

Cookbook for Tri-County Intermediate School

Created by HPS Menu Planner

Table of Contents

Uncrustable with Cheese Stick & Goldfish

Mashed Potatoes

Seasoned Corn

Gravy

Grilled Cheese Sandwich

Tomato Soup

Chicken & Noodles

Chicken Biscuit

Beef Taco Meat

Seasoned Broccoli

Seasoned Green Beans

Seasoned Carrots

Uncrustable with Cheese Stick & Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57752
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CHEESE STIX COLBY JK R/F IW	1 Each	N/A	786510
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

Package all items together.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	490.00		
Fat	26.50g		
Saturated Fat	8.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	640.00mg		
Carbohydrates	47.00g		
Fiber	4.00g		
Total Sugar	15.00g		
Added Sugar	12.00g		
Protein	18.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	263.00mg	Iron	1.70mg

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	41.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57784
School:	Tri-County Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	26 1/2 Ounce		146581
Water	17 Cup	1 gallon + 1 cup	Water

Preparation Instructions

RECONSTITUTE

1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	63.74		
Fat	0.40g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	87.64mg		
Carbohydrates	13.54g		
Fiber	1.59g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	7.97mg	Iron	0.24mg

Nutrition - Per 100g

Calories	347.90		
Fat	2.17g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	478.37mg		
Carbohydrates	73.93g		
Fiber	8.70g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	43.49mg	Iron	1.30mg

Seasoned Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57819
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	15 Pound		100348
BUTTER BLND SLD EURO ZT	1/2 Cup		648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	77.16		
Fat	2.18g		
Saturated Fat	0.49g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	9.30mg		
Carbohydrates	16.10g		
Fiber	2.01g		
Total Sugar	3.02g		
Added Sugar	0.00g		
Protein	2.01g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories	93.00		
Fat	2.62g		
Saturated Fat	0.59g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.21mg		
Carbohydrates	19.40g		
Fiber	2.43g		
Total Sugar	3.64g		
Added Sugar	0.00g		
Protein	2.43g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57841
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY POULTRY LO SOD	22 5/8 Ounce	UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Poultry Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	552061
Water	1 Gallon	READY_TO_DRINK	Water

Preparation Instructions

OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Poultry Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	14.65		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	54.43mg		
Carbohydrates	2.93g		
Fiber	0.00g		
Total Sugar	0.42g		
Added Sugar	0.00g		
Protein	0.42g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	4.19mg	Iron	0.00mg

Nutrition - Per 100g

Calories	292.49		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1086.39mg		
Carbohydrates	58.50g		
Fiber	0.00g		
Total Sugar	8.36g		
Added Sugar	0.00g		
Protein	8.36g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	83.57mg	Iron	0.00mg

Grilled Cheese Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57878
School:	Tri-County Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER BLND SLD EURO ZT	1 1/2 Cup	READY_TO_EAT Ready to use.	648560
BREAD WGRAIN WHT 16-22Z GCHC	200 Each		266547
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	300 Slice		100036

Preparation Instructions

Directions:

1. Spray butter spray on each sheet pan (18" x 26" x 1"). For 60 servings, use 3 pans.
2. Place 20 slices of bread on each sheet pan, 4 across and 5 down.
3. Top each slice of bread with 3 slices 1.50 oz) of cheese.
4. Cover with remaining bread slices.
5. Spray the tops of the bread slices with the butter spray.
6. Bake until lightly browned: Convection oven: 350° F for 10-15 minutes Combi oven at 350F 100% Steam for 4-8 minutes depending on how many pans you have in the oven (1-2 pans will take 4 minutes and a full oven will take up to 8 minutes)

CCP: Heat to 140° F or higher.

CCP: Hold for hot service at 135° F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	304.02
Fat	12.38g
Saturated Fat	5.70g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	710.43mg
Carbohydrates	35.00g
Fiber	4.00g
Total Sugar	5.50g
Added Sugar	4.00g
Protein	15.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 60.01mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	150.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57877
School:	Tri-County Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	11 #5 CAN	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	488232
1% Low Fat White Milk*	2 Gallon		13871

Preparation Instructions

Stir soup and milk together. Heat to simmer, stirring occasionally.

Meal Components

Amount Per Serving

	Amount
Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	115.07
Fat	1.57g
Saturated Fat	0.32g
Trans Fat	0.00g
Cholesterol	3.20mg
Sodium	431.79mg
Carbohydrates	21.09g
Fiber	1.04g
Total Sugar	12.76g
Added Sugar	0.00g
Protein	3.79g
Vitamin A	29.87mcg
Vitamin C	0.00mg
Calcium	72.28mg
Iron	0.44mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	300.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57783
School:	Tri-County Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROTH CHIX NO MSG	12 Gallon	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
PASTA NOODL KLUSKI AMISH	15 Pound		456632
ONION DEHY CHPD	7 1/2 Tablespoon		263036
BUTTER BLND SLD EURO ZT	3 Cup	READY_TO_EAT Ready to use.	648560
FLOUR WHOLE WHEAT STONE GROUND	5 5/8 Cup	5 1/4 cup + 6 Tbsp.	330094
MILK DRY N/F INSTANT	9 Cup	Reconstituted.	255917
SPICE PEPR BLK REG FINE GRIND	3 Tablespoon		225037
Chicken, Diced, Cooked, Frozen	38 1/4 Pound		100101

Preparation Instructions

1. Heat chicken stock to boiling. Slowly stir in noodles and onions. Boil, uncovered, for 6 minutes. DO NOT DRAIN.
2. Melt butter. Add flour and stir until smooth.
3. Add flour mixture, milk, and pepper, and chicken to noodles. Stir gently to combine.
4. Stir occasionally until thickened. CCP: Heat to 165 degrees or higher for at least 15 seconds.
5. Pour into medium half-steamtable pans (10"x12"x4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.

6. CCP: Hold for hot service at 135 degrees or higher. Portion with 8 oz ladle (1 cup).

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.750
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	202.19		
Fat	5.62g		
Saturated Fat	1.41g		
Trans Fat	0.00g		
Cholesterol	95.44mg		
Sodium	459.46mg		
Carbohydrates	19.33g		
Fiber	0.65g		
Total Sugar	1.45g		
Added Sugar	0.00g		
Protein	17.14g		
Vitamin A	20.40mcg	Vitamin C	0.00mg**
Calcium	34.48mg	Iron	0.96mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	251.14		
Fat	6.98g		
Saturated Fat	1.75g		
Trans Fat	0.00g		
Cholesterol	118.54mg		
Sodium	570.69mg		
Carbohydrates	24.01g		
Fiber	0.81g		
Total Sugar	1.80g		
Added Sugar	0.00g		
Protein	21.29g		
Vitamin A	25.34mcg	Vitamin C	0.00mg**
Calcium	42.83mg	Iron	1.20mg

**One or more nutritional components are missing from at least one item on this recipe.

Chicken Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-57785
School:	Tri-County Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISC WGRAIN EZ SPLIT	1 Each		269210

Preparation Instructions

For chicken : BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.

Fro biscuit: BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET | HALF SHEET 6 X 9 (54 BISCUITS) | 4 X 6 (24 BISCUITS)

OVEN | TEMP. | TIME | TIME

STANDARD

REEL | 375°F | 34-38 M | 31-35 M

RACK | 350°F | 30-34 M | 27-31 M

CONVECTION* | 325°F | 23-27 M | 21-25 M

*ROTATE PAN HALFWAY THROUGH BAKE TIME

Assemble sandwiches.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	2.750
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	305.00
Fat	13.50g
Saturated Fat	5.50g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	545.00mg
Carbohydrates	34.00g
Fiber	3.50g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	12.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 141.00mg	Iron 2.60mg

Nutrition - Per 100g

No 100g Conversion Available

Beef Taco Meat

Servings:	230.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57786
School:	Tri-County Intermediate School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	45 Pound		100158
SEASONING TACO MIX	4 1/2 Package		159204
Water	22 1/2 Cup	READY_TO_DRINK	Water

Preparation Instructions

1. Cook meat and drain excess fat.
2. Add taco seasoning mix and water.
3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally.
4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 230.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	204.04		
Fat	14.02g		
Saturated Fat	4.67g		
Trans Fat	2.34g		
Cholesterol	60.74mg		
Sodium	345.39mg		
Carbohydrates	2.50g		
Fiber	1.25g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	16.35g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.45mg

Nutrition - Per 100g

Calories	229.93		
Fat	15.80g		
Saturated Fat	5.27g		
Trans Fat	2.63g		
Cholesterol	68.45mg		
Sodium	389.22mg		
Carbohydrates	2.81g		
Fiber	1.41g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	18.43g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.51mg

Seasoned Broccoli

Servings:	105.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57820
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	15 Pound		110473
BUTTER BLND SLD EURO ZT	1/2 Cup		648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 105.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	33.62		
Fat	0.91g		
Saturated Fat	0.38g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	28.48mg		
Carbohydrates	5.00g		
Fiber	3.00g		
Total Sugar	1.00g		
Added Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories	51.88		
Fat	1.41g		
Saturated Fat	0.59g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	43.95mg		
Carbohydrates	7.72g		
Fiber	4.63g		
Total Sugar	1.54g		
Added Sugar	0.00g		
Protein	4.63g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Seasoned Green Beans

Servings:	68.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57817
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans, Low Sodium Canned	3 #10 CAN		100307
BUTTER BLND SLD EURO ZT	1/2 Cup	READY_TO_EAT Ready to use.	648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 68.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	36.76		
Fat	1.41g		
Saturated Fat	0.59g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	149.96mg		
Carbohydrates	4.00g		
Fiber	2.00g		
Total Sugar	2.00g		
Added Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Carrots

Servings:	73.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57818
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	15 Pound		100352
BUTTER BLND SLD EURO ZT	1/2 Cup	READY_TO_EAT Ready to use.	648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 73.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	38.26		
Fat	2.33g		
Saturated Fat	0.55g		
Trans Fat	0.00g		
Cholesterol	24.26mg		
Sodium	52.79mg		
Carbohydrates	6.07g		
Fiber	2.02g		
Total Sugar	3.03g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories	41.05		
Fat	2.50g		
Saturated Fat	0.59g		
Trans Fat	0.00g		
Cholesterol	26.03mg		
Sodium	56.64mg		
Carbohydrates	6.51g		
Fiber	2.17g		
Total Sugar	3.25g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg