LCM Asian Crunch Mix

10/03/2016

Nutrition Facts

Serving Size (170g)
Servings Per Container 1

Amount Per Serving

Calories 860	Calories from Fat 490
	% Daily Value*
Total Fat 55g	**85**%
Saturated Fat 9g	**45**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 1000mg	**42**%
Total Carbohydrate 68g	**23**%
Dietary Fiber 12g	**48**%
Sugars 7g	
Protein 26g	

Vitamin A 0% • Vitamin C 2%

Calcium 15% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Asian Crunch Mix

LCM Baked Meat Lasagna

10/03/2016

Nutrition Facts

Serving Size (455g)
Servings Per Container 4

Amount Per Serving

Calories 920	Calories from Fat 470
	% Daily Value*
Total Fat 52g	**80**%
Saturated Fat 27g	**135**%
Trans Fat 0g	
Cholesterol 175mg	**58**%
Sodium 1830mg	**76**%
Total Carbohydrate 47g	**16**%
Dietary Fiber 4g	**16**%
Sugars 16g	
Protein 65g	

Vitamin A 60% • Vitamin C 30%

Calcium 130% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Beef and Pork Meatloaf w/ Herbed Beef Gravy

10/03/2016

Nutrition Facts

Serving Size (343g)
Servings Per Container

Amount Per Serving

Calories 430	Calories from Fat 130
	% Daily Value*
Total Fat 15g	**23**%
Saturated Fat 4.5g	**23**%
Trans Fat 0g	
Cholesterol 200mg	**67**%
Sodium 2030mg	**85**%
Total Carbohydrate 30g	**10**%
Dietary Fiber 1g	**4**%
Sugars 1g	
Protein 44g	

Vitamin A 15% • Vitamin C 8%

Calcium 4% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Blue Cheese Dressing

10/03/2016

Nutrition Facts

Serving Size (64g)
Servings Per Container 4

Amount Per Serving

Calories 290	Calories from Fat 270
	% Daily Value*
Total Fat 30g	**46**%
Saturated Fat 4.5g	**23**%
Trans Fat 0g	
Cholesterol 10mg	**3**%
Sodium 580mg	**24**%
Total Carbohydrate 5g	**2**%
Dietary Fiber 0g	**0**%
Sugars 2g	
Protein 0g	

Vitamin A 4% • Vitamin C 2%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Brown Rice Salad

10/03/2016

Nutrition Facts

Serving Size (213g)
Servings Per Container 1

Amount Per Serving

Calories 380	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14**%
Saturated Fat 4.5g	**23**%
Trans Fat 0g	
Cholesterol 20mg	**7**%
Sodium 350mg	**15**%
Total Carbohydrate 75g	**25**%
Dietary Fiber 5g	**20**%
Sugars 38g	
Protein 8g	

Vitamin A 6% • Vitamin C 4%

Calcium 15% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Buffalo Style Salad

10/03/2016

Nutrition Facts

Serving Size (362g)
Servings Per Container 4

Amount Per Serving

Calories 370	Calories from Fat 180
	% Daily Value*
Total Fat 20g	**31**%
Saturated Fat 1.5g	**8**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 350mg	**15**%
Total Carbohydrate 38g	**13**%
Dietary Fiber 9g	**36**%
Sugars 9g	
Protein 13g	

Vitamin A 180% • Vitamin C 45%

Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Caprese Garden Salad

10/03/2016

Nutrition Facts

Serving Size (514g)
Servings Per Container 4

Amount Per Serving

Calories 640	Calories from Fat 390
	% Daily Value*
Total Fat 43g	**66**%
Saturated Fat 15g	**75**%
Trans Fat 0g	
Cholesterol 80mg	**27**%
Sodium 2280mg	**95**%
Total Carbohydrate 35g	**12**%
Dietary Fiber 4g	**16**%
Sugars 23g	
Protein 25g	

Vitamin A 130% • Vitamin C 35%

Calcium 70% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Chicken Parmesan with Marinara Sauce

10/03/2016

Nutrition Facts

Serving Size (397g)
Servings Per Container 4

Amount Per Serving

Calories 650	Calories from Fat 290
	% Daily Value*
Total Fat 33g	**51**%
Saturated Fat 11g	**55**%
Trans Fat 0g	
Cholesterol 95mg	**32**%
Sodium 1870mg	**78**%
Total Carbohydrate 40g	**13**%
Dietary Fiber 5g	**20**%
Sugars 14g	
Protein 46g	

Vitamin A 30% • Vitamin C 15%

Calcium 40% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Chipotle-Lime Caeser Dressing

10/03/2016

Nutrition Facts

Serving Size (89g)
Servings Per Container 4

Amount Per Serving

Calories 310	Calories from Fat 290
	% Daily Value*
Total Fat 32g	**49**%
Saturated Fat 4.5g	**23**%
Trans Fat 0g	
Cholesterol 20mg	**7**%
Sodium 580mg	**24**%
Total Carbohydrate 7g	**2**%
Dietary Fiber 1g	**4**%
Sugars 3g	
Protein 2g	

Vitamin A 2% • Vitamin C 20%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Chocolate Delight Mix

10/03/2016

Nutrition Facts

Serving Size (170g)
Servings Per Container 1

Amount Per Serving

Calories 900	Calories from Fat 550
	% Daily Value*
Total Fat 61g	**94**%
Saturated Fat 31g	**155**%
Trans Fat 0g	
Cholesterol 10mg	**3**%
Sodium 0mg	**0**%
Total Carbohydrate 85g	**28**%
Dietary Fiber 10g	**40**%
Sugars 65g	
Protein 11g	

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Creamy Kimchi Slaw

10/03/2016

Nutrition Facts

Serving Size (198g)
Servings Per Container 1

Amount Per Serving

Calories 250	Calories from Fat 220
	% Daily Value*
Total Fat 24g	**37**%
Saturated Fat 4g	**20**%
Trans Fat 0g	
Cholesterol 20mg	**7**%
Sodium 650mg	**27**%
Total Carbohydrate 4g	**1**%
Dietary Fiber 2g	**8**%
Sugars 0g	
Protein 2g	

Vitamin A 30% • Vitamin C 8%

Calcium 4% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Dessert Cream Cheese Iced Walnut Brownies

10/03/2016

Nutrition Facts

Serving Size (85g)
Servings Per Container 1

Amount Per Serving

Calories 370	Calories from Fat 150
	% Daily Value*
Total Fat 17g	**26**%
Saturated Fat 5g	**25**%
Trans Fat 2g	
Cholesterol 30mg	**10**%
Sodium 220mg	**9**%
Total Carbohydrate 51g	**17**%
Dietary Fiber 2g	**8**%
Sugars 34g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Dessert Fudge Iced Walnut Brownies

10/03/2016

Nutrition Facts

Serving Size (57g)
Servings Per Container

Amount Per Serving

Calories 250	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20**%
Saturated Fat 2.5g	**13**%
Trans Fat 1.5g	
Cholesterol 15mg	**5**%
Sodium 125mg	**5**%
Total Carbohydrate 33g	**11**%
Dietary Fiber 2g	**8**%
Sugars 20g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Fudge Iced Brownie

10/03/2016

Nutrition Facts

Serving Size (57g)
Servings Per Container 1

Amount Per Serving

Calories 230	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14**%
Saturated Fat 2.5g	**13**%
Trans Fat 1g	
Cholesterol 20mg	**7**%
Sodium 150mg	**6**%
Total Carbohydrate 37g	**12**%
Dietary Fiber 2g	**8**%
Sugars 23g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Green Beans Amandine

10/03/2016

Nutrition Facts

Serving Size (212g)
Servings Per Container 4

Amount Per Serving

Calories 390	Calories from Fat 300
	% Daily Value*
Total Fat 34g	**52**%
Saturated Fat 10g	**50**%
Trans Fat 0g	
Cholesterol 30mg	**10**%
Sodium 280mg	**12**%
Total Carbohydrate 21g	**7**%
Dietary Fiber 9g	**36**%
Sugars 4g	
Protein 9g	

Vitamin A 25% • Vitamin C 40%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Hummus and Baby Carrots

10/03/2016

Nutrition Facts

Serving Size (283g)
Servings Per Container 1

Amount Per Serving

Calories 460	Calories from Fat 260
	% Daily Value*
Total Fat 29g	**45**%
Saturated Fat 6g	**30**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 1150mg	**48**%
Total Carbohydrate 35g	**12**%
Dietary Fiber 14g	**56**%
Sugars 14g	
Protein 13g	

Vitamin A 360% • Vitamin C 15%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Loaded Mashed Potatoes

10/03/2016

Nutrition Facts

Serving Size (257g)
Servings Per Container 4

Amount Per Serving

Calories 450	Calories from Fat 260
	% Daily Value*
Total Fat 29g	**45**%
Saturated Fat 14g	**70**%
Trans Fat 0g	
Cholesterol 355mg	**118**%
Sodium 1580mg	**66**%
Total Carbohydrate 31g	**10**%
Dietary Fiber 3g	**12**%
Sugars 4g	
Protein 20g	

Vitamin A 15% • Vitamin C 20%

Calcium 25% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Macadamia Cookie Bite

10/03/2016

Nutrition Facts

Serving Size (38g)
Servings Per Container 1

Amount Per Serving

Calories 180	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14**%
Saturated Fat 4g	**20**%
Trans Fat 0g	
Cholesterol 10mg	**3**%
Sodium 70mg	**3**%
Total Carbohydrate 24g	**8**%
Dietary Fiber 0g	**0**%
Sugars 14g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Mediterranean Trio

10/03/2016

Nutrition Facts

Serving Size (170g)
Servings Per Container 1

Amount Per Serving

Calories 370	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 0mg	**0**%
Total Carbohydrate 91g	**30**%
Dietary Fiber 13g	**52**%
Sugars 77g	
Protein 4g	

Vitamin A 0% • Vitamin C 10%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Meditteranean Salad

10/03/2016

Nutrition Facts

Serving Size (444g)
Servings Per Container 4

Amount Per Serving

Calories 470	Calories from Fat 290
	% Daily Value*
Total Fat 32g	**49**%
Saturated Fat 12g	**60**%
Trans Fat 0g	
Cholesterol 40mg	**13**%
Sodium 2130mg	**89**%
Total Carbohydrate 93g	**31**%
Dietary Fiber 7g	**28**%
Sugars 15g	
Protein 15g	

Vitamin A 160% • Vitamin C 100%

Calcium 40% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Mojo Pork and Black Beans

10/03/2016

Nutrition Facts

Serving Size (227g)
Servings Per Container 4

Amount Per Serving

Calories 380	Calories from Fat 180
	% Daily Value*
Total Fat 20g	**31**%
Saturated Fat 7g	**35**%
Trans Fat 0g	
Cholesterol 100mg	**33**%
Sodium 1020mg	**43**%
Total Carbohydrate 5g	**2**%
Dietary Fiber 1g	**4**%
Sugars 1g	
Protein 40g	

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Orange, Red & Blue

10/03/2016

Nutrition Facts

Serving Size (170g)
Servings Per Container 1

Amount Per Serving

Calories 100	Calories from Fat 5
	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 0mg	**0**%
Total Carbohydrate 26g	**9**%
Dietary Fiber 2g	**8**%
Sugars 21g	
Protein 1g	

Vitamin A 10% • Vitamin C 20%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Oven Roasted Rosemary Red Potatoes

10/03/2016

Nutrition Facts

Serving Size (193g)
Servings Per Container 4

Amount Per Serving

Calories 330	Calories from Fat 180
	% Daily Value*
Total Fat 20g	**31**%
Saturated Fat 6g	**30**%
Trans Fat 0g	
Cholesterol 15mg	**5**%
Sodium 290mg	**12**%
Total Carbohydrate 35g	**12**%
Dietary Fiber 4g	**16**%
Sugars 1g	
Protein 3g	

Vitamin A 6% • Vitamin C 25%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Pesto Red Skin Potato Salad

10/03/2016

Nutrition Facts

Serving Size (198g)
Servings Per Container 1

Amount Per Serving

Calories 450	Calories from Fat 320
	% Daily Value*
Total Fat 35g	**54**%
Saturated Fat 6g	**30**%
Trans Fat 0g	
Cholesterol 50mg	**17**%
Sodium 890mg	**37**%
Total Carbohydrate 27g	**9**%
Dietary Fiber 3g	**12**%
Sugars 2g	
Protein 5g	

Vitamin A 2% • Vitamin C 20%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Pickle Combo

10/03/2016

Nutrition Facts

Serving Size (170g)
Servings Per Container 1

Amount Per Serving

Calories 170	Calories from Fat 90
	% Daily Value*
Total Fat 9g	**14**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 1310mg	**55**%
Total Carbohydrate 20g	**7**%
Dietary Fiber 0g	**0**%
Sugars 14g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Protein Chilled Crispy Chicken Tenders

10/03/2016

Nutrition Facts

Serving Size (170g)
Servings Per Container 1

Amount Per Serving

Calories 400	Calories from Fat 150
	% Daily Value*
Total Fat 16g	**25**%
Saturated Fat 3.5g	**18**%
Trans Fat 0g	
Cholesterol 125mg	**42**%
Sodium 830mg	**35**%
Total Carbohydrate 18g	**6**%
Dietary Fiber 2g	**8**%
Sugars 0g	
Protein 42g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Protein Citrus Grilled Chicken Breast

10/03/2016

Nutrition Facts

Serving Size (170g)
Servings Per Container 1

Amount Per Serving

Calories 300	Calories from Fat 130
	% Daily Value*
Total Fat 15g	**23**%
Saturated Fat 2g	**10**%
Trans Fat 0g	
Cholesterol 105mg	**35**%
Sodium 600mg	**25**%
Total Carbohydrate 4g	**1**%
Dietary Fiber 0g	**0**%
Sugars 2g	
Protein 34g	

Vitamin A 4% • Vitamin C 4%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Protein Grilled Salmon Fillet

10/03/2016

Nutrition Facts

Serving Size (170g)
Servings Per Container 1

Amount Per Serving

Calories 400	Calories from Fat 230
	% Daily Value*
Total Fat 26g	**40**%
Saturated Fat 4g	**20**%
Trans Fat 0g	
Cholesterol 105mg	**35**%
Sodium 1210mg	**50**%
Total Carbohydrate 1g	**0**%
Dietary Fiber 1g	**4**%
Sugars 0g	
Protein 39g	

Vitamin A 2% • Vitamin C 0%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Protein kentucky Legend Smoked Turkey Breast

10/03/2016

Nutrition Facts

Serving Size (170g)
Servings Per Container 1

Amount Per Serving

Calories 180	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 90mg	**30**%
Sodium 1040mg	**43**%
Total Carbohydrate 3g	**1**%
Dietary Fiber 0g	**0**%
Sugars 0g	
Protein 36g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Protein Portabella Mushrooms

10/03/2016

Nutrition Facts

Serving Size (30695g)
Servings Per Container 1

Amount Per Serving

Calories 160	Calories from Fat 130
	% Daily Value*
Total Fat 14g	**22**%
Saturated Fat 2g	**10**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 12204700mg	**508527**%
Total Carbohydrate 8g	**3**%
Dietary Fiber 3g	**12**%
Sugars 4g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Rainbow Medley Fruit Side

10/03/2016

Nutrition Facts

Serving Size (170g)
Servings Per Container 1

Amount Per Serving

Calories 80	Calories from Fat 5
	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 10mg	**0**%
Total Carbohydrate 20g	**7**%
Dietary Fiber 2g	**8**%
Sugars 16g	
Protein 1g	

Vitamin A 2% • Vitamin C 80%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Roast Beef Bliss

10/03/2016

Nutrition Facts

Serving Size (368g)
Servings Per Container 4

Amount Per Serving

Calories 920	Calories from Fat 440
	% Daily Value*
Total Fat 49g	**75**%
Saturated Fat 20g	**100**%
Trans Fat 0g	
Cholesterol 160mg	**53**%
Sodium 1820mg	**76**%
Total Carbohydrate 68g	**23**%
Dietary Fiber 2g	**8**%
Sugars 15g	
Protein 54g	

Vitamin A 25% • Vitamin C 0%

Calcium 50% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Roman Sandwich

10/03/2016

Nutrition Facts

Serving Size (246g)
Servings Per Container 1

Amount Per Serving

Calories 690	Calories from Fat 370
	% Daily Value*
Total Fat 41g	**63**%
Saturated Fat 15g	**75**%
Trans Fat 0g	
Cholesterol 95mg	**32**%
Sodium 2400mg	**100**%
Total Carbohydrate 42g	**14**%
Dietary Fiber 2g	**8**%
Sugars 2g	
Protein 34g	

Vitamin A 25% • Vitamin C 35%

Calcium 25% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Santa Fe Chicken Club

10/03/2016

Nutrition Facts

Serving Size (445g)
Servings Per Container 4

Amount Per Serving

Calories 1120 Calories from Fat 610

	% Daily Value*
Total Fat 68g	**105**%
Saturated Fat 28g	**140**%
Trans Fat 0g	
Cholesterol 1055mg	**352**%
Sodium 2680mg	**112**%
Total Carbohydrate 50g	**17**%
Dietary Fiber 3g	**12**%
Sugars 6g	
Protein 79g	

Vitamin A 20% • Vitamin C 4%

Calcium 30% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Sauteed Corn with Parsley, Lime & Pecorino

10/03/2016

Nutrition Facts

Serving Size (281g)
Servings Per Container 4

Amount Per Serving

Calories 410	Calories from Fat 210
	% Daily Value*
Total Fat 24g	**37**%
Saturated Fat 9g	**45**%
Trans Fat 0g	
Cholesterol 30mg	**10**%
Sodium 850mg	**35**%
Total Carbohydrate 38g	**13**%
Dietary Fiber 3g	**12**%
Sugars 12g	
Protein 12g	

Vitamin A 30% • Vitamin C 130%

Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Seeds & Nuts Mix

10/03/2016

Nutrition Facts

Serving Size (43g)
Servings Per Container 1

Amount Per Serving

Calories 250	Calories from Fat 180
	% Daily Value*
Total Fat 20g	**31**%
Saturated Fat 2.5g	**13**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 105mg	**4**%
Total Carbohydrate 8g	**3**%
Dietary Fiber 4g	**16**%
Sugars 1g	
Protein 11g	

Vitamin A 4% • Vitamin C 0%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Southwestern Caeser Salad

10/03/2016

Nutrition Facts

Serving Size (471g)
Servings Per Container 4

Amount Per Serving

Calories 530	Calories from Fat 330
	% Daily Value*
Total Fat 36g	**55**%
Saturated Fat 8g	**40**%
Trans Fat 0g	
Cholesterol 25mg	**8**%
Sodium 840mg	**35**%
Total Carbohydrate 43g	**14**%
Dietary Fiber 11g	**44**%
Sugars 9g	
Protein 13g	

Vitamin A 110% • Vitamin C 120%

Calcium 35% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Spicy Pickle Combo

10/03/2016

Nutrition Facts

Serving Size (170g)
Servings Per Container 1

Amount Per Serving

Calories 40	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 2100mg	**88**%
Total Carbohydrate 9g	**3**%
Dietary Fiber 3g	**12**%
Sugars 2g	
Protein 1g	

Vitamin A 25% • Vitamin C 50%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Steamed Broccoli with Herb Butter

10/03/2016

Nutrition Facts

Serving Size (78g)
Servings Per Container

Amount Per Serving

Calories 230	Calories from Fat 210
	% Daily Value*
Total Fat 23g	**35**%
Saturated Fat 15g	**75**%
Trans Fat 1g	
Cholesterol 60mg	**20**%
Sodium 300mg	**13**%
Total Carbohydrate 5g	**2**%
Dietary Fiber 2g	**8**%
Sugars 0g	
Protein 2g	

Vitamin A 45% • Vitamin C 70%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Sweet & Crunchy Snack Mix

10/03/2016

Nutrition Facts

Serving Size (170g)
Servings Per Container 1

Amount Per Serving

Calories 550	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 120mg	**5**%
Total Carbohydrate 120g	**40**%
Dietary Fiber 12g	**48**%
Sugars 86g	
Protein 7g	

Vitamin A 15% • Vitamin C 2%

Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Sweet Potato Casserole

10/03/2016

Nutrition Facts

Serving Size (243g)
Servings Per Container 4

Amount Per Serving

Calories 480	Calories from Fat 150
	% Daily Value*
Total Fat 16g	**25**%
Saturated Fat 0.5g	**3**%
Trans Fat 0.5g	
Cholesterol 0mg	**0**%
Sodium 250mg	**10**%
Total Carbohydrate 85g	**28**%
Dietary Fiber 5g	**20**%
Sugars 45g	
Protein 8g	

Vitamin A 470% • Vitamin C 50%

Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Tropical Sensation

10/03/2016

Nutrition Facts

Serving Size (170g)
Servings Per Container 1

Amount Per Serving

Calories 100	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 0mg	**0**%
Total Carbohydrate 24g	**8**%
Dietary Fiber 3g	**12**%
Sugars 18g	
Protein 1g	

Vitamin A 15% • Vitamin C 170%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Turkey Meatloaf with Mushroom Gravy

10/03/2016

Nutrition Facts

Serving Size (390g)
Servings Per Container 4

Amount Per Serving

Calories 670	Calories from Fat 350
	% Daily Value*
Total Fat 39g	**60**%
Saturated Fat 9g	**45**%
Trans Fat 0g	
Cholesterol 210mg	**70**%
Sodium 1580mg	**66**%
Total Carbohydrate 39g	**13**%
Dietary Fiber 3g	**12**%
Sugars 6g	
Protein 43g	

Vitamin A 20% • Vitamin C 10%

Calcium 30% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Twisted Turkey Wrap

10/03/2016

Nutrition Facts

Serving Size (577g)
Servings Per Container 4

Amount Per Serving

Calories 690	Calories from Fat 270
	% Daily Value*
Total Fat 30g	**46**%
Saturated Fat 12g	**60**%
Trans Fat 0g	
Cholesterol 100mg	**33**%
Sodium 1640mg	**68**%
Total Carbohydrate 59g	**20**%
Dietary Fiber 6g	**24**%
Sugars 10g	
Protein 44g	

Vitamin A 470% • Vitamin C 20%

Calcium 50% • Iron 60%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LCM Ultimate Mac and Cheese

10/03/2016

Nutrition Facts

Serving Size (285g)
Servings Per Container 4

Amount Per Serving

Calories 570	Calories from Fat 340
	% Daily Value*
Total Fat 38g	**58**%
Saturated Fat 21g	**105**%
Trans Fat 0g	
Cholesterol 110mg	**37**%
Sodium 1620mg	**68**%
Total Carbohydrate 30g	**10**%
Dietary Fiber 1g	**4**%
Sugars 11g	
Protein 28g	

Vitamin A 30% • Vitamin C 4%

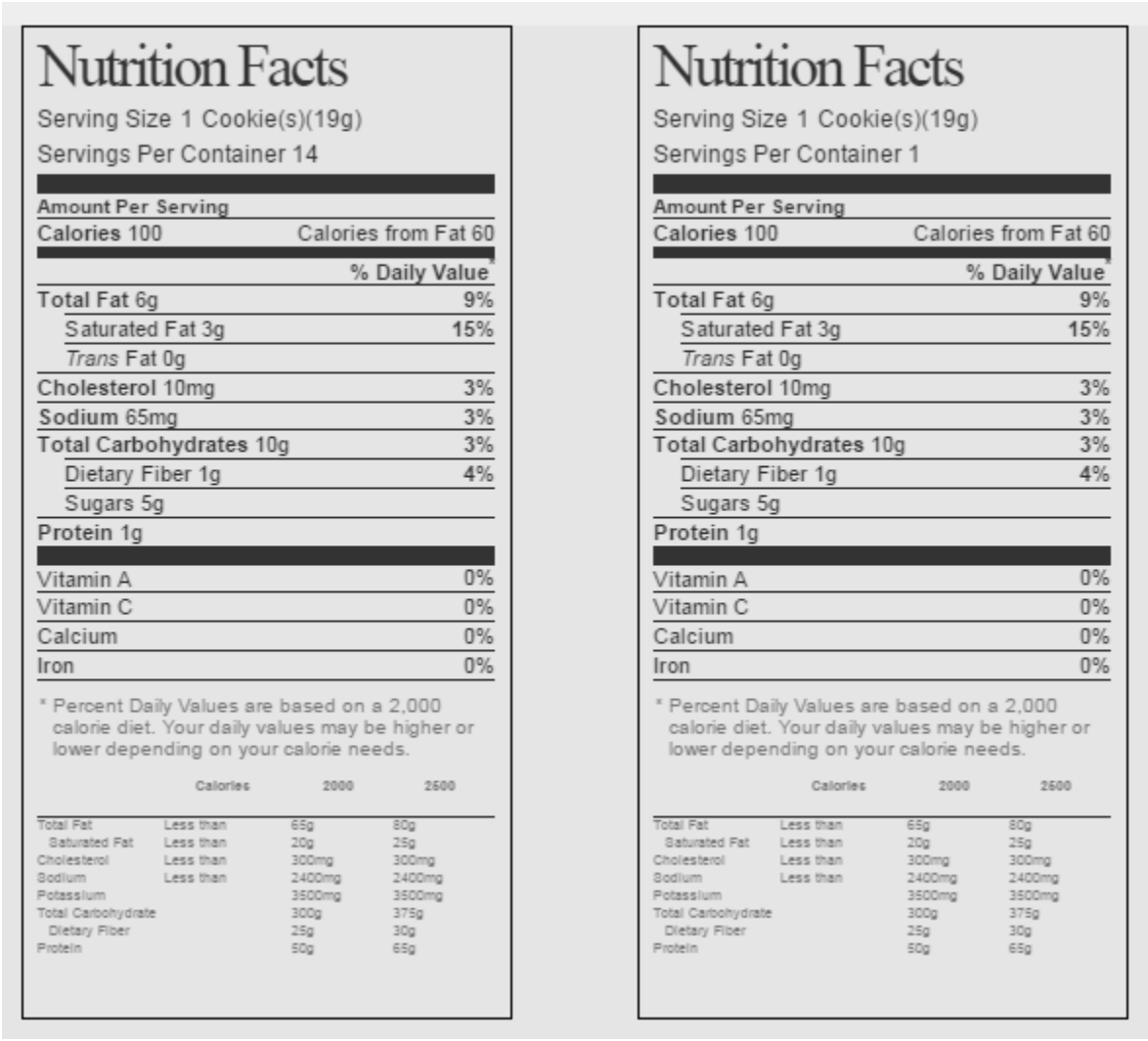
Calcium 50% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Bakery Calypso Bites Cookies, Item Code #92213



Nutrition Facts

Serving Size 1 Cookie(s)(19g)
Servings Per Container 14

Amount Per Serving	
Calories 100	Calories from Fat 60
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrates 10g	3%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Nutrition Facts

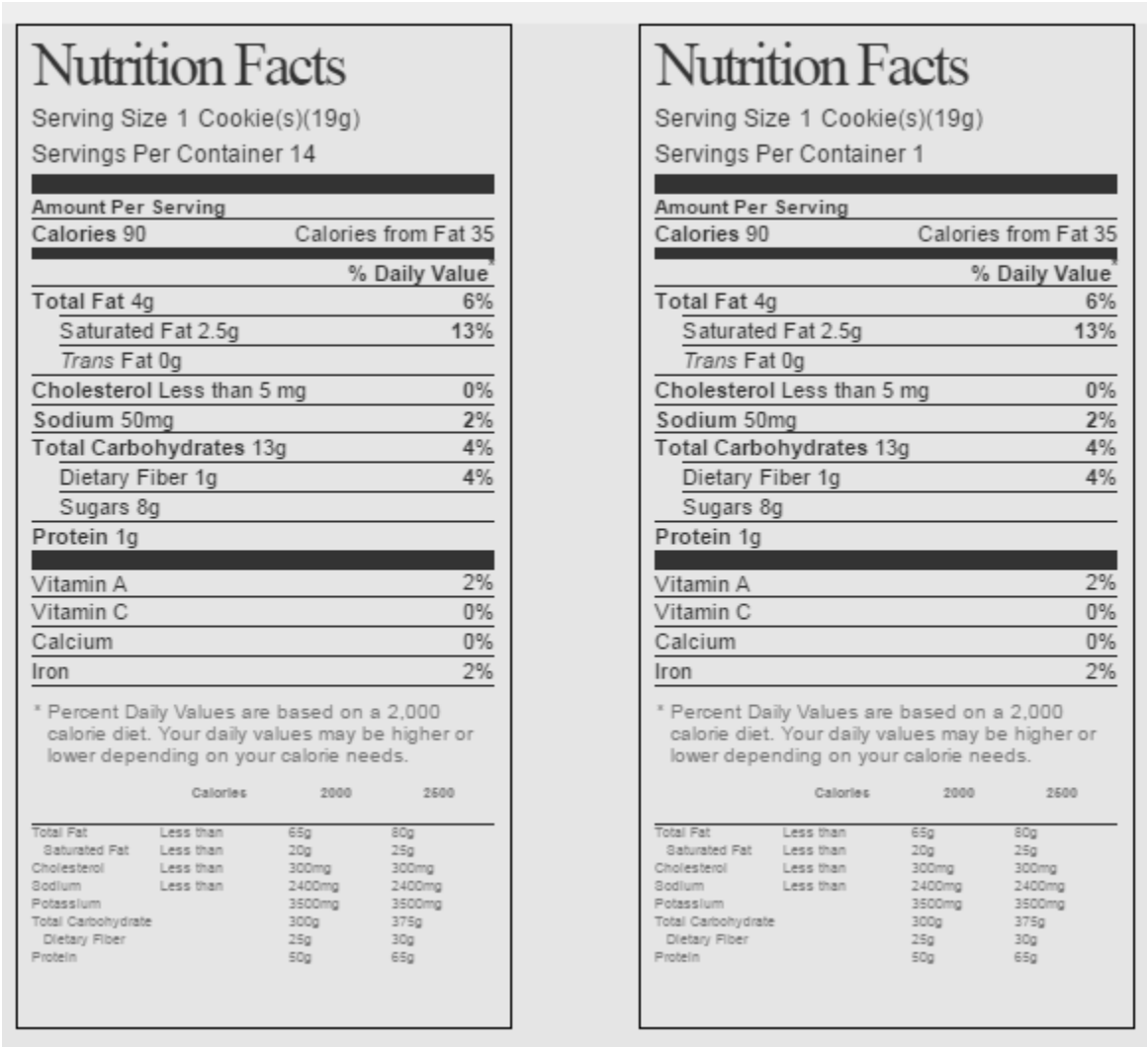
Serving Size 1 Cookie(s)(19g)
Servings Per Container 1

Amount Per Serving	
Calories 100	Calories from Fat 60
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrates 10g	3%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Triple Ripple Cookie Bites, Item Code #92207



Nutrition Facts

Serving Size 1 Cookie(s)(19g)
Servings Per Container 14

Amount Per Serving	
Calories 90	Calories from Fat 35
	% Daily Value
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol Less than 5 mg	0%
Sodium 50mg	2%
Total Carbohydrates 13g	4%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 1g	
Vitamin A	2%
Vitamin C	0%
Calcium	0%
Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Nutrition Facts

Serving Size 1 Cookie(s)(19g)
Servings Per Container 1

Amount Per Serving	
Calories 90	Calories from Fat 35
	% Daily Value
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol Less than 5 mg	0%
Sodium 50mg	2%
Total Carbohydrates 13g	4%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 1g	
Vitamin A	2%
Vitamin C	0%
Calcium	0%
Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g