

# **Cookbook for Nippersink School District 2**

**Created by HPS Menu Planner**

# **Cookbook for Nippersink Middle School**

**Created by HPS Menu Planner**

# Table of Contents

**PEACHES**

**GRILLED CHEESE**

**WAFFLES**

**SPAGHETTI & MEATBALLS**

**CHICKEN NUGGETS**

**MACARONI & CHEESE**

**FRENCH TOAST STICKS**

# PEACHES

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43323

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Peaches, Diced, Extra Light Syrup, Canned	4 Ounce	READY_TO_EAT shelf stable; ready to eat	100220

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

#### Amount Per Serving

<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# GRILLED CHEESE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43642

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
School White Wheat Sandwich Bread	2 Slice		12385
CHEESE AMER 160CT SLCD 4-5#	3 Each		350207

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	138.76
<b>Fat</b>	1.98g
<b>SaturatedFat</b>	0.34g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	307.30mg
<b>Carbohydrates</b>	25.40g
<b>Fiber</b>	2.36g
<b>Sugar</b>	3.00g
<b>Protein</b>	4.78g
<b>Vitamin A</b> 0.02IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 39.18mg	<b>Iron</b> 1.34mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# WAFFLES

<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43279

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN	2 Each	<b>READY_TO_EAT</b> Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	138652

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 2.00

#### Amount Per Serving

<b>Calories</b>	2.50		
<b>Fat</b>	0.08g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.14mg		
<b>Sodium</b>	3.75mg		
<b>Carbohydrates</b>	0.39g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.06g		
<b>Protein</b>	0.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.33mg	<b>Iron</b>	0.03mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# SPAGHETTI & MEATBALLS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43336

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI WGRAIN 20# COMM	2 Ounce		555780
MEATBALL BF CKD 2Z	4 Ounce	<p><b>BAKE</b>  <b>BAKE:</b> Heat oven to 350F. Place frozen meatballs in a single layer on baking pan for 15-20 minutes or until hot (<b>THAWED:</b> 12 minutes or until hot). <b>STOVETOP:</b> In saucepan place frozen meatballs in sauce on medium heat. Cover stir occasionally for 25-30 minutes or until hot. (<b>THAWED:</b> 20 minutes or until hot) . <b>MICROWAVE:</b> Microwave ovens vary greatly. Place frozen meatballs on microwave-safe dish. Heat 1 lb. on high for 2 minutes. Rearrange meatballs and heat on high for 1 additional minute (<b>THAWED:</b> Heat 1 1 2 minutes or until hot). Equipment varies heating time and temperature may require adjustment. Stir product before checking internal temperature. Internal temperature should be 160F. Thaw product under refrigeration.</p>	258244
SAUCE MARINARA	4 Ounce	<p><b>HEAT_AND_SERVE</b>  Heat &amp; Serve  <b>MIX</b>  Heat &amp; Serve  <b>READY_TO_DRINK</b>  Heat &amp; Serve  <b>READY_TO_EAT</b>  Heat &amp; Serve  <b>UNPREPARED</b>  Heat &amp; Serve  <b>UNSPECIFIED</b>  Heat &amp; Serve</p>	502181

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.860
<b>Grain</b>	0.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.800
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

<b>Amount Per Serving</b>			
<b>Calories</b>	60.00		
<b>Fat</b>	1.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	135.00mg		
<b>Carbohydrates</b>	10.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	55.00mg	<b>Iron</b>	1.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# CHICKEN NUGGETS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43281

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK BRD HMSTYL FC WGRAIN	1 Each	<b>BAKE</b> Cook from frozen. Times may vary due to make and manufacturer of equipment used. <b>Conventional Oven</b> 1. Preheat oven to 375°F. 2. Heat frozen product for 20-25 minutes or until internal temperature reaches 165°F. <b>CONVECTION</b> Cook from frozen. Times may vary due to make and manufacturer of equipment used. <b>Convection Oven</b> 1. Preheat oven to 350°F. 2. Heat frozen product for 10-15 minutes or until internal temperature reaches 165°F. <b>MICROWAVE</b> Cook from frozen. Times may vary due to make and manufacturer of equipment used. <b>Microwave</b> 1. Heat frozen product on HIGH power for 1:30-2:00 minutes or until internal temperature reaches 165°F. Due to differences in appliances, times may vary.	847960

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00

### Amount Per Serving

<b>Calories</b>	40.00		
<b>Fat</b>	2.25g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	107.50mg		
<b>Carbohydrates</b>	2.75g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.36mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# MACARONI & CHEESE

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43277

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Macaroni- Whole Grain Rich	1 Cup		110501comm
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	1 Ounce		310668

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

#### Amount Per Serving

<b>Calories</b>	610.00
<b>Fat</b>	30.00g
<b>SaturatedFat</b>	18.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	1160.00mg
<b>Carbohydrates</b>	54.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	26.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 648.00mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# FRENCH TOAST STICKS

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42727

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN	0.01 Each		669431

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.003
<b>Grain</b>	0.003
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00

#### Amount Per Serving

<b>Calories</b>	0.70
<b>Fat</b>	0.03g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.35mg
<b>Sodium</b>	0.97mg
<b>Carbohydrates</b>	0.09g
<b>Fiber</b>	0.01g
<b>Sugar</b>	0.04g
<b>Protein</b>	0.03g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.20mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# **Cookbook for Richmond Grade School**

**Created by HPS Menu Planner**

# Table of Contents

**MACARONI & CHEESE**

**CHEESEBURGER**

**HOT DOG**

**GRILLED CHEESE**

# MACARONI & CHEESE

<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43277

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Macaroni- Whole Grain Rich	1 Cup		110501comm
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	1 Ounce		310668

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00  
Serving Size: 4.00

#### Amount Per Serving

<b>Calories</b>	610.00
<b>Fat</b>	30.00g
<b>SaturatedFat</b>	18.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	1160.00mg
<b>Carbohydrates</b>	54.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	26.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 648.00mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available



# CHEESEBURGER

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43272

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY 5/ 80/20	1 Each		482790
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	450.00
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	10.50g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	75.00mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	29.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 66.00mg	<b>Iron</b> 2.80mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# HOT DOG

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40264
<b>School:</b>	Nippersink Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/	1 Each		304913
Hot Dog Bun, Whole Grain 24 oz/12 ct	1 Each	READY_TO_EAT No baking necessary.	4040

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	582.60mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.07IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 46.11mg	<b>Iron</b> 10.76mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# GRILLED CHEESE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43642

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
School White Wheat Sandwich Bread	2 Slice		12385
CHEESE AMER 160CT SLCD 4-5#	3 Each		350207

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	138.76
<b>Fat</b>	1.98g
<b>SaturatedFat</b>	0.34g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	307.30mg
<b>Carbohydrates</b>	25.40g
<b>Fiber</b>	2.36g
<b>Sugar</b>	3.00g
<b>Protein</b>	4.78g
<b>Vitamin A</b> 0.02IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 39.18mg	<b>Iron</b> 1.34mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# **Cookbook for Spring Grove Elementary**

**Created by HPS Menu Planner**

# Table of Contents

**HOT DOG**

**GRILLED CHEESE**

# HOT DOG

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-40264
<b>School:</b>	Nippersink Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS 3 MEAT CLASSIC 8/	1 Each		304913
Hot Dog Bun, Whole Grain 24 oz/12 ct	1 Each	READY_TO_EAT No baking necessary.	4040

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	582.60mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.07IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 46.11mg	<b>Iron</b> 10.76mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---



# GRILLED CHEESE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43642

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
School White Wheat Sandwich Bread	2 Slice		12385
CHEESE AMER 160CT SLCD 4-5#	3 Each		350207

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	138.76		
<b>Fat</b>	1.98g		
<b>SaturatedFat</b>	0.34g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	307.30mg		
<b>Carbohydrates</b>	25.40g		
<b>Fiber</b>	2.36g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	4.78g		
<b>Vitamin A</b>	0.02IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	39.18mg	<b>Iron</b>	1.34mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available