

Protein Pack

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 set

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

Nutrition - Per 100g

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