

# Protein Pack

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 set	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15449

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580
EGG HARD CKD PLD 16-2CT EASY EGG	1 Each		563542
SEED SUNFLWR KERN	1 Ounce		504180
CARROT BABY WHL PETITE	2 1/2 Ounce	12 each or 1/2 cup	768146
DRESSING RNCH CUP	1 Ounce		537705
APPLE DELICIOUS RED	1 Piece		197696
CRACKER GLDFSH XTRA WGRAIN	1 Package	READY_TO_EAT Ready to Enjoy	745481

## Preparation Instructions

Package all items together.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	1.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.391
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 set

Amount Per Serving	
<b>Calories</b>	630.04
<b>Fat</b>	42.70g
<b>Saturated Fat</b>	10.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	192.50mg
<b>Sodium</b>	855.99mg
<b>Carbohydrates</b>	47.75g
<b>Fiber</b>	7.66g
<b>Total Sugar</b>	19.63g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	20.80g
<b>Vitamin A</b> 69.12mcg RAE	<b>Vitamin C</b> 5.89mg
<b>Calcium</b> 290.68mg	<b>Iron</b> 3.38mg

## Nutrition - Per 100g

<b>Calories</b>	493.88
<b>Fat</b>	33.47g
<b>Saturated Fat</b>	7.84g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	150.90mg
<b>Sodium</b>	670.99mg
<b>Carbohydrates</b>	37.43g
<b>Fiber</b>	6.01g
<b>Total Sugar</b>	15.38g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	16.30g
<b>Vitamin A</b> 54.18mcg RAE	<b>Vitamin C</b> 4.62mg
<b>Calcium</b> 227.86mg	<b>Iron</b> 2.65mg