

Tofu Extra Firm

SUPC: 0684936

Nutrition Information			
Serving Size: 2.8 oz (79g) oz (79 grams)			
Amount Per Serving			
Calories: 80		Calories from Fat: 36	
		% Daily Value*	
Total Fat:	4 GM	8%	
Saturated Fat:	0.5 GM	2%	
Trans Fat:	0 GM		
Polyunsaturated Fat:	2.5 GM		
Monounsaturated Fat:	1 GM		
Cholesterol:	0 MG	0%	
Sodium:	0 MG	0%	
Potassium:	105 MG	3%	
Total Carbohydrate:	2 GM	1%	
Dietary Fiber:	1 GM	4%	
Sugars:	0 GM		
Protein:	8 GM		
Vitamin A: 0%	●	Vitamin C: 0%	●
Calcium: 6%	●	Iron: 6%	●
Ingredients: Water, whole soybeans, magnesium chloride. CONTAINS: SOY.			
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	●	Carbohydrate 4	●
			Protein 4

Calorie Percentages

PRO - 42.11%
CHO - 10.53%
FAT - 47.37%

Salsa Chunky Mild Authentic

SUPC: 7039266

Nutrition Information			
Serving Size: 2 Tbsp. (30 grams)			
Amount Per Serving			
Calories: 10		Calories from Fat: 0	
		% Daily Value*	
Total Fat:	0 GM	0%	
Saturated Fat:	0 GM	0%	
Trans Fat:	0 GM		
Cholesterol:	0 MG	0%	
Sodium:	210 MG	9%	
Potassium:	NA	NA	
Total Carbohydrate:	2 GM	1%	
Dietary Fiber:	0 GM	2%	
Sugars:	2 GM		
Protein:	0 GM		
Vitamin A: 2%	●	Vitamin C: 0%	●
Calcium: 0%	●	Iron: 0%	●
Ingredients: Crushed tomatoes (water, concentrated crushed tomatoes), diced tomatoes, water, fresh Jalapeno Peppers, fresh onions, distilled vinegar, dehydrated onions, salt, garlic, modified food starch, xanthan gum and natural flavoring.			
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	●	Carbohydrate 4	●
			Protein 4

Calorie Percentages

PRO - 0%
CHO - 100%
FAT - 0%

Syrup Pancake Cup

SUPC: 4089355

Nutrition Information			
Serving Size: 1 PIECE (43 grams)			
Amount Per Serving			
Calories: 119		Calories from Fat: 0	
		% Daily Value*	
Total Fat:	0 GM	0%	
Cholesterol:	0 MG	0%	
Sodium:	30 MG	1%	
Potassium:	10 MG	0%	
Total Carbohydrate:	30 GM	10%	
Dietary Fiber:	0 GM	0%	
Sugars:	28 GM		
Protein:	0 GM		
Vitamin A: 0%	●	Vitamin C: 0%	●
Calcium: 0%	●	Iron: 0%	●
Thiamin: 0%	●	Riboflavin: 0%	●
Phosphorus: 0%	●	Zinc: 0%	●
Ingredients: CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, ARTIFICIAL FLAVOR, POTASSIUM SORBATE AS PRESERVATIVE, CARAMEL COLOR, CITRIC ACID.			
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2000
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9		Carbohydrate 4	

Calorie Percentages

PRO - 0.07%
CHO - 99.64%
FAT - 0.30%

Chip Potato Regular Ind

SUPC: 6163141

Nutrition Information			
Serving Size: 0.50 OZ (14 grams)			
Amount Per Serving			
Calories: 80		Calories from Fat: 45	
		% Daily Value*	
Total Fat:	5 GM	8%	
Saturated Fat:	0 GM	2%	
Trans Fat:	0 GM		
Polyunsaturated Fat:	2 GM		
Monounsaturated Fat:	2 GM		
Cholesterol:	0 MG	0%	
Sodium:	90 MG	4%	
Potassium:	150 MG	4%	
Total Carbohydrate:	8 GM	3%	
Dietary Fiber:	0 GM	0%	
Sugars:	0 GM		
Protein:	0 GM		
Vitamin A: 0%	●	Vitamin C: 4%	●
Calcium: 0%	●	Iron: 0%	●
Thiamin: 2%	●	Riboflavin: 2%	●
Niacin: 4%	●	Vitamin B-6: 2%	●
Phosphorus: 2%	●	Zinc: 2%	●
Ingredients: Potatoes, Sunflower Oil and/or Corn Oil, and Salt. No Preservatives.			
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2000
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9		Carbohydrate 4	

Calorie Percentages

PRO - 0%
CHO - 41.53%
FAT - 58.47%