
Chromium (mcg)	0.75	2.65
Copper (mg)	0.02	0.09
Fluoride (mg)	0	0.01
Iodine (mcg)	-	-
Iron (mg)	0.25	0.87
Magnesium (mg)	2.41	8.52
Manganese (mg)	0.01	0.05
Molybdenum (mcg)	-	-
Phosphorus (mg)	5.83	20.52
Potassium (mg)	70.01	246.96
Selenium (mcg)	0.06	0.20
Sodium (mg)	395.48	1294.98
Zinc (mg)	0.04	0.13
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.01	0.05
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	1.71	6.05

# NUTRITIONAL INFO



## GATOR BITE BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	58.06	100.00
Calories (kcal)	93.33	160.75
Calories from Fat (kcal)	0.36	0.63
Calories from SatFat (kcal)	0.05	0.09
Protein (g)	0.11	0.18
Carbohydrates (g)	23.26	40.06
Dietary Fiber (g)	0.17	0.29
Soluble Fiber (g)	0	0
Total Sugars (g)	20.75	35.74
Monosaccharides (g)	12.62	21.73
Disaccharides (g)	0.37	0.63
Other Carbs (g)	2.34	4.03
Fat (g)	0.04	0.07
Saturated Fat (g)	0.01	0.01
Mono Fat (g)	0.01	0.01
Poly Fat (g)	0.02	0.04
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	24.32	41.90
<b>VITAMINS</b>		
Vitamin A - IU (IU)	170.48	293.64
Vitamin A - RAE (RAE)	0.99	1.71
Carotenoid RE (RE)	1.99	3.43
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	11.19	19.28
Vitamin B1 (mg)	0	0.01
Vitamin B2 (mg)	0.01	0.03
Vitamin B3 (mg)	0.05	0.09
Vitamin B3 - Niacin Equiv (mg)	0.07	0.13
Vitamin B6 (mg)	0.02	0.04
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	9.28	15.98
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.01	0.03
Folate (mcg)	1.02	1.76
Folate, DFE (mcg)	1.02	1.76
Vitamin K (mcg)	0.29	0.50
Pantothenic Acid (mg)	0.02	0.04

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	2.77	4.77
Chromium (mcg)	-	-
Copper (mg)	0.01	0.02
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.12	0.21
Magnesium (mg)	0.91	1.57
Manganese (mg)	0.02	0.03
Molybdenum (mcg)	-	-
Phosphorus (mg)	1.92	3.30
Potassium (mg)	27.91	48.08
Selenium (mcg)	0.0136	0.22
Sodium (mg)	695.37	1197.75
Zinc (mg)	0.05	0.08
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.02	0.04
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	0.37	0.64

# NUTRITIONAL INFO



## GEORGIA MUSTARD BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	28.35	100.00
Calories (kcal)	33.95	119.76
Calories from Fat (kcal)	4.58	16.14
Calories from SatFat (kcal)	0.30	1.06
Protein (g)	0.56	1.99
Carbohydrates (g)	7.38	26.04
Dietary Fiber (g)	0.45	1.59
Soluble Fiber (g)	0	0
Total Sugars (g)	5.42	19.10
Monosaccharides (g)	0.08	0.28
Disaccharides (g)	5.26	18.56
Other Carbs (g)	1.52	5.35
Fat (g)	0.51	1.79
Saturated Fat (g)	0.03	0.12
Mono Fat (g)	0.33	1.17
Poly Fat (g)	0.12	0.43
Trans Fatty Acid (g)	0	0.01
Cholesterol (mg)	0	0
Water (g)	11.30	39.84
<b>VITAMINS</b>		
Vitamin A - IU (IU)	12.46	43.97
Vitamin A - RAE (RAE)	0.63	2.22
Carotenoid RE (RE)	1.25	4.40
Retinol RE (RE)	0.01	0.02
Beta-Carotene (mcg)	5.64	19.88
Vitamin B1 (mg)	0.04	0.15
Vitamin B2 (mg)	0.01	0.02
Vitamin B3 (mg)	0.07	0.26
Vitamin B3 - Niacin Equiv (mg)	0.09	0.33
Vitamin B6 (mg)	0.01	0.03
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	0.42	1.48
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.05	0.17
Folate (mcg)	1.00	3.53
Folate, DFE (mcg)	1.00	3.53
Vitamin K (mcg)	0.49	1.73
Pantothenic Acid (mg)	0.04	0.14

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	8.73	30.79
Chromium (mcg)	0.65	2.31
Copper (mg)	0.01	0.05
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.24	0.85
Magnesium (mg)	6.50	22.92
Manganese (mg)	0.07	0.25
Molybdenum (mcg)	-	-
Phosphorus (mg)	13.89	49.00
Potassium (mg)	26.86	94.75
Selenium (mcg)	4.15	14.65
Sodium (mg)	389.80	1374.96
Zinc (mg)	0.08	0.30
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.06	0.20
Omega 6 Fatty Acid (g)	0.06	0.20
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	2.86	10.09

# NUTRITIONAL INFO



## KC CLASSIC BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	28.35	100.00
Calories (kcal)	35.25	124.35
Calories from Fat (kcal)	1.14	4.03
Calories from SatFat (kcal)	0.14	0.50
Protein (g)	0.35	1.24
Carbohydrates (g)	8.39	29.59
Dietary Fiber (g)	0.19	0.67
Soluble Fiber (g)	0.01	0.05
Total Sugars (g)	6.49	22.89
Monosaccharides (g)	3.79	13.35
Disaccharides (g)	2.69	9.50
Other Carbs (g)	1.70	6.01
Fat (g)	0.13	0.45
Saturated Fat (g)	0.02	0.06
Mono Fat (g)	0.03	0.12
Poly Fat (g)	0.04	0.14
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	13.96	49.22
<b>VITAMINS</b>		
Vitamin A - IU (IU)	169.59	598.19
Vitamin A - RAE (RAE)	8.48	29.91
Carotenoid RE (RE)	16.96	59.82
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	96.49	340.34
Vitamin B1 (mg)	0	0.01
Vitamin B2 (mg)	0.04	0.13
Vitamin B3 (mg)	0.31	1.10
Vitamin B3 - Niacin Equiv (mg)	0.33	1.17
Vitamin B6 (mg)	0.04	0.14
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	0.94	3.31
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.35	1.25
Folate (mcg)	2.05	7.23
Folate, DFE (mcg)	2.05	7.23
Vitamin K (mcg)	0.72	2.54
Pantothenic Acid (mg)	0.01	0.04

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	7.22	25.46
Chromium (mcg)	1.19	4.19
Copper (mg)	0.03	0.11
Fluoride (mg)	0	0.01
Iodine (mcg)	-	-
Iron (mg)	0.22	0.76
Magnesium (mg)	3.99	14.08
Manganese (mg)	0.04	0.13
Molybdenum (mcg)	-	-
Phosphorus (mg)	7.64	26.95
Potassium (mg)	71.00	250.45
Selenium (mcg)	0.16	0.56
Sodium (mg)	476.02	1679.08
Zinc (mg)	0.07	0.24
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0	0.01
Omega 6 Fatty Acid (g)	0.04	0.14
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	2.77	9.79

# NUTRITIONAL INFO



## MEMPHIS BELLE BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	28.35	100.00
Calories (kcal)	43.35	152.92
Calories from Fat (kcal)	0.22	0.77
Calories from SatFat (kcal)	0.04	0.15
Protein (g)	0.11	0.40
Carbohydrates (g)	9.35	32.99
Dietary Fiber (g)	0.03	0.10
Soluble Fiber (g)	0.01	0.02
Total Sugars (g)	8.46	29.85
Monosaccharides (g)	1.70	5.99
Disaccharides (g)	0.26	0.92
Other Carbs (g)	0.86	3.05
Fat (g)	0.02	0.09
Saturated Fat (g)	0	0.02
Mono Fat (g)	0.01	0.02
Poly Fat (g)	0.01	0.05
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	12.01	42.36
<b>VITAMINS</b>		
Vitamin A - IU (IU)	50.31	177.46
Vitamin A - RAE (RAE)	2.57	9.06
Carotenoid RE (RE)	5.04	17.76
Retinol RE (RE)	0.05	0.18
Beta-Carotene (mcg)	29.98	105.75
Vitamin B1 (mg)	0.02	0.03
Vitamin B2 (mg)	0.02	0.08
Vitamin B3 (mg)	0.24	0.85
Vitamin B3 - Niacin Equiv (mg)	0.25	0.87
Vitamin B6 (mg)	0.07	0.24
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	1.03	3.65
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.14	0.48
Folate (mcg)	1.22	4.31
Folate, DFE (mcg)	1.22	4.31
Vitamin K (mcg)	0.30	1.07
Pantothenic Acid (mg)	0.07	0.24

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	23.37	82.43
Chromium (mcg)	0.52	1.85
Copper (mg)	0.06	0.22
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.69	2.42
Magnesium (mg)	21.42	75.57
Manganese (mg)	0.13	0.46
Molybdenum (mcg)	-	-
Phosphorus (mg)	8.08	28.49
Potassium (mg)	186.68	658.49
Selenium (mcg)	1.48	5.22
Sodium (mg)	195.00	687.83
Zinc (mg)	0.05	0.19
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.01	0.05
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	2.33	8.23

# NUTRITIONAL INFO



## NC VINEGAR SAUCE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	28.50	100.00
Calories (kcal)	15.42	54.10
Calories from Fat (kcal)	0.16	0.58
Calories from SatFat (kcal)	0.04	0.14
Protein (g)	0.03	0.11
Carbohydrates (g)	2.92	10.24
Dietary Fiber (g)	0.08	0.28
Soluble Fiber (g)	0	0
Total Sugars (g)	2.60	9.12
Monosaccharides (g)	0.10	0.35
Disaccharides (g)	0	0
Other Carbs (g)	0.19	0.65
Fat (g)	0.02	0.06
Saturated Fat (g)	0	0.02
Mono Fat (g)	0	0.01
Poly Fat (g)	0.01	0.03
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	23.27	81.65
<b>VITAMINS</b>		
Vitamin A - IU (IU)	29.78	104.48
Vitamin A - RAE (RAE)	1.49	5.22
Carotenoid RE (RE)	2.98	10.45
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	15.65	54.93
Vitamin B1 (mg)	0	0
Vitamin B2 (mg)	0	0
Vitamin B3 (mg)	0.01	0.03
Vitamin B3 - Niacin Equiv (mg)	0.01	0.03
Vitamin B6 (mg)	0	0.01
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	0.08	0.28
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.02	0.08
Folate (mcg)	0.11	0.37
Folate, DFE (mcg)	0.11	0.37
Vitamin K (mcg)	0.23	0.82
Pantothenic Acid (mg)	0	0.01

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	2.88	10.09
Chromium (mcg)	0.67	2.36
Copper (mg)	0.01	0.02
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.09	0.30
Magnesium (mg)	1.65	5.80
Manganese (mg)	0.08	0.29
Molybdenum (mcg)	-	-
Phosphorus (mg)	2.58	9.05
Potassium (mg)	21.11	74.06
Selenium (mcg)	0.04	0.14
Sodium (mg)	363.68	1276.08
Zinc (mg)	0.02	0.05
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.01	0.02
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	0.05	0.17

# NUTRITIONAL INFO



## SMOKY MOUNTAIN SAUCE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	28.35	100.00
Calories (kcal)	48.13	169.75
Calories from Fat (kcal)	0.47	1.67
Calories from SatFat (kcal)	0.06	0.20
Protein (g)	0.20	0.72
Carbohydrates (g)	12.12	42.77
Dietary Fiber (g)	0.06	0.22
Soluble Fiber (g)	0.01	0.03
Total Sugars (g)	11.01	38.82
Monosaccharides (g)	2.54	8.95
Disaccharides (g)	0.40	1.39
Other Carbs (g)	1.05	3.69
Fat (g)	0.05	0.19
Saturated Fat (g)	0.01	0.02
Mono Fat (g)	0.01	0.03
Poly Fat (g)	0.02	0.06
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	10.81	38.12
<b>VITAMINS</b>		
Vitamin A - IU (IU)	69.47	245.03
Vitamin A - RAE (RAE)	3.47	12.25
Carotenoid RE (RE)	6.95	24.50
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	41.70	147.07
Vitamin B1 (mg)	0	0.02
Vitamin B2 (mg)	0.02	0.08
Vitamin B3 (mg)	0.25	0.88
Vitamin B3 - Niacin Equiv (mg)	0.26	0.93
Vitamin B6 (mg)	0.06	0.22
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	0.71	2.49
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.20	0.70
Folate (mcg)	1.30	4.59
Folate, DFE (mcg)	1.30	4.59
Vitamin K (mcg)	0.39	1.36
Pantothenic Acid (mg)	0.06	0.20

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	15.18	53.55
Chromium (mcg)	0.78	2.77
Copper (mg)	0.05	0.17
Fluoride (mg)	0	0.01
Iodine (mcg)	-	-
Iron (mg)	0.35	1.25
Magnesium (mg)	16.69	58.88
Manganese (mg)	0.11	0.38
Molybdenum (mcg)	-	-
Phosphorus (mg)	6.12	21.59
Potassium (mg)	131.83	465.00
Selenium (mcg)	1.13	3.99
Sodium (mg)	129.22	455.82
Zinc (mg)	0.05	0.19
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.02	0.06
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	2.55	8.98

# NUTRITIONAL INFO



## ST. LOUIS RED BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	28.35	100.00
Calories (kcal)	36.29	128.01
Calories from Fat (kcal)	0.23	0.80
Calories from SatFat (kcal)	0.05	0.16
Protein (g)	0.19	0.66
Carbohydrates (g)	9.12	32.17
Dietary Fiber (g)	0.05	0.18
Soluble Fiber (g)	0.01	0.03
Total Sugars (g)	7.19	25.37
Monosaccharides (g)	2.53	8.93
Disaccharides (g)	0.39	1.38
Other Carbs (g)	1.88	6.62
Fat (g)	0.03	0.09
Saturated Fat (g)	0.01	0.02
Mono Fat (g)	0.01	0.02
Poly Fat (g)	0.01	0.05
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	14.64	51.65
<b>VITAMINS</b>		
Vitamin A - IU (IU)	74.39	262.39
Vitamin A - RAE (RAE)	Vitamin A - RAE (RAE) 3.79	13.37
Carotenoid RE (RE)	7.45	26.26
Retinol RE (RE)	0.07	0.24
Beta-Carotene (mcg)	44.36	156.48
Vitamin B1 (mg)	0.01	0.02
Vitamin B2 (mg)	0.03	0.11
Vitamin B3 (mg)	0.24	0.85
Vitamin B3 - Niacin Equiv (mg)	0.25	0.90
Vitamin B6 (mg)	0.02	0.08
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	1.43	5.06
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.20	0.71
Folate (mcg)	1.81	6.38
Folate, DFE (mcg)	1.81	6.38
Vitamin K (mcg)	0.45	1.57
Pantothenic Acid (mg)	0.01	0.03

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	9.55	33.69
Chromium (mcg)	0.79	2.77
Copper (mg)	0.03	0.11
Fluoride (mg)	0	0.01
Iodine (mcg)	-	-
Iron (mg)	0.42	1.49
Magnesium (mg)	2.99	10.55
Manganese (mg)	0.01	0.05
Molybdenum (mcg)	-	-
Phosphorus (mg)	8.31	29.33
Potassium (mg)	98.01	345.73
Selenium (mcg)	0.10	0.35
Sodium (mg)	275.42	971.50
Zinc (mg)	0.05	0.17
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.01	0.05
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	1.94	6.85



# NUTRITIONAL INFO



## TEXAS TWANG BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	28.25	100.00
Calories (kcal)	32.16	113.85
Calories from Fat (kcal)	0.56	1.99
Calories from SatFat (kcal)	0.05	0.18
Protein (g)	0.13	0.45
Carbohydrates (g)	7.27	25.75
Dietary Fiber (g)	0.08	0.29
Soluble Fiber (g)	0.01	0.04
Total Sugars (g)	6.35	22.47
Monosaccharides (g)	2.57	9.08
Disaccharides (g)	0.30	1.06
Other Carbs (g)	0.50	1.75
Fat (g)	0.06	0.22
Saturated Fat (g)	0.01	0.02
Mono Fat (g)	0.01	0.02
Poly Fat (g)	0.01	0.05
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	19.90	70.46
<b>VITAMINS</b>		
Vitamin A - IU (IU)	179.12	634.04
Vitamin A - RAE (RAE)	3.36	11.89
Carotenoid RE (RE)	4.28	15.15
Retinol RE (RE)	0.01	0.04
Beta-Carotene (mcg)	40.07	141.82
Vitamin B1 (mg)	0	0.02
Vitamin B2 (mg)	0.02	0.06
Vitamin B3 (mg)	0.14	0.48
Vitamin B3 - Niacin Equiv (mg)	0.15	0.52
Vitamin B6 (mg)	0.02	0.09
Vitamin B12 (mcg)	0	0
Biotin (mcg)	0.03	0.09
Vitamin C (mg)	2.08	7.35
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.12	0.43
Folate (mcg)	1.00	3.53
Folate, DFE (mcg)	1.00	3.53
Vitamin K (mcg)	0.30	1.05
Pantothenic Acid (mg)	0.01	0.05

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	5.17	18.31
Chromium (mcg)	0.48	1.71
Copper (mg)	0.02	0.09
Fluoride (mg)	0	0.01
Iodine (mcg)	-	-
Iron (mg)	0.17	0.60
Magnesium (mg)	4.09	14.49
Manganese (mg)	0.03	0.11
Molybdenum (mcg)	-	-
Phosphorus (mg)	4.44	15.71
Potassium (mg)	60.04	212.54
Selenium (mcg)	0.21	0.74
Sodium (mg)	249.14	881.91
Zinc (mg)	0.04	0.13
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.01	0.04
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	1.26	4.47

# NUTRITIONAL INFO



## TUPELO HONEY HEAT BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	28.35	100.00
Calories (kcal)	49.75	175.50
Calories from Fat (kcal)	0.51	1.78
Calories from SatFat (kcal)	0.08	0.28
Protein (g)	0.19	0.69
Carbohydrates (g)	13.02	45.93
Dietary Fiber (g)	0.11	0.40
Soluble Fiber (g)	0.01	0.02
Total Sugars (g)	12.20	43.02
Monosaccharides (g)	10.96	38.67
Disaccharides (g)	0.51	1.80
Other Carbs (g)	0.69	2.44
Fat (g)	0.06	0.20
Saturated Fat (g)	0.01	0.03
Mono Fat (g)	0.01	0.03
Poly Fat (g)	0.03	0.09
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	12.46	43.94
<b>VITAMINS</b>		
Vitamin A - IU (IU)	81.90	288.89
Vitamin A - RAE (RAE)	4.10	14.44
Carotenoid RE (RE)	8.19	28.89
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	46.35	163.50
Vitamin B1 (mg)	0	0.01
Vitamin B2 (mg)	0.02	0.08
Vitamin B3 (mg)	0.15	0.54
Vitamin B3 - Niacin Equiv (mg)	0.17	0.62
Vitamin B6 (mg)	0.03	0.10
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	4.47	15.78
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.15	0.53
Folate (mcg)	1.40	4.93
Folate, DFE (mcg)	1.40	4.93
Vitamin K (mcg)	0.42	1.49
Pantothenic Acid (mg)	0.02	0.07

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	3.04	10.73
Chromium (mcg)	0.47	1.67
Copper (mg)	0.02	0.06
Fluoride (mg)	0	0.01
Iodine (mcg)	-	-
Iron (mg)	0.14	0.48
Magnesium (mg)	1.95	6.89
Manganese (mg)	0.02	0.08
Molybdenum (mcg)	-	-
Phosphorus (mg)	3.96	13.98
Potassium (mg)	41.96	148.02
Selenium (mcg)	0.15	0.52
Sodium (mg)	332.57	1172.84
Zinc (mg)	0.06	0.20
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.03	0.09
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	1.37	4.82

# NUTRITIONAL INFO

MISSION BBQ®  
The American Way.



# OTHER

# NUTRITIONAL INFO



## DOUBLE CHIP BROWNIES

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	176.33	100.00
Calories (kcal)	649.92	368.58
Calories from Fat (kcal)	245.44	139.20
Calories from SatFat (kcal)	143.42	81.34
Protein (g)	7.49	4.25
Carbohydrates (g)	103.73	58.83
Dietary Fiber (g)	5.41	3.07
Soluble Fiber (g)	0.21	0.12
Total Sugars (g)	80.24	45.51
Monosaccharides (g)	0.07	0.04
Disaccharides (g)	62.87	35.66
Other Carbs (g)	17.94	10.17
Fat (g)	27.54	15.62
Saturated Fat (g)	15.94	9.04
Mono Fat (g)	7.82	4.44
Poly Fat (g)	1.32	0.75
Trans Fatty Acid (g)	0.63	0.36
Cholesterol (mg)	110.46	62.64
Water (g)	35.41	20.08
<b>VITAMINS</b>		
Vitamin A - IU (IU)	574.40	325.75
Vitamin A - RAE (RAE)	159.58	90.50
Carotenoid RE (RE)	5.06	2.87
Retinol RE (RE)	157.04	89.06
Beta-Carotene (mcg)	29.91	16.97
Vitamin B1 (mg)	0.19	0.11
Vitamin B2 (mg)	0.24	0.13
Vitamin B3 (mg)	1.39	0.79
Vitamin B3 - Niacin Equiv (mg)	2.86	1.62
Vitamin B6 (mg)	0.05	0.03
Vitamin B12 (mcg)	0.20	0.11
Biotin (mcg)	3.96	2.25
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	26.74	15.16
Vitamin D - mcg (mcg)	0.66	0.37
Vitamin E - Alpha-Toco (mg)	0.73	0.41
Folate (mcg)	51.60	29.26
Folate, DFE (mcg)	74.10	42.02
Vitamin K (mcg)	3.21	1.82
Pantothenic Acid (mg)	0.43	0.25

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	29.43	16.69
Chromium (mcg)	0.62	0.35
Copper (mg)	0.27	0.15
Fluoride (mg)	0.01	0.01
Iodine (mcg)	9.94	5.64
Iron (mg)	2.86	1.62
Magnesium (mg)	43.65	24.75
Manganese (mg)	0.40	0.23
Molybdenum (mcg)	3.19	1.81
Phosphorus (mg)	105.78	59.99
Potassium (mg)	169.89	96.35
Selenium (mcg)	14.71	8.34
Sodium (mg)	318.14	180.43
Zinc (mg)	0.92	0.52
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.11	0.06
Omega 6 Fatty Acid (g)	1.21	0.68
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0.18	0.10
Caffeine (mg)	31.53	17.88
Choline (mg)	67.74	38.42

# NUTRITIONAL INFO



## ITALIAN DRESSING

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	42.52	100.00
Calories (kcal)	183.96	432.60
Calories from Fat (kcal)	174.37	410.04
Calories from SatFat (kcal)	13.08	30.75
Protein (g)	0	0.01
Carbohydrates (g)	2.24	5.27
Dietary Fiber (g)	0.01	0.02
Soluble Fiber (g)	0	0
Total Sugars (g)	1.17	2.75
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	1.06	2.49
Fat (g)	19.72	46.38
Saturated Fat (g)	1.45	3.42
Mono Fat (g)	12.48	29.35
Poly Fat (g)	5.55	13.05
Trans Fatty Acid (g)	0.08	0.18
Cholesterol (mg)	0	0
Water (g)	13.03	30.64
<b>VITAMINS</b>		
Vitamin A - IU (IU)	2.29	5.38
Vitamin A - RAE (RAE)	0.11	0.27
Carotenoid RE (RE)	0.23	0.54
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	1.21	2.85
Vitamin B1 (mg)	0	0
Vitamin B2 (mg)	0	0
Vitamin B3 (mg)	0	0
Vitamin B3 - Niacin Equiv (mg)	0	0
Vitamin B6 (mg)	0	0
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	0	0.01
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	3.45	8.11
Folate (mcg)	0.05	0.12
Folate, DFE (mcg)	0.05	0.12
Vitamin K (mcg)	14.26	33.53
Pantothenic Acid (mg)	0	0

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	0.73	1.72
Chromium (mcg)	-	-
Copper (mg)	0	0
Fluoride (mg)	0.01	0.02
Iodine (mcg)	-	-
Iron (mg)	0.01	0.03
Magnesium (mg)	0.22	0.52
Manganese (mg)	0	0
Molybdenum (mcg)	-	-
Phosphorus (mg)	0.05	0.12
Potassium (mg)	0.56	1.31
Selenium (mcg)	0	0
Sodium (mg)	374.83	881.44
Zinc (mg)	0	0
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	1.80	4.24
Omega 6 Fatty Acid (g)	3.75	8.82
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	0.05	0.12

# NUTRITIONAL INFO



## RANCH DRESSING

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	42.52	100.00
Calories (kcal)	116.67	274.35
Calories from Fat (kcal)	86.80	204.12
Calories from SatFat (kcal)	14.56	34.24
Protein (g)	0.73	1.72
Carbohydrates (g)	7.45	17.51
Dietary Fiber (g)	0.03	0.07
Soluble Fiber (g)	0	0
Total Sugars (g)	2.46	5.79
Monosaccharides (g)	0	0
Disaccharides (g)	0	0.01
Other Carbs (g)	4.95	11.65
Fat (g)	9.64	22.68
Saturated Fat (g)	1.62	3.80
Mono Fat (g)	2.59	6.09
Poly Fat (g)	4.97	11.69
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	8.71	20.47
Water (g)	23.53	55.33
<b>VITAMINS</b>		
Vitamin A - IU (IU)	92.40	217.28
Vitamin A - RAE (RAE)	12.80	30.34
Carotenoid RE (RE)	6.07	14.27
Retinol RE (RE)	9.87	23.20
Beta-Carotene (mcg)	31.24	73.46
Vitamin B1 (mg)	0.01	0.03
Vitamin B2 (mg)	0.03	0.07
Vitamin B3 (mg)	0.02	0.04
Vitamin B3 - Niacin Equiv (mg)	0.17	0.40
Vitamin B6 (mg)	0.01	0.03
Vitamin B12 (mcg)	0.12	0.29
Biotin (mcg)	-	-
Vitamin C (mg)	0.03	0.07
Vitamin D - IU (IU)	8.53	20.06
Vitamin D - mcg (mcg)	0.21	0.50
Vitamin E - Alpha-Toco (mg)	0.58	1.37
Folate (mcg)	2.46	5.77
Folate, DFE (mcg)	2.46	5.77
Vitamin K (mcg)	11.72	27.55
Pantothenic Acid (mg)	0.12	0.29

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	20.81	48.94
Chromium (mcg)	0.01	0.02
Copper (mg)	0.01	0.02
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.07	0.17
Magnesium (mg)	2.20	5.17
Manganese (mg)	0.03	0.08
Molybdenum (mcg)	-	-
Phosphorus (mg)	19.86	46.71
Potassium (mg)	24.11	56.70
Selenium (mcg)	1.00	2.34
Sodium (mg)	286.51	673.76
Zinc (mg)	0.11	0.26
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.56	1.32
Omega 6 Fatty Acid (g)	4.41	10.37
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	6.17	14.52

**NUTRITIONAL INFO**

**MISSION BBQ®**  
The American Way.



# **BLACK PLATE SPECIALS**

# NUTRITIONAL INFO



## BAKED CHEESY POTATO

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	170.10	100
Calories (kcal)	380.21	223.52
Calories from Fat (kcal)	229.47	134.90
Calories from SatFat (kcal)	99.19	58.31
Protein (g)	9.88	5.81
Carbohydrates (g)	28.35	16.66
Dietary Fiber (g)	2.63	1.54
Soluble Fiber (g)	0.07	0.04
Total Sugars (g)	2.49	1.46
Monosaccharides (g)	0.51	0.30
Disaccharides (g)	1.35	0.79
Other Carbs (g)	23.25	13.67
Fat (g)	25.52	15.01
Saturated Fat (g)	11.02	6.48
Mono Fat (g)	6.77	3.98
Poly Fat (g)	5.72	3.36
Trans Fatty Acid (g)	0.29	0.17
Cholesterol (mg)	51.29	30.16
Water (g)	102.33	60.16
<b>VITAMINS</b>		
Vitamin A - IU (IU)	625.37	367.65
Vitamin A - RAE (RAE)	143.13	84.15
Carotenoid RE (RE)	18.14	10.67
Retinol RE (RE)	134.06	78.81
Beta-Carotene (mcg)	106.95	62.88
Vitamin B1 (mg)	0.10	0.06
Vitamin B2 (mg)	0.15	0.09
Vitamin B3 (mg)	1.94	1.14
Vitamin B3 - Niacin Equiv (mg)	3.93	2.31
Vitamin B6 (mg)	0.20	0.12
Vitamin B12 (mcg)	0.29	0.17
Biotin (mcg)	1.62	0.95
Vitamin C (mg)	0.83	0.49
Vitamin D - IU (IU)	14.59	8.58
Vitamin D - mcg (mcg)	0.36	0.21
Vitamin E - Alpha-Toco (mg)	1.63	0.96
Folate (mcg)	9.30	5.47
Folate, DFE (mcg)	9.30	5.47
Vitamin K (mcg)	28.43	16.71
Pantothenic Acid (mg)	1.06	0.62

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	218.71	128.58
Chromium (mcg)	0.04	0.02
Copper (mg)	0.16	0.09
Fluoride (mg)	0.01	0
Iodine (mcg)	10.93	6.43
Iron (mg)	1.07	0.63
Magnesium (mg)	32.70	19.23
Manganese (mg)	0.28	0.16
Molybdenum (mcg)	1.52	0.89
Phosphorus (mg)	235.77	138.61
Potassium (mg)	496.11	291.66
Selenium (mcg)	5.02	2.95
Sodium (mg)	795.28	467.54
Zinc (mg)	1.24	0.73
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.65	0.38
Omega 6 Fatty Acid (g)	5.03	2.96
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	14.58	8.57



# NUTRITIONAL INFO



## BAKED SWEET POTATO

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	255.14	100
Calories (kcal)	470.90	184.57
Calories from Fat (kcal)	238.63	93.53
Calories from SatFat (kcal)	105.34	41.29
Protein (g)	3.32	1.30
Carbohydrates (g)	53.96	21.15
Dietary Fiber (g)	6.35	2.49
Soluble Fiber (g)	0	0
Total Sugars (g)	17.39	6.82
Monosaccharides (g)	3.51	1.38
Disaccharides (g)	5.33	2.09
Other Carbs (g)	30.23	11.85
Fat (g)	26.58	10.42
Saturated Fat (g)	11.70	4.59
Mono Fat (g)	0.84	0.33
Poly Fat (g)	2.43	0.95
Trans Fatty Acid (g)	1.52	0.60
Cholesterol (mg)	42.72	16.74
Water (g)	163.51	64.09
<b>VITAMINS</b>		
Vitamin A - IU (IU)	30586.04	11987.94
Vitamin A - RAE (RAE)	1500.82	588.23
Carotenoid RE (RE)	3001.64	1176.47
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	18003.08	7056.16
Vitamin B1 (mg)	0.17	0.06
Vitamin B2 (mg)	0.13	0.05
Vitamin B3 (mg)	1.18	0.46
Vitamin B3 - Niacin Equiv (mg)	2.27	0.89
Vitamin B6 (mg)	0.44	0.17
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	5.08	1.99
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.89	0.35
Folate (mcg)	23.27	9.12
Folate, DFE (mcg)	23.27	9.12
Vitamin K (mcg)	11.10	4.35
Pantothenic Acid (mg)	1.69	0.66

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	63.47	24.88
Chromium (mcg)	-	-
Copper (mg)	0.32	0.13
Fluoride (mg)	-	-
Iodine (mcg)	-	-
Iron (mg)	1.29	0.51
Magnesium (mg)	52.89	20.73
Manganese (mg)	0.55	0.21
Molybdenum (mcg)	10.58	4.15
Phosphorus (mg)	99.44	38.98
Potassium (mg)	713.01	279.46
Selenium (mcg)	1.27	0.50
Sodium (mg)	230.29	90.26
Zinc (mg)	0.63	0.25
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.28	0.11
Omega 6 Fatty Acid (g)	2.16	0.85
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	26.02	10.20

# NUTRITIONAL INFO



## BANANA PUDDIN'

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	85.05	100
Calories (kcal)	147.10	172.95
Calories from Fat (kcal)	59.57	70.04
Calories from SatFat (kcal)	40.16	47.21
Protein (g)	1.65	1.94
Carbohydrates (g)	19.63	23.08
Dietary Fiber (g)	0.09	0.10
Soluble Fiber (g)	0	0
Total Sugars (g)	18.20	21.40
Monosaccharides (g)	0.28	0.33
Disaccharides (g)	2.46	2.90
Other Carbs (g)	0.37	0.43
Fat (g)	6.62	7.78
Saturated Fat (g)	4.46	5.25
Mono Fat (g)	1.30	1.53
Poly Fat (g)	0.24	0.28
Trans Fatty Acid (g)	0.15	0.18
Cholesterol (mg)	13.72	16.13
Water (g)	56.05	65.90
<b>VITAMINS</b>		
Vitamin A - IU (IU)	181.80	213.76
Vitamin A - RAE (RAE)	51.09	60.07
Carotenoid RE (RE)	1.72	2.02
Retinol RE (RE)	50.23	59.06
Beta-Carotene (mcg)	8.35	9.82
Vitamin B1 (mg)	0.03	0.02
Vitamin B2 (mg)	0.10	0.12
Vitamin B3 (mg)	0.07	0.09
Vitamin B3 - Niacin Equiv (mg)	0.40	0.47
Vitamin B6 (mg)	0.04	0.04
Vitamin B12 (mcg)	0.23	0.27
Biotin (mcg)	1.36	1.60
Vitamin C (mg)	0.41	0.48
Vitamin D - IU (IU)	22.50	26.45
Vitamin D - mcg (mcg)	0.58	0.68
Vitamin E - Alpha-Toco (mg)	0.12	0.14
Folate (mcg)	3.80	4.46
Folate, DFE (mcg)	3.80	4.46
Vitamin K (mcg)	0.48	0.57
Pantothenic Acid (mg)	0.22	0.26

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	66.41	78.09
Chromium (mcg)	0.04	0.05
Copper (mg)	0.03	0.03
Fluoride (mg)	0	0
Iodine (mcg)	9.24	10.86
Iron (mg)	0.06	0.07
Magnesium (mg)	6.65	7.82
Manganese (mg)	0.01	0.01
Molybdenum (mcg)	0.78	0.92
Phosphorus (mg)	163.04	191.70
Potassium (mg)	89.58	105.33
Selenium (mcg)	2.05	2.41
Sodium (mg)	254.85	299.65
Zinc (mg)	0.23	0.27
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.05	0.06
Omega 6 Fatty Acid (g)	0.17	0.20
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	9.55	11.23

# NUTRITIONAL INFO



## BLUEBERRY COBLER

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	175.78	100
Calories (kcal)	390.55	222.18
Calories from Fat (kcal)	110.32	62.76
Calories from SatFat (kcal)	66.75	37.97
Protein (g)	2.82	1.60
Carbohydrates (g)	69.67	39.64
Dietary Fiber (g)	3.14	1.79
Soluble Fiber (g)	0.02	0.01
Total Sugars (g)	58.50	33.28
Monosaccharides (g)	0.59	0.33
Disaccharides (g)	50.52	28.74
Other Carbs (g)	7.61	4.33
Fat (g)	12.46	7.09
Saturated Fat (g)	7.42	4.22
Mono Fat (g)	3.13	1.78
Poly Fat (g)	0.88	0.50
Trans Fatty Acid (g)	0.47	0.27
Cholesterol (mg)	30.48	17.34
Water (g)	81.09	46.13
<b>VITAMINS</b>		
Vitamin A - IU (IU)	478.10	271.98
Vitamin A - RAE (RAE)	98.66	56.13
Carotenoid RE (RE)	3.70	2.10
Retinol RE (RE)	95.11	54.11
Beta-Carotene (mcg)	46.21	26.29
Vitamin B1 (mg)	0.13	0.08
Vitamin B2 (mg)	0.23	0.13
Vitamin B3 (mg)	1.16	0.66
Vitamin B3 - Niacin Equiv (mg)	1.26	0.72
Vitamin B6 (mg)	0.08	0.04
Vitamin B12 (mcg)	0.22	0.13
Biotin (mcg)	0.15	0.08
Vitamin C (mg)	2.18	1.24
Vitamin D - IU (IU)	15.10	8.59
Vitamin D - mcg (mcg)	0.38	0.21
Vitamin E - Alpha-Toco (mg)	0.77	0.44
Folate (mcg)	33.75	19.20
Folate, DFE (mcg)	33.46	19.04
Vitamin K (mcg)	14.97	8.52
Pantothenic Acid (mg)	0.36	0.21

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	46.88	26.67
Chromium (mcg)	0.42	0.24
Copper (mg)	0.05	0.03
Fluoride (mg)	0	0
Iodine (mcg)	0.76	0.43
Iron (mg)	0.90	0.51
Magnesium (mg)	8.18	4.65
Manganese (mg)	0.22	0.12
Molybdenum (mcg)	-	-
Phosphorus (mg)	27.91	15.88
Potassium (mg)	83.17	47.31
Selenium (mcg)	3.97	2.26
Sodium (mg)	183.09	104.16
Zinc (mg)	0.30	0.17
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.07	0.04
Omega 6 Fatty Acid (g)	0.57	0.33
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0.05
Caffeine (mg)	0	0
Choline (mg)	4.70	2.68

# NUTRITIONAL INFO



## BROCCOLOI SALAD

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	144.88	100
Calories (kcal)	435.43	300.54
Calories from Fat (kcal)	266.89	184.21
Calories from SatFat (kcal)	82.02	56.61
Protein (g)	17.31	11.94
Carbohydrates (g)	26.68	18.42
Dietary Fiber (g)	1.52	1.05
Soluble Fiber (g)	0.15	0.10
Total Sugars (g)	15.14	10.45
Monosaccharides (g)	7.05	4.87
Disaccharides (g)	5.79	3.99
Other Carbs (g)	10.03	6.92
Fat (g)	29.65	20.47
Saturated Fat (g)	9.11	6.29
Mono Fat (g)	10.37	7.16
Poly Fat (g)	7.68	5.30
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	59.26	40.90
Water (g)	63.21	43.63
<b>VITAMINS</b>		
Vitamin A - IU (IU)	455.98	314.73
Vitamin A - RAE (RAE)	59.59	41.13
Carotenoid RE (RE)	30.84	21.28
Retinol RE (RE)	44.17	30.48
Beta-Carotene (mcg)	175.75	121.31
Vitamin B1 (mg)	0.18	0.12
Vitamin B2 (mg)	0.21	0.14
Vitamin B3 (mg)	3.94	2.72
Vitamin B3 - Niacin Equiv (mg)	6.69	4.62
Vitamin B6 (mg)	0.22	0.15
Vitamin B12 (mcg)	0.59	0.40
Biotin (mcg)	1.08	0.74
Vitamin C (mg)	33.29	22.98
Vitamin D - IU (IU)	18.35	12.67
Vitamin D - mcg (mcg)	0.44	0.31
Vitamin E - Alpha-Toco (mg)	1.13	0.78
Folate (mcg)	30.13	20.80
Folate, DFE (mcg)	30.13	20.80
Vitamin K (mcg)	52.30	36.10
Pantothenic Acid (mg)	0.75	0.52

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	135.66	93.64
Chromium (mcg)	0.06	0.04
Copper (mg)	0.12	0.08
Fluoride (mg)	0.03	0.02
Iodine (mcg)	6.33	4.37
Iron (mg)	1.14	0.79
Magnesium (mg)	27.56	19.02
Manganese (mg)	0.18	0.12
Molybdenum (mcg)	2.83	1.95
Phosphorus (mg)	291.83	201.42
Potassium (mg)	411.71	284.17
Selenium (mcg)	23.66	16.33
Sodium (mg)	840.40	590.05
Zinc (mg)	1.83	1.26
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.80	0.55
Omega 6 Fatty Acid (g)	6.82	4.70
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	55.70	38.44

# NUTRITIONAL INFO



## CARAMEL APPLE COBBLER

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	154.92	100
Calories (kcal)	334.94	216.20
Calories from Fat (kcal)	78.25	50.51
Calories from SatFat (kcal)	47.77	30.84
Protein (g)	3.31	2.14
Carbohydrates (g)	63.01	40.67
Dietary Fiber (g)	1.95	1.26
Soluble Fiber (g)	0.01	0.01
Total Sugars (g)	37.83	24.42
Monosaccharides (g)	0.11	0.07
Disaccharides (g)	31.58	20.38
Other Carbs (g)	14.42	9.31
Fat (g)	8.83	5.70
Saturated Fat (g)	5.31	3.43
Mono Fat (g)	2.19	1.41
Poly Fat (g)	0.53	0.34
Trans Fatty Acid (g)	0.33	0.21
Cholesterol (mg)	22.30	14.39
Water (g)	73.49	47.43
<b>VITAMINS</b>		
Vitamin A - IU (IU)	362.55	234.02
Vitamin A - RAE (RAE)	72.44	46.76
Carotenoid RE (RE)	6.25	4.03
Retinol RE (RE)	69.32	44.74
Beta-Carotene (mcg)	20.56	13.27
Vitamin B1 (mg)	0.19	0.12
Vitamin B2 (mg)	0.20	0.13
Vitamin B3 (mg)	1.56	1.00
Vitamin B3 - Niacin Equiv (mg)	2.09	1.35
Vitamin B6 (mg)	0.05	0.03
Vitamin B12 (mcg)	0.13	0.08
Biotin (mcg)	0.22	0.14
Vitamin C (mg)	0.13	0.08
Vitamin D - IU (IU)	9.75	6.30
Vitamin D - mcg (mcg)	0.24	0.16
Vitamin E - Alpha-Toco (mg)	0.34	0.22
Folate (mcg)	43.56	28.12
Folate, DFE (mcg)	59.22	38.22
Vitamin K (mcg)	1.04	0.67
Pantothenic Acid (mg)	0.24	0.16

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	22.77	14.70
Chromium (mcg)	0.26	0.16
Copper (mg)	0.09	0.06
Fluoride (mg)	0	0
Iodine (mcg)	0.18	0.12
Iron (mg)	1.24	0.80
Magnesium (mg)	8.54	5.51
Manganese (mg)	0.44	0.28
Molybdenum (mcg)	-	-
Phosphorus (mg)	29.75	19.21
Potassium (mg)	102.41	66.11
Selenium (mcg)	8.42	5.44
Sodium (mg)	93.85	60.58
Zinc (mg)	0.29	0.19
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.06	0.04
Omega 6 Fatty Acid (g)	0.47	0.30
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0.02	0.01
Caffeine (mg)	0	0
Choline (mg)	4.29	2.77

# NUTRITIONAL INFO



## CARAMEL BREAD PUDDING

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	113.40	100
Calories (kcal)	370.46	326.69
Calories from Fat (kcal)	205.08	180.85
Calories from SatFat (kcal)	122.22	107.78
Protein (g)	4.95	4.36
Carbohydrates (g)	37.76	33.30
Dietary Fiber (g)	0.73	0.64
Soluble Fiber (g)	0	0
Total Sugars (g)	24.82	21.89
Monosaccharides (g)	1.01	0.89
Disaccharides (g)	22.02	19.42
Other Carbs (g)	12.21	10.77
Fat (g)	22.85	20.15
Saturated Fat (g)	13.58	11.98
Mono Fat (g)	6.52	5.75
Poly Fat (g)	1.43	1.26
Trans Fatty Acid (g)	0.67	0.59
Cholesterol (mg)	118.99	104.93
Water (g)	46.82	41.29
<b>VITAMINS</b>		
Vitamin A - IU (IU)	863.82	761.75
Vitamin A - RAE (RAE)	241.99	213.39
Carotenoid RE (RE)	6.87	6.05
Retinol RE (RE)	238.55	210.37
Beta-Carotene (mcg)	40.54	35.75
Vitamin B1 (mg)	0.16	0.14
Vitamin B2 (mg)	0.18	0.14
Vitamin B3 (mg)	1.29	1.14
Vitamin B3 - Niacin Equiv (mg)	1.84	1.63
Vitamin B6 (mg)	0.06	0.05
Vitamin B12 (mcg)	0.20	0.18
Biotin (mcg)	3.37	2.97
Vitamin C (mg)	0.29	0.25
Vitamin D - IU (IU)	25.23	22.25
Vitamin D - mcg (mcg)	0.64	0.56
Vitamin E - Alpha-Toco (mg)	0.78	0.69
Folate (mcg)	37.01	32.64
Folate, DFE (mcg)	52.79	46.55
Vitamin K (mcg)	1.89	1.67
Pantothenic Acid (mg)	0.45	0.40

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	107.33	94.65
Chromium (mcg)	0.21	0.18
Copper (mg)	0.05	0.04
Fluoride (mg)	0	0
Iodine (mcg)	15.16	13.37
Iron (mg)	1.19	1.05
Magnesium (mg)	11.58	10.21
Manganese (mg)	0.16	0.14
Molybdenum (mcg)	2.07	1.83
Phosphorus (mg)	81.74	72.08
Potassium (mg)	84.27	74.32
Selenium (mcg)	9.94	8.77
Sodium (mg)	193.79	170.89
Zinc (mg)	0.49	0.44
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.33	0.29
Omega 6 Fatty Acid (g)	1.10	0.97
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	48.41	42.69

# NUTRITIONAL INFO



## CARROT CAKE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	131.56	100
Calories (kcal)	469.91	357.17
Calories from Fat (kcal)	243.08	184.76
Calories from SatFat (kcal)	18.69	14.21
Protein (g)	4.43	3.37
Carbohydrates (g)	52.88	40.19
Dietary Fiber (g)	1.57	1.19
Soluble Fiber (g)	0.54	0.41
Total Sugars (g)	35.29	26.83
Monosaccharides (g)	0.32	0.25
Disaccharides (g)	34.52	26.24
Other Carbs (g)	16.01	12.17
Fat (g)	27.49	20.90
Saturated Fat (g)	2.08	1.58
Mono Fat (g)	6.21	4.72
Poly Fat (g)	17.84	13.56
Trans Fatty Acid (g)	0.70	0.53
Cholesterol (mg)	0	0
Water (g)	27.01	20.53
<b>VITAMINS</b>		
Vitamin A - IU (IU)	4845.48	3683.02
Vitamin A - RAE (RAE)	229.77	174.65
Carotenoid RE (RE)	459.55	349.30
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	2278.87	1732.16
Vitamin B1 (mg)	0.23	0.18
Vitamin B2 (mg)	0.41	0.31
Vitamin B3 (mg)	1.51	1.15
Vitamin B3 - Niacin Equiv (mg)	1.98	1.51
Vitamin B6 (mg)	0.07	0.06
Vitamin B12 (mcg)	0.40	0.30
Biotin (mcg)	1.59	1.21
Vitamin C (mg)	1.64	1.25
Vitamin D - IU (IU)	13.33	10.13
Vitamin D - mcg (mcg)	0.33	0.25
Vitamin E - Alpha-Toco (mg)	2.71	2.06
Folate (mcg)	63.41	48.20
Folate, DFE (mcg)	65.91	50.10
Vitamin K (mcg)	57.57	43.76
Pantothenic Acid (mg)	0.50	0.38

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	23.79	18.08
Chromium (mcg)	0.28	0.22
Copper (mg)	0.05	0.04
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	1.47	1.12
Magnesium (mg)	8.27	6.29
Manganese (mg)	0.26	0.20
Molybdenum (mcg)	1.38	1.05
Phosphorus (mg)	32.52	24.72
Potassium (mg)	145.22	110.38
Selenium (mcg)	7.31	5.55
Sodium (mg)	461.69	350.93
Zinc (mg)	0.42	0.32
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	2.02	1.54
Omega 6 Fatty Acid (g)	15.82	12.02
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0.12	0.09
Caffeine (mg)	0	0
Choline (mg)	4.64	3.53

# NUTRITIONAL INFO



## CHOCOLATE CARAMEL CHEESECAKE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	125.19	100
Calories (kcal)	433.54	346.29
Calories from Fat (kcal)	237.81	189.95
Calories from SatFat (kcal)	147.61	117.90
Protein (g)	3.60	2.88
Carbohydrates (g)	46.02	36.76
Dietary Fiber (g)	0.60	0.48
Soluble Fiber (g)	0	0
Total Sugars (g)	39.10	31.23
Monosaccharides (g)	0	0
Disaccharides (g)	25.92	20.71
Other Carbs (g)	4.50	3.60
Fat (g)	26.51	21.18
Saturated Fat (g)	16.40	13.10
Mono Fat (g)	6.21	4.96
Poly Fat (g)	0.97	0.7
Trans Fatty Acid (g)	0.74	0.59
Cholesterol (mg)	71.93	57.45
Water (g)	47.64	38.05
<b>VITAMINS</b>		
Vitamin A - IU (IU)	856.98	684.51
Vitamin A - RAE (RAE)	234.84	187.58
Carotenoid RE (RE)	8.61	6.88
Retinol RE (RE)	230.53	184.14
Beta-Carotene (mcg)	53.14	42.45
Vitamin B1 (mg)	0.03	0.03
Vitamin B2 (mg)	0.10	0.08
Vitamin B3 (mg)	0.36	0.29
Vitamin B3 - Niacin Equiv (mg)	0.94	0.75
Vitamin B6 (mg)	0.03	0.02
Vitamin B12 (mcg)	0.17	0.13
Biotin (mcg)	1.01	0.81
Vitamin C (mg)	0.32	0.25
Vitamin D - IU (IU)	19.62	15.67
Vitamin D - mcg (mcg)	0.49	0.39
Vitamin E - Alpha-Toco (mg)	0.37	0.30
Folate (mcg)	9.36	7.47
Folate, DFE (mcg)	6.58	5.25
Vitamin K (mcg)	2.01	1.61
Pantothenic Acid (mg)	0.30	0.24

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	65.60	52.40
Chromium (mcg)	0.13	0.10
Copper (mg)	0.05	0.04
Fluoride (mg)	0	0
Iodine (mcg)	2.47	1.97
Iron (mg)	0.61	0.48
Magnesium (mg)	14.50	11.58
Manganese (mg)	0.06	0.05
Molybdenum (mcg)	0.94	0.75
Phosphorus (mg)	80.67	64.44
Potassium (mg)	107.74	86.06
Selenium (mcg)	1.77	1.42
Sodium (mg)	237.88	190.00
Zinc (mg)	0.47	0.38
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.14	0.11
Omega 6 Fatty Acid (g)	0.72	0.58
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0.25	0.20
Caffeine (mg)	2.33	1.86
Choline (mg)	15.51	12.39



# NUTRITIONAL INFO



## COOKIES & CREAM PUDDING PIE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	156.12	100
Calories (kcal)	234.56	150.24
Calories from Fat (kcal)	85.17	54.55
Calories from SatFat (kcal)	63.94	40.95
Protein (g)	4.93	3.16
Carbohydrates (g)	30.79	19.72
Dietary Fiber (g)	0.21	0.14
Soluble Fiber (g)	0	0
Total Sugars (g)	25.54	16.36
Monosaccharides (g)	0.03	0.02
Disaccharides (g)	19.90	12.74
Other Carbs (g)	2.52	1.61
Fat (g)	9.46	6.06
Saturated Fat (g)	7.10	4.55
Mono Fat (g)	1.44	0.92
Poly Fat (g)	0.22	0.14
Trans Fatty Acid (g)	0.20	0.13
Cholesterol (mg)	19.56	12.53
Water (g)	109.61	70.21
<b>VITAMINS</b>		
Vitamin A - IU (IU)	298.16	190.98
Vitamin A - RAE (RAE)	86.84	55.62
Carotenoid RE (RE)	1.05	0.67
Retinol RE (RE)	86.32	55.29
Beta-Carotene (mcg)	6.05	3.87
Vitamin B1 (mg)	0.04	0.03
Vitamin B2 (mg)	0.22	0.14
Vitamin B3 (mg)	0.12	0.08
Vitamin B3 - Niacin Equiv (mg)	1.03	0.66
Vitamin B6 (mg)	0.04	0.03
Vitamin B12 (mcg)	0.67	0.43
Biotin (mcg)	1.46	0.94
Vitamin C (mg)	0.17	0.11
Vitamin D - IU (IU)	47.09	30.17
Vitamin D - mcg (mcg)	1.15	0.74
Vitamin E - Alpha-Toco (mg)	0.09	0.06
Folate (mcg)	8.80	5.64
Folate, DFE (mcg)	8.80	5.64
Vitamin K (mcg)	0.44	0.28
Pantothenic Acid (mg)	0.52	0.33

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	144.84	92.77
Chromium (mcg)	0.08	0.05
Copper (mg)	0.03	0.02
Fluoride (mg)	0	0
Iodine (mcg)	17.57	11.25
Iron (mg)	0.20	0.13
Magnesium (mg)	14.23	9.12
Manganese (mg)	0.04	0.02
Molybdenum (mcg)	1.46	0.94
Phosphorus (mg)	121.36	77.73
Potassium (mg)	191.23	122.49
Selenium (mcg)	3.39	2.17
Sodium (mg)	171.11	109.60
Zinc (mg)	0.60	0.38
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.03	0.02
Omega 6 Fatty Acid (g)	0.17	0.11
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0.42	0.27
Choline (mg)	17.43	11.16

# NUTRITIONAL INFO



## CORN CASSEROLE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	192.97	100
Calories (kcal)	429.22	222.42
Calories from Fat (kcal)	186.75	96.77
Calories from SatFat (kcal)	78.45	40.65
Protein (g)	8.99	4.66
Carbohydrates (g)	52.28	27.09
Dietary Fiber (g)	2.20	1.14
Soluble Fiber (g)	0.37	0.19
Total Sugars (g)	14.49	7.51
Monosaccharides (g)	0.86	0.44
Disaccharides (g)	10.08	5.22
Other Carbs (g)	35.60	18.45
Fat (g)	20.90	10.83
Saturated Fat (g)	8.72	4.52
Mono Fat (g)	5.37	2.78
Poly Fat (g)	5.24	2.71
Trans Fatty Acid (g)	0.38	0.20
Cholesterol (mg)	38.94	20.18
Water (g)	69.78	36.16
<b>VITAMINS</b>		
Vitamin A - IU (IU)	487.19	252.46
Vitamin A - RAE (RAE)	114.61	59.39
Carotenoid RE (RE)	12.53	6.49
Retinol RE (RE)	108.34	56.14
Beta-Carotene (mcg)	57.71	29.91
Vitamin B1 (mg)	0.29	0.15
Vitamin B2 (mg)	0.28	0.15
Vitamin B3 (mg)	2.31	1.19
Vitamin B3 - Niacin Equiv (mg)	3.90	2.02
Vitamin B6 (mg)	0.10	0.05
Vitamin B12 (mcg)	0.26	0.05
Biotin (mcg)	2.25	1.17
Vitamin C (mg)	3.87	2.01
Vitamin D - IU (IU)	16.37	8.48
Vitamin D - mcg (mcg)	0.41	0.21
Vitamin E - Alpha-Toco (mg)	0.87	0.45
Folate (mcg)	81.55	42.26
Folate, DFE (mcg)	120.87	62.64
Vitamin K (mcg)	13.49	6.99
Pantothenic Acid (mg)	0.38	0.19

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	138.41	71.72
Chromium (mcg)	0.12	0.06
Copper (mg)	0.07	0.04
Fluoride (mg)	0.01	0
Iodine (mcg)	8.94	4.63
Iron (mg)	1.89	0.98
Magnesium (mg)	22.69	11.76
Manganese (mg)	0.27	0.14
Molybdenum (mcg)	1.84	0.95
Phosphorus (mg)	157.26	81.49
Potassium (mg)	166.83	86.45
Selenium (mcg)	12.99	6.73
Sodium (mg)	639.25	331.26
Zinc (mg)	0.95	0.49
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.61	0.31
Omega 6 Fatty Acid (g)	4.62	2.40
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	18.83	9.76

# NUTRITIONAL INFO



## FIREHOUSE CHILI

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	295.07	100
Calories (kcal)	353.16	119.69
Calories from Fat (kcal)	142.21	48.20
Calories from SatFat (kcal)	47.82	16.21
Protein (g)	53.82	18.24
Carbohydrates (g)	23.37	7.92
Dietary Fiber (g)	7.92	2.32
Soluble Fiber (g)	0.81	0.27
Total Sugars (g)	6.53	2.21
Monosaccharides (g)	3.84	1.30
Disaccharides (g)	0.99	0.34
Other Carbs (g)	9.41	3.19
Fat (g)	15.80	5.36
Saturated Fat (g)	5.31	1.80
Mono Fat (g)	6.58	2.23
Poly Fat (g)	1.95	0.66
Trans Fatty Acid (g)	0.44	0.15
Cholesterol (mg)	74.67	25.30
Water (g)	200.27	67.87
<b>VITAMINS</b>		
Vitamin A - IU (IU)	725.00	245.70
Vitamin A - RAE (RAE)	38.45	13.03
Carotenoid RE (RE)	71.62	24.27
Retinol RE (RE)	2.64	0.90
Beta-Carotene (mcg)	390.64	132.39
Vitamin B1 (mg)	0.26	0.09
Vitamin B2 (mg)	0.28	0.10
Vitamin B3 (mg)	6.61	2.24
Vitamin B3 - Niacin Equiv (mg)	10.12	3.43
Vitamin B6 (mg)	0.57	0.19
Vitamin B12 (mcg)	2.00	0.68
Biotin (mcg)	0.74	0.25
Vitamin C (mg)	20.78	7.04
Vitamin D - IU (IU)	11.09	3.76
Vitamin D - mcg (mcg)	0.28	0.10
Vitamin E - Alpha-Toco (mg)	2.09	0.71
Folate (mcg)	47.62	16.14
Folate, DFE (mcg)	47.77	16.19
Vitamin K (mcg)	13.66	4.63
Pantothenic Acid (mg)	1.07	0.36

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	88.96	30.15
Chromium (mcg)	1.38	0.47
Copper (mg)	0.38	0.13
Fluoride (mg)	0.01	0
Iodine (mcg)	0.28	0.09
Iron (mg)	4.74	1.61
Magnesium (mg)	64.14	21.74
Manganese (mg)	0.43	0.15
Molybdenum (mcg)	33.25	11.27
Phosphorus (mg)	317.88	107.73
Potassium (mg)	890.08	301.65
Selenium (mcg)	24.12	8.17
Sodium (mg)	1047.00	354.83
Zinc (mg)	5.27	1.78
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.18	0.06
Omega 6 Fatty Acid (g)	1.31	0.44
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0.56	0.19
Caffeine (mg)	0	0
Choline (mg)	104.61	35.45

# NUTRITIONAL INFO



## GRANNY'S SWEET POTATO MASH

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	170.10	100
Calories (kcal)	192.71	113.29
Calories from Fat (kcal)	39.89	23.45
Calories from SatFat (kcal)	23.56	13.85
Protein (g)	2.81	1.65
Carbohydrates (g)	36.28	21.33
Dietary Fiber (g)	3.67	2.16
Soluble Fiber (g)	0	0
Total Sugars (g)	18.73	11.01
Monosaccharides (g)	1.43	0.84
Disaccharides (g)	15.26	8.97
Other Carbs (g)	13.87	8.16
Fat (g)	4.50	2.64
Saturated Fat (g)	2.62	1.54
Mono Fat (g)	1.17	0.69
Poly Fat (g)	0.33	0.19
Trans Fatty Acid (g)	0.16	0.09
Cholesterol (mg)	28.31	16.65
Water (g)	125.21	73.61
<b>VITAMINS</b>		
Vitamin A - IU (IU)	22999.82	13521.59
Vitamin A - RAE (RAE)	1184.30	696.25
Carotenoid RE (RE)	2286.25	1344.09
Retinol RE (RE)	41.17	24.21
Beta-Carotene (mcg)	13717.27	8064.38
Vitamin B1 (mg)	0.09	0.05
Vitamin B2 (mg)	0.10	0.06
Vitamin B3 (mg)	0.80	0.47
Vitamin B3 - Niacin Equiv (mg)	1.65	0.97
Vitamin B6 (mg)	0.25	0.15
Vitamin B12 (mcg)	0.08	0.05
Biotin (mcg)	7.31	4.30
Vitamin C (mg)	18.60	10.94
Vitamin D - IU (IU)	9.12	5.36
Vitamin D - mcg (mcg)	0.22	0.13
Vitamin E - Alpha-Toco (mg)	1.52	0.90
Folate (mcg)	11.46	6.74
Folate, DFE (mcg)	11.40	6.70
Vitamin K (mcg)	3.41	2.00
Pantothenic Acid (mg)	0.94	0.55

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	49.80	29.28
Chromium (mcg)	0.12	0.07
Copper (mg)	0.14	0.08
Fluoride (mg)	0	0
Iodine (mcg)	6.65	3.91
Iron (mg)	1.15	0.68
Magnesium (mg)	27.54	16.19
Manganese (mg)	0.40	0.23
Molybdenum (mcg)	0.92	0.54
Phosphorus (mg)	62.04	36.47
Potassium (mg)	349.68	205.58
Selenium (mcg)	2.00	1.18
Sodium (mg)	128.56	75.58
Zinc (mg)	0.39	0.23
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.02	0.01
Omega 6 Fatty Acid (g)	0.30	0.18
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0.06	0.03
Caffeine (mg)	0	0
Choline (mg)	31.63	18.59

# NUTRITIONAL INFO



## HAWAIIAN RIBEYE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	295.50	100
Calories (kcal)	955.12	312.23
Calories from Fat (kcal)	662.61	224.24
Calories from SatFat (kcal)	286.70	97.02
Protein (g)	46.77	15.83
Carbohydrates (g)	24.74	15.83
Dietary Fiber (g)	1.22	0.1
Soluble Fiber (g)	0.04	0.01
Total Sugars (g)	18.40	6.23
Monosaccharides (g)	0.12	0.04
Disaccharides (g)	0.13	0.04
Other Carbs (g)	4.94	1.67
Fat (g)	73.73	24.95
Saturated Fat (g)	31.86	10.78
Mono Fat (g)	31.00	10.49
Poly Fat (g)	2.61	0.8
Trans Fatty Acid (g)	0.24	0.08
Cholesterol (mg)	186.30	63.05
Water (g)	127.91	43.29
<b>VITAMINS</b>		
Vitamin A - IU (IU)	510.55	172.78
Vitamin A - RAE (RAE)	67.03	22.68
Carotenoid RE (RE)	34.43	11.65
Retinol RE (RE)	49.82	16.86
Beta-Carotene (mcg)	169.61	57.40
Vitamin B1 (mg)	0.17	0.06
Vitamin B2 (mg)	0.38	0.13
Vitamin B3 (mg)	6.92	2.34
Vitamin B3 - Niacin Equiv (mg)	15.49	5.24
Vitamin B6 (mg)	0.59	0.20
Vitamin B12 (mcg)	5.14	1.74
Biotin (mcg)	0.17	0.06
Vitamin C (mg)	2.87	0.97
Vitamin D - IU (IU)	4.45	1.51
Vitamin D - mcg (mcg)	0.11	0.04
Vitamin E - Alpha-Toco (mg)	0.25	0.08
Folate (mcg)	17.38	5.88
Folate, DFE (mcg)	17.38	5.88
Vitamin K (mcg)	5.79	1.96
Pantothenic Acid (mg)	0.81	0.27

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	44.51	15.06
Chromium (mcg)	5.33	1.80
Copper (mg)	0.24	0.08
Fluoride (mg)	0.02	0.01
Iodine (mcg)	0.04	0.01
Iron (mg)	4.88	1.65
Magnesium (mg)	50.17	16.98
Manganese (mg)	0.60	0.20
Molybdenum (mcg)	-	-
Phosphorus (mg)	371.30	125.65
Potassium (mg)	719.51	243.69
Selenium (mcg)	57.88	19.59
Sodium (mg)	3720.25	1258.99
Zinc (mg)	10.95	3.71
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.67	0.23
Omega 6 Fatty Acid (g)	1.90	0.64
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	4.66	1.58

# NUTRITIONAL INFO



## KICKIN' COLLARD GREENS

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	189.39	100
Calories (kcal)	66.74	35.24
Calories from Fat (kcal)	24.58	12.98
Calories from SatFat (kcal)	13.62	7.19
Protein (g)	3.39	1.79
Carbohydrates (g)	9.14	4.83
Dietary Fiber (g)	3.15	1.66
Soluble Fiber (g)	1.16	0.61
Total Sugars (g)	1.60	0.84
Monosaccharides (g)	0.17	0.09
Disaccharides (g)	0.06	0.03
Other Carbs (g)	4.31	2.28
Fat (g)	2.77	1.46
Saturated Fat (g)	1.51	0.80
Mono Fat (g)	0.60	0.32
Poly Fat (g)	0.09	0.05
Trans Fatty Acid (g)	0.09	0.05
Cholesterol (mg)	6.34	3.35
Water (g)	171.11	90.35
<b>VITAMINS</b>		
Vitamin A - IU (IU)	11578.57	6113.53
Vitamin A - RAE (RAE)	594.78	314.04
Carotenoid RE (RE)	1151.51	608.00
Retinol RE (RE)	19.02	10.04
Beta-Carotene (mcg)	6711.70	3543.81
Vitamin B1 (mg)	0.05	0.03
Vitamin B2 (mg)	0.12	0.06
Vitamin B3 (mg)	0.64	0.34
Vitamin B3 - Niacin Equiv (mg)	1.28	0.68
Vitamin B6 (mg)	0.12	0.07
Vitamin B12 (mcg)	0	0
Biotin (mcg)	0.19	0.10
Vitamin C (mg)	31.97	16.88
Vitamin D - IU (IU)	1.70	0.90
Vitamin D - mcg (mcg)	0.04	0.02
Vitamin E - Alpha-Toco (mg)	1.31	0.69
Folate (mcg)	75.97	40.11
Folate, DFE (mcg)	75.97	40.11
Vitamin K (mcg)	612.72	323.52
Pantothenic Acid (mg)	0.13	0.07

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	215.67	113.88
Chromium (mcg)	0.05	0.03
Copper (mg)	0.06	0.03
Fluoride (mg)	0.04	0.02
Iodine (mcg)	0.11	0.06
Iron (mg)	1.33	0.70
Magnesium (mg)	30.85	16.29
Manganese (mg)	0.66	0.35
Molybdenum (mcg)	0.27	0.14
Phosphorus (mg)	30.13	15.91
Potassium (mg)	261.45	138.05
Selenium (mcg)	1.61	0.85
Sodium (mg)	979.52	517.19
Zinc (mg)	0.29	0.15
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.01	0
Omega 6 Fatty Acid (g)	0.08	0.04
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	45.41	23.97

# NUTRITIONAL INFO



## MEAT LOAF

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	296.63	100
Calories (kcal)	472.87	208.50
Calories from Fat (kcal)	282.90	124.74
Calories from SatFat (kcal)	113.27	49.94
Protein (g)	29.25	12.90
Carbohydrates (g)	17.07	7.53
Dietary Fiber (g)	1.50	0.66
Soluble Fiber (g)	0.04	0.02
Total Sugars (g)	2.24	0.99
Monosaccharides (g)	1.65	0.73
Disaccharides (g)	0.54	0.24
Other Carbs (g)	12.60	5.55
Fat (g)	31.43	13.86
Saturated Fat (g)	12.59	5.55
Mono Fat (g)	9.16	4.04
Poly Fat (g)	1.43	0.63
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	145.69	64.24
Water (g)	146.01	64.38
<b>VITAMINS</b>		
Vitamin A - IU (IU)	151.25	66.69
Vitamin A - RAE (RAE)	21.33	9.41
Carotenoid RE (RE)	9.63	4.25
Retinol RE (RE)	16.52	7.28
Beta-Carotene (mcg)	51.42	22.67
Vitamin B1 (mg)	0.26	0.12
Vitamin B2 (mg)	0.41	0.18
Vitamin B3 (mg)	6.31	2.78
Vitamin B3 - Niacin Equiv (mg)	7.15	3.15
Vitamin B6 (mg)	0.38	0.17
Vitamin B12 (mcg)	2.38	1.05
Biotin (mcg)	2.84	1.25
Vitamin C (mg)	7.95	3.51
Vitamin D - IU (IU)	8.46	3.73
Vitamin D - mcg (mcg)	0.21	0.09
Vitamin E - Alpha-Toco (mg)	0.25	0.11
Folate (mcg)	38.02	16.76
Folate, DFE (mcg)	48.35	21.32
Vitamin K (mcg)	4.14	1.83
Pantothenic Acid (mg)	0.72	0.32

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	58.96	26.00
Chromium (mcg)	0.14	0.06
Copper (mg)	0.17	0.07
Fluoride (mg)	0	0
Iodine (mcg)	5.90	2.60
Iron (mg)	3.41	1.50
Magnesium (mg)	33.71	14.86
Manganese (mg)	0.34	0.15
Molybdenum (mcg)	2.60	1.15
Phosphorus (mg)	206.86	91.21
Potassium (mg)	408.72	180.21
Selenium (mcg)	22.10	9.74
Sodium (mg)	1255.48	553.57
Zinc (mg)	4.78	2.11
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.13	0.06
Omega 6 Fatty Acid (g)	0.70	0.31
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	35.25	15.54

# NUTRITIONAL INFO



## MISSISSIPPI MUD PIE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	178.09	100
Calories (kcal)	367.08	206.12
Calories from Fat (kcal)	181.87	102.12
Calories from SatFat (kcal)	123.48	69.33
Protein (g)	4.78	2.68
Carbohydrates (g)	43.07	24.18
Dietary Fiber (g)	0.68	0.38
Soluble Fiber (g)	0	0
Total Sugars (g)	38.95	21.87
Monosaccharides (g)	0.03	0.02
Disaccharides (g)	25.78	14.48
Other Carbs (g)	3.44	1.93
Fat (g)	20.21	11.35
Saturated Fat (g)	13.72	7.70
Mono Fat (g)	4.01	2.25
Poly Fat (g)	0.63	0.35
Trans Fatty Acid (g)	0.45	0.25
Cholesterol (mg)	49.11	27.57
Water (g)	101.41	56.94
<b>VITAMINS</b>		
Vitamin A - IU (IU)	642.31	360.66
Vitamin A - RAE (RAE)	179.03	100.52
Carotenoid RE (RE)	5.32	2.99
Retinol RE (RE)	176.36	99.03
Beta-Carotene (mcg)	32.70	18.36
Vitamin B1 (mg)	0.04	0.02
Vitamin B2 (mg)	0.20	0.11
Vitamin B3 (mg)	0.17	0.10
Vitamin B3 - Niacin Equiv (mg)	1.00	0.56
Vitamin B6 (mg)	0.04	0.02
Vitamin B12 (mcg)	0.48	0.27
Biotin (mcg)	2.06	1.16
Vitamin C (mg)	0.22	0.12
Vitamin D - IU (IU)	46.70	26.22
Vitamin D - mcg (mcg)	1.15	0.64
Vitamin E - Alpha-Toco (mg)	0.24	0.14
Folate (mcg)	7.71	4.33
Folate, DFE (mcg)	7.91	4.44
Vitamin K (mcg)	1.44	0.81
Pantothenic Acid (mg)	0.44	0.25

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	133.18	74.78
Chromium (mcg)	0.10	0.06
Copper (mg)	0.07	0.04
Fluoride (mg)	0	0
Iodine (mcg)	20.17	11.33
Iron (mg)	0.37	0.21
Magnesium (mg)	19.50	10.95
Manganese (mg)	0.08	0.05
Molybdenum (mcg)	1.98	1.11
Phosphorus (mg)	114.73	64.42
Potassium (mg)	183.70	103.15
Selenium (mcg)	3.12	1.75
Sodium (mg)	312.66	175.56
Zinc (mg)	0.62	0.35
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.12	0.07
Omega 6 Fatty Acid (g)	0.46	0.26
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0.04	0.02
Caffeine (mg)	2.04	1.14
Choline (mg)	21.35	11.99



# NUTRITIONAL INFO



## PEACH COBLER

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	154.92	100
Calories (kcal)	331.54	214.01
Calories from Fat (kcal)	100.32	64.75
Calories from SatFat (kcal)	61.12	39.45
Protein (g)	3.45	2.23
Carbohydrates (g)	56.40	36.41
Dietary Fiber (g)	1.45	0.93
Soluble Fiber (g)	0.32	0.21
Total Sugars (g)	44.77	28.90
Monosaccharides (g)	0.03	0.02
Disaccharides (g)	33.53	21.65
Other Carbs (g)	10.17	6.57
Fat (g)	11.33	7.31
Saturated Fat (g)	6.79	4.38
Mono Fat (g)	3.01	1.94
Poly Fat (g)	0.67	0.43
Trans Fatty Acid (g)	0.42	0.27
Cholesterol (mg)	60.57	39.10
Water (g)	83.08	53.63
<b>VITAMINS</b>		
Vitamin A - IU (IU)	678.86	438.20
Vitamin A - RAE (RAE)	116.39	75.13
Carotenoid RE (RE)	34.88	22.52
Retinol RE (RE)	98.94	63.87
Beta-Carotene (mcg)	176.31	113.81
Vitamin B1 (mg)	0.13	0.08
Vitamin B2 (mg)	0.14	0.09
Vitamin B3 (mg)	1.55	1.00
Vitamin B3 - Niacin Equiv (mg)	2.17	1.40
Vitamin B6 (mg)	0.04	0.02
Vitamin B12 (mcg)	0.10	0.07
Biotin (mcg)	2.11	1.36
Vitamin C (mg)	2.98	1.93
Vitamin D - IU (IU)	14.94	9.64
Vitamin D - mcg (mcg)	0.37	0.24
Vitamin E - Alpha-Toco (mg)	0.84	0.54
Folate (mcg)	33.33	21.51
Folate, DFE (mcg)	48.43	31.26
Vitamin K (mcg)	2.37	1.53
Pantothenic Acid (mg)	0.26	0.17

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	15.96	10.30
Chromium (mcg)	0.36	0.23
Copper (mg)	0.08	0.05
Fluoride (mg)	0	0
Iodine (mcg)	4.77	3.08
Iron (mg)	1.04	0.67
Magnesium (mg)	10.69	6.90
Manganese (mg)	0.16	0.10
Molybdenum (mcg)	1.53	0.99
Phosphorus (mg)	49.03	31.65
Potassium (mg)	136.68	88.23
Selenium (mcg)	8.93	5.76
Sodium (mg)	106.69	68.87
Zinc (mg)	0.34	0.22
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.06	0.04
Omega 6 Fatty Acid (g)	0.61	0.39
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	33.70	21.75

# NUTRITIONAL INFO



## PORK RIBEYE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	245.70	100
Calories (kcal)	364.70	148.44
Calories from Fat (kcal)	76.25	31.04
Calories from SatFat (kcal)	25.38	10.33
Protein (g)	60.25	24.52
Carbohydrates (g)	9.75	3.97
Dietary Fiber (g)	1.75	0.71
Soluble Fiber (g)	0.02	0.01
Total Sugars (g)	6.01	2.44
Monosaccharides (g)	0.29	0.12
Disaccharides (g)	0.05	0.02
Other Carbs (g)	1.99	0.81
Fat (g)	8.47	3.45
Saturated Fat (g)	2.82	1.15
Mono Fat (g)	3.11	1.27
Poly Fat (g)	1.41	0.58
Trans Fatty Acid (g)	0.07	0.03
Cholesterol (mg)	165.56	67.38
Water (g)	158.21	64.39
<b>VITAMINS</b>		
Vitamin A - IU (IU)	1503.12	611.78
Vitamin A - RAE (RAE)	75.16	30.59
Carotenoid RE (RE)	150.31	61.18
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	798.30	324.91
Vitamin B1 (mg)	2.17	0.89
Vitamin B2 (mg)	0.92	0.37
Vitamin B3 (mg)	17.20	7.00
Vitamin B3 - Niacin Equiv (mg)	27.59	11.23
Vitamin B6 (mg)	1.78	0.72
Vitamin B12 (mcg)	1.29	0.53
Biotin (mcg)	6.80	2.77
Vitamin C (mg)	0.64	0.26
Vitamin D - IU (IU)	22.68	9.23
Vitamin D - mcg (mcg)	0.45	0.18
Vitamin E - Alpha-Toco (mg)	1.10	0.45
Folate (mcg)	3.43	1.39
Folate, DFE (mcg)	3.43	1.39
Vitamin K (mcg)	5.99	2.44
Pantothenic Acid (mg)	2.41	0.98

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	34.22	13.93
Chromium (mcg)	0.34	0.14
Copper (mg)	0.31	0.13
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	3.55	1.45
Magnesium (mg)	76.66	31.20
Manganese (mg)	0.38	0.15
Molybdenum (mcg)	7.71	3.14
Phosphorus (mg)	625.19	254.46
Potassium (mg)	1075.83	437.87
Selenium (mcg)	87.23	35.50
Sodium (mg)	2743.25	1116.52
Zinc (mg)	5.69	2.32
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.05	0.02
Omega 6 Fatty Acid (g)	1.33	0.54
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	204.48	83.23

# NUTRITIONAL INFO



## POTATO SALAD

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	157.74	100
Calories (kcal)	198.93	126.11
Calories from Fat (kcal)	80.06	50.76
Calories from SatFat (kcal)	11.95	7.57
Protein (g)	2.65	1.68
Carbohydrates (g)	26.80	16.99
Dietary Fiber (g)	2.77	1.76
Soluble Fiber (g)	0.53	0.33
Total Sugars (g)	3.90	2.47
Monosaccharides (g)	1.09	0.69
Disaccharides (g)	0.29	0.18
Other Carbs (g)	20.13	12.76
Fat (g)	8.90	5.64
Saturated Fat (g)	1.33	0.84
Mono Fat (g)	2.37	1.50
Poly Fat (g)	4.78	3.03
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	6.79	4.31
Water (g)	109.16	69.20
<b>VITAMINS</b>		
Vitamin A - IU (IU)	217.39	137.82
Vitamin A - RAE (RAE)	13.48	8.55
Carotenoid RE (RE)	20.69	13.12
Retinol RE (RE)	3.14	1.99
Beta-Carotene (mcg)	113.00	71.64
Vitamin B1 (mg)	0.10	0.06
Vitamin B2 (mg)	0.05	0.03
Vitamin B3 (mg)	1.14	0.72
Vitamin B3 - Niacin Equiv (mg)	1.61	1.02
Vitamin B6 (mg)	0.34	0.22
Vitamin B12 (mcg)	0.05	0.03
Biotin (mcg)	0.32	0.20
Vitamin C (mg)	20.92	13.26
Vitamin D - IU (IU)	1.05	0.66
Vitamin D - mcg (mcg)	0.03	0.02
Vitamin E - Alpha-Toco (mg)	0.65	0.41
Folate (mcg)	24.03	15.23
Folate, DFE (mcg)	24.03	15.23
Vitamin K (mcg)	17.07	10.82
Pantothenic Acid (mg)	0.42	0.26

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	25.64	16.25
Chromium (mcg)	0.11	0.07
Copper (mg)	0.13	0.08
Fluoride (mg)	0	0
Iodine (mcg)	0.18	0.11
Iron (mg)	1.01	0.64
Magnesium (mg)	27.54	17.46
Manganese (mg)	0.26	0.17
Molybdenum (mcg)	1.01	0.64
Phosphorus (mg)	74.13	46.99
Potassium (mg)	488.83	309.89
Selenium (mcg)	1.03	0.65
Sodium (mg)	969.50	614.61
Zinc (mg)	0.41	0.26
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.53	0.34
Omega 6 Fatty Acid (g)	4.24	2.69
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	17.93	11.37

# NUTRITIONAL INFO



## PRIME RIB

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	226.80	100
Calories (kcal)	805.75	355.28
Calories from Fat (kcal)	608.24	268.19
Calories from SatFat (kcal)	251.95	111.09
Protein (g)	45.40	20.02
Carbohydrates (g)	0.86	0.38
Dietary Fiber (g)	0.16	0.07
Soluble Fiber (g)	0.01	0
Total Sugars (g)	0.17	0.07
Monosaccharides (g)	0.10	0.04
Disaccharides (g)	0.07	0.03
Other Carbs (g)	0.37	0.16
Fat (g)	67.58	29.80
Saturated Fat (g)	27.99	12.34
Mono Fat (g)	29.41	12.97
Poly Fat (g)	2.35	1.04
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	170.34	75.11
Water (g)	110.31	48.64
<b>VITAMINS</b>		
Vitamin A - IU (IU)	281.05	123.92
Vitamin A - RAE (RAE)	14.05	6.20
Carotenoid RE (RE)	28.10	12.39
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	137.57	60.66
Vitamin B1 (mg)	0.14	0.06
Vitamin B2 (mg)	0.36	0.16
Vitamin B3 (mg)	6.83	3.01
Vitamin B3 - Niacin Equiv (mg)	15.28	6.74
Vitamin B6 (mg)	0.53	0.23
Vitamin B12 (mcg)	5.13	2.26
Biotin (mcg)	0.17	0.07
Vitamin C (mg)	0.18	0.08
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.02	0.01
Folate (mcg)	14.75	6.50
Folate, DFE (mcg)	14.75	6.50
Vitamin K (mcg)	0.59	0.26
Pantothenic Acid (mg)	0.73	0.32

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	24.99	11.02
Chromium (mcg)	4.75	2.09
Copper (mg)	0.17	0.08
Fluoride (mg)	0.02	0.01
Iodine (mcg)	0.04	0.02
Iron (mg)	4.40	1.94
Magnesium (mg)	41.22	18.17
Manganese (mg)	0.06	0.03
Molybdenum (mcg)	-	-
Phosphorus (mg)	353.11	155.69
Potassium (mg)	623.63	274.97
Selenium (mcg)	56.96	25.12
Sodium (mg)	693.45	305.76
Zinc (mg)	10.81	4.77
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.64	0.28
Omega 6 Fatty Acid (g)	1.67	0.73
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	0.51	0.22

# NUTRITIONAL INFO



## RICKY BOBBY CHICKEN

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	337.90	100
Calories (kcal)	741.89	219.56
Calories from Fat (kcal)	301.80	89.32
Calories from SatFat (kcal)	83.98	24.86
Protein (g)	46.48	13.76
Carbohydrates (g)	59.67	17.66
Dietary Fiber (g)	3.28	0.97
Soluble Fiber (g)	0.15	0.05
Total Sugars (g)	3.31	0.98
Monosaccharides (g)	0.23	0.07
Disaccharides (g)	0.19	0.06
Other Carbs (g)	53.08	15.71
Fat (g)	33.53	9.92
Saturated Fat (g)	9.33	2.76
Mono Fat (g)	13.53	4.01
Poly Fat (g)	7.31	2.16
Trans Fatty Acid (g)	0.06	0.02
Cholesterol (mg)	200.40	59.31
Water (g)	186.52	55.20
<b>VITAMINS</b>		
Vitamin A - IU (IU)	843.82	249.73
Vitamin A - RAE (RAE)	123.31	36.49
Carotenoid RE (RE)	64.87	19.20
Retinol RE (RE)	87.47	25.89
Beta-Carotene (mcg)	350.03	103.59
Vitamin B1 (mg)	0.34	0.10
Vitamin B2 (mg)	0.61	0.18
Vitamin B3 (mg)	13.33	3.95
Vitamin B3 - Niacin Equiv (mg)	20.59	6.09
Vitamin B6 (mg)	0.87	0.26
Vitamin B12 (mcg)	1.36	0.40
Biotin (mcg)	0.88	0.26
Vitamin C (mg)	5.97	1.77
Vitamin D - IU (IU)	46.50	13.76
Vitamin D - mcg (mcg)	1.16	0.34
Vitamin E - Alpha-Toco (mg)	0.69	0.20
Folate (mcg)	65.46	19.37
Folate, DFE (mcg)	87.70	25.95
Vitamin K (mcg)	13.41	3.97
Pantothenic Acid (mg)	2.60	0.77

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	72.37	21.42
Chromium (mcg)	0.31	0.09
Copper (mg)	0.21	0.06
Fluoride (mg)	0	0
Iodine (mcg)	5.00	1.48
Iron (mg)	4.92	1.45
Magnesium (mg)	62.05	18.36
Manganese (mg)	0.36	0.11
Molybdenum (mcg)	0.41	0.12
Phosphorus (mg)	407.04	120.46
Potassium (mg)	624.18	184.72
Selenium (mcg)	39.61	11.72
Sodium (mg)	2746.00	812.68
Zinc (mg)	4.45	1.32
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.14	0.04
Omega 6 Fatty Acid (g)	2.26	0.67
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0.05
Caffeine (mg)	0	0
Choline (mg)	67.76	20.05

# NUTRITIONAL INFO



## SEASONED SEARED RIBEYE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	226.80	100
Calories (kcal)	906.95	399.89
Calories from Fat (kcal)	687.61	303.18
Calories from SatFat (kcal)	284.83	125.59
Protein (g)	51.17	22.56
Carbohydrates (g)	0.03	0.01
Dietary Fiber (g)	0.01	0.01
Soluble Fiber (g)	0	0
Total Sugars (g)	0	0
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	0.02	0.01
Fat (g)	76.40	33.69
Saturated Fat (g)	31.65	13.95
Mono Fat (g)	33.30	14.68
Poly Fat (g)	2.65	1.17
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	192.69	84.96
Water (g)	98.39	43.38
<b>VITAMINS</b>		
Vitamin A - IU (IU)	10.66	4.70
Vitamin A - RAE (RAE)	0.53	0.23
Carotenoid RE (RE)	1.07	0.47
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	5.66	2.50
Vitamin B1 (mg)	0.16	0.07
Vitamin B2 (mg)	0.41	0.18
Vitamin B3 (mg)	7.71	3.40
Vitamin B3 - Niacin Equiv (mg)	17.27	7.61
Vitamin B6 (mg)	0.59	0.26
Vitamin B12 (mcg)	5.80	2.56
Biotin (mcg)	-	-
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.01	0
Folate (mcg)	15.89	7.01
Folate, DFE (mcg)	15.89	7.01
Vitamin K (mcg)	0.04	0.02
Pantothenic Acid (mg)	0.82	0.36

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	25.12	11.08
Chromium (mcg)	5.33	2.35
Copper (mg)	0.19	0.08
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	4.93	2.17
Magnesium (mg)	45.43	20.03
Manganese (mg)	0.03	0.01
Molybdenum (mcg)	-	-
Phosphorus (mg)	396.89	175.00
Potassium (mg)	690.09	304.28
Selenium (mcg)	64.39	28.39
Sodium (mg)	165.20	72.84
Zinc (mg)	12.22	5.39
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.73	0.32
Omega 6 Fatty Acid (g)	1.88	0.83
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	0.02	0.01

# NUTRITIONAL INFO



## SHRIMP ON THE BBQ

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	225.15	100
Calories (kcal)	333.61	148.17
Calories from Fat (kcal)	85.00	37.75
Calories from SatFat (kcal)	31.99	14.21
Protein (g)	27.61	12.26
Carbohydrates (g)	34.38	15.27
Dietary Fiber (g)	2.00	0.89
Soluble Fiber (g)	0	0
Total Sugars (g)	3.00	1.33
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	29.38	13.05
Fat (g)	9.50	4.22
Saturated Fat (g)	3.55	1.58
Mono Fat (g)	0.89	0.40
Poly Fat (g)	0.31	0.14
Trans Fatty Acid (g)	0.13	0.06
Cholesterol (mg)	198.38	88.11
Water (g)	126.09	56.00
<b>VITAMINS</b>		
Vitamin A - IU (IU)	363.66	161.52
Vitamin A - RAE (RAE)	106.69	47.39
Carotenoid RE (RE)	0.95	0.42
Retinol RE (RE)	106.22	47.18
Beta-Carotene (mcg)	5.79	2.57
Vitamin B1 (mg)	0.26	0.12
Vitamin B2 (mg)	0.16	0.07
Vitamin B3 (mg)	4.69	2.08
Vitamin B3 - Niacin Equiv (mg)	8.37	3.72
Vitamin B6 (mg)	0.24	0.11
Vitamin B12 (mcg)	1.68	0.75
Biotin (mcg)	-	-
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	5.22	2.32
Vitamin D - mcg (mcg)	0.21	0.09
Vitamin E - Alpha-Toco (mg)	2.08	0.92
Folate (mcg)	68.84	30.57
Folate, DFE (mcg)	28.84	12.81
Vitamin K (mcg)	0.71	0.32
Pantothenic Acid (mg)	0.47	0.21

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	162.53	72.18
Chromium (mcg)	0.04	0.02
Copper (mg)	0.28	0.12
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	1.76	0.78
Magnesium (mg)	33.34	14.81
Manganese (mg)	0.04	0.02
Molybdenum (mcg)	-	-
Phosphorus (mg)	369.80	164.24
Potassium (mg)	171.73	76.27
Selenium (mcg)	44.79	19.89
Sodium (mg)	1479.42	657.07
Zinc (mg)	1.47	0.65
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.11	0.05
Omega 6 Fatty Acid (g)	0.19	0.08
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	123.01	54.63

# NUTRITIONAL INFO



## SMASHED POTATOES

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	113.40	100
Calories (kcal)	138.39	122.04
Calories from Fat (kcal)	62.78	55.37
Calories from SatFat (kcal)	38.94	34.34
Protein (g)	2.44	2.15
Carbohydrates (g)	17.09	15.07
Dietary Fiber (g)	2.10	1.86
Soluble Fiber (g)	0.49	0.43
Total Sugars (g)	1.10	0.97
Monosaccharides (g)	0.57	0.50
Disaccharides (g)	0.52	0.46
Other Carbs (g)	13.86	12.22
Fat (g)	7.04	6.21
Saturated Fat (g)	4.33	3.82
Mono Fat (g)	1.85	1.63
Poly Fat (g)	0.31	0.27
Trans Fatty Acid (g)	0.25	0.22
Cholesterol (mg)	21.19	18.69
Water (g)	84.60	74.61
<b>VITAMINS</b>		
Vitamin A - IU (IU)	249.50	220.02
Vitamin A - RAE (RAE)	68.36	60.28
Carotenoid RE (RE)	2.56	2.25
Retinol RE (RE)	67.08	59.16
Beta-Carotene (mcg)	15.38	13.56
Vitamin B1 (mg)	0.08	0.07
Vitamin B2 (mg)	0.05	0.05
Vitamin B3 (mg)	1.01	0.89
Vitamin B3 - Niacin Equiv (mg)	1.44	1.27
Vitamin B6 (mg)	0.28	0.25
Vitamin B12 (mcg)	0.05	0.05
Biotin (mcg)	0.23	0.20
Vitamin C (mg)	18.57	16.38
Vitamin D - IU (IU)	7.52	6.63
Vitamin D - mcg (mcg)	0.19	0.16
Vitamin E - Alpha-Toco (mg)	0.18	0.16
Folate (mcg)	16.09	14.19
Folate, DFE (mcg)	16.09	14.19
Vitamin K (mcg)	2.46	2.17
Pantothenic Acid (mg)	0.34	0.30

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	25.95	22.89
Chromium (mcg)	0.08	0.07
Copper (mg)	0.10	0.09
Fluoride (mg)	0	0
Iodine (mcg)	1.96	1.73
Iron (mg)	0.77	0.68
Magnesium (mg)	23.16	20.42
Manganese (mg)	0.15	0.14
Molybdenum (mcg)	0.17	0.15
Phosphorus (mg)	66.73	58.84
Potassium (mg)	414.28	365.33
Selenium (mcg)	0.59	0.52
Sodium (mg)	440.17	388.17
Zinc (mg)	0.34	0.30
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.06	0.05
Omega 6 Fatty Acid (g)	0.24	0.21
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	14.94	13.18



# NUTRITIONAL INFO



## SMOKED PASTRAMI

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	226.80	100
Calories (kcal)	449.24	198.08
Calories from Fat (kcal)	300.34	132.43
Calories from SatFat (kcal)	95.19	41.97
Protein (g)	32.92	14.52
Carbohydrates (g)	1.51	0.66
Dietary Fiber (g)	0.22	0.10
Soluble Fiber (g)	0	0
Total Sugars (g)	0.55	0.24
Monosaccharides (g)	0.04	0.02
Disaccharides (g)	0.50	0.22
Other Carbs (g)	0.42	0.19
Fat (g)	33.37	14.71
Saturated Fat (g)	10.58	4.66
Mono Fat (g)	16.07	7.08
Poly Fat (g)	1.22	0.54
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	120.59	53.17
Water (g)	148.73	65.58
<b>VITAMINS</b>		
Vitamin A - IU (IU)	157.78	69.57
Vitamin A - RAE (RAE)	7.89	3.48
Carotenoid RE (RE)	15.78	6.96
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	83.60	36.86
Vitamin B1 (mg)	0.10	0.04
Vitamin B2 (mg)	0.36	0.16
Vitamin B3 (mg)	8.22	3.62
Vitamin B3 - Niacin Equiv (mg)	13.16	5.80
Vitamin B6 (mg)	0.66	0.29
Vitamin B12 (mcg)	3.97	1.75
Biotin (mcg)	-	-
Vitamin C (mg)	60.41	26.64
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.11	0.05
Folate (mcg)	11.78	5.19
Folate, DFE (mcg)	11.78	5.19
Vitamin K (mcg)	0.66	0.29
Pantothenic Acid (mg)	1.29	0.57

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	18.75	8.27
Chromium (mcg)	0.04	0.02
Copper (mg)	0.25	0.11
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	3.88	1.71
Magnesium (mg)	32.97	14.54
Manganese (mg)	0.09	0.04
Molybdenum (mcg)	7.59	3.35
Phosphorus (mg)	264.74	116.73
Potassium (mg)	678.50	299.17
Selenium (mcg)	42.76	18.85
Sodium (mg)	2745.18	1210.42
Zinc (mg)	6.40	2.82
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.34	0.15
Omega 6 Fatty Acid (g)	0.88	0.39
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	0.51	0.23

# NUTRITIONAL INFO



## SMOKED STEAK

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	226.80	100
Calories (kcal)	685.87	302.42
Calories from Fat (kcal)	543.53	239.66
Calories from SatFat (kcal)	292.36	128.91
Protein (g)	36.10	15.92
Carbohydrates (g)	0.09	0.04
Dietary Fiber (g)	0.02	0.01
Soluble Fiber (g)	0	0
Total Sugars (g)	0.03	0.01
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	0.04	0.02
Fat (g)	61.05	26.92
Saturated Fat (g)	32.48	14.32
Mono Fat (g)	22.36	9.86
Poly Fat (g)	2.17	0.95
Trans Fatty Acid (g)	2.95	1.30
Cholesterol (mg)	220.68	97.30
Water (g)	127.74	56.32
<b>VITAMINS</b>		
Vitamin A - IU (IU)	1158.74	510.92
Vitamin A - RAE (RAE)	317.34	139.92
Carotenoid RE (RE)	12.06	5.32
Retinol RE (RE)	311.31	137.26
Beta-Carotene (mcg)	73.06	32.22
Vitamin B1 (mg)	0.15	0.07
Vitamin B2 (mg)	0.42	0.18
Vitamin B3 (mg)	6.46	2.85
Vitamin B3 - Niacin Equiv (mg)	13.17	5.81
Vitamin B6 (mg)	0.72	0.32
Vitamin B12 (mcg)	4.92	2.17
Biotin (mcg)	-	-
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	36.25	15.98
Vitamin D - mcg (mcg)	0.86	0.38
Vitamin E - Alpha-Toco (mg)	1.05	0.46
Folate (mcg)	6.82	3.01
Folate, DFE (mcg)	6.82	3.01
Vitamin K (mcg)	6.04	2.66
Pantothenic Acid (mg)	0.05	0.02

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	22.19	9.78
Chromium (mcg)	0.56	0.25
Copper (mg)	0.24	0.10
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	4.37	1.93
Magnesium (mg)	40.95	18.06
Manganese (mg)	0.01	0
Molybdenum (mcg)	-	-
Phosphorus (mg)	357.28	157.53
Potassium (mg)	601.38	265.16
Selenium (mcg)	50.67	22.34
Sodium (mg)	516.20	227.61
Zinc (mg)	12.89	5.69
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.20	0.09
Omega 6 Fatty Acid (g)	1.97	0.87
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	8.54	3.77

# NUTRITIONAL INFO



## STRAWBERRY SHORTCAKE

NUTRIENTS	Per Serving	Per 100g
<b>BASIC COMPONENTS</b>		
Gram Weight (g)	85.05	100
Calories (kcal)	153.80	180.83
Calories from Fat (kcal)	42.41	49.87
Calories from SatFat (kcal)	25.00	29.40
Protein (g)	1.49	1.75
Carbohydrates (g)	27.37	32.18
Dietary Fiber (g)	0.75	0.88
Soluble Fiber (g)	0.18	0.21
Total Sugars (g)	22.89	26.91
Monosaccharides (g)	1.44	1.69
Disaccharides (g)	19.05	22.40
Other Carbs (g)	3.73	4.38
Fat (g)	4.76	5.60
Saturated Fat (g)	2.78	3.27
Mono Fat (g)	1.28	1.50
Poly Fat (g)	0.30	0.35
Trans Fatty Acid (g)	0.16	0.19
Cholesterol (mg)	25.75	30.28
Water (g)	51.10	60.08
<b>VITAMINS</b>		
Vitamin A - IU (IU)	169.37	199.14
Vitamin A - RAE (RAE)	46.11	54.21
Carotenoid RE (RE)	1.86	2.19
Retinol RE (RE)	45.18	53.12
Beta-Carotene (mcg)	11.09	13.04
Vitamin B1 (mg)	0.04	0.05
Vitamin B2 (mg)	0.05	0.06
Vitamin B3 (mg)	0.35	0.41
Vitamin B3 - Niacin Equiv (mg)	0.60	0.70
Vitamin B6 (mg)	0.02	0.03
Vitamin B12 (mcg)	0.05	0.05
Biotin (mcg)	1.16	1.36
Vitamin C (mg)	18.99	22.33
Vitamin D - IU (IU)	6.03	7.09
Vitamin D - mcg (mcg)	0.15	0.18
Vitamin E - Alpha-Toco (mg)	0.24	0.28
Folate (mcg)	16.41	19.29
Folate, DFE (mcg)	20.29	23.86
Vitamin K (mcg)	1.10	1.29
Pantothenic Acid (mg)	0.13	0.16

NUTRIENTS	Per Serving	Per 100g
<b>MINERALS</b>		
Calcium (mg)	12.83	15.08
Chromium (mcg)	0.15	0.17
Copper (mg)	0.03	0.03
Fluoride (mg)	0.01	0.02
Iodine (mcg)	5.12	6.02
Iron (mg)	0.38	0.45
Magnesium (mg)	6.02	7.08
Manganese (mg)	0.15	0.18
Molybdenum (mcg)	0.64	0.75
Phosphorus (mg)	23.25	27.34
Potassium (mg)	64.28	75.58
Selenium (mcg)	2.65	3.12
Sodium (mg)	48.60	57.14
Zinc (mg)	0.14	0.16
<b>POLYFATS</b>		
Omega 3 Fatty Acid (g)	0.05	0.06
Omega 6 Fatty Acid (g)	0.24	0.28
<b>OTHER NUTRIENTS</b>		
Alcohol (g)	0.01	0.02
Caffeine (mg)	0	0
Choline (mg)	14.10	16.58