

Deluxe Beef Steak Burger

**Nutritional Information**

Serving Size: 1 each (84 g)

Amount Per Serving:

**Calories 216                      Calories From Fat: 139**

% Daily Value

<b>Total Fat</b>	<b>15 g</b>	<b>24%</b>
Saturated Fat	6 g	32%
<i>Trans</i> Fat	n/a	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
<b>Cholesterol</b>	<b>70 mg</b>	<b>23%</b>
<b>Sodium</b>	<b>129 mg</b>	<b>5%</b>
<b>Potassium</b>	<b>n/a</b>	<b>n/a</b>
<b>Total Carbs</b>	<b>0 g</b>	<b>0%</b>
Dietary Fiber	0 g	0%
Sugars	n/a	n/a
<b>Protein</b>	<b>18 g</b>	<b>37%</b>

Vitamin A - 0%                      Vitamin C - 0%  
 Calcium - 1%                      Iron - 8%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9                      Carbohydrates 4                      Protein 4

**Breaded Chicken Patty (baked in oven)**

**Nutritional Information**

Serving Size: 1 each (95 g)

Amount Per Serving:

**Calories 210                      Calories From Fat: 108**

% Daily Value

<b>Total Fat</b>	<b>12 g</b>	<b>18%</b>
Saturated Fat	3 g	13%
<i>Trans</i> Fat	0 g	
PolyUnSat	4 g	n/a
MonoUnSat	4 g	n/a
<b>Cholesterol</b>	<b>45 mg</b>	<b>15%</b>
<b>Sodium</b>	<b>650 mg</b>	<b>27%</b>
<b>Potassium</b>	<b>n/a</b>	<b>n/a</b>
<b>Total Carbs</b>	<b>12 g</b>	<b>4%</b>
Dietary Fiber	0 g	0%
Sugars	1 g	n/a
<b>Protein</b>	<b>14 g</b>	<b>28%</b>

Vitamin A - 2%                      Vitamin C - 0%  
 Calcium - 2%                      Iron - 10%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9                      Carbohydrates 4                      Protein 4

**Grilled Chicken Patty****Nutritional Information**

Serving Size: 1 each (74 g)

Amount Per Serving:

**Calories 160      Calories From Fat: 99**

% Daily Value

<b>Total Fat</b>	<b>11 g</b>	<b>17%</b>
Saturated Fat	3 g	15%
<i>Trans</i> Fat	n/a	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
<b>Cholesterol</b>	<b>45 mg</b>	<b>15%</b>
<b>Sodium</b>	<b>380 mg</b>	<b>16%</b>
<b>Potassium</b>	<b>n/a</b>	<b>n/a</b>
<b>Total Carbs</b>	<b>2 g</b>	<b>1%</b>
Dietary Fiber	0 g	0%
Sugars	2 g	n/a
<b>Protein</b>	<b>13 g</b>	<b>26%</b>
Vitamin A -	2%	Vitamin C - 0%
Calcium -	2%	Iron - 6%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9      Carbohydrates 4      Protein 4

**Breaded Chicken Sticks (baked in oven)****Nutritional Information**

Serving Size: 8 each (87 g)

Amount Per Serving:

**Calories 200      Calories From Fat: 99**

% Daily Value

<b>Total Fat</b>	<b>11 g</b>	<b>17%</b>
Saturated Fat	3 g	13%
<i>Trans</i> Fat	0 g	
PolyUnSat	4 g	n/a
MonoUnSat	4 g	n/a
<b>Cholesterol</b>	<b>70 mg</b>	<b>23%</b>
<b>Sodium</b>	<b>400 mg</b>	<b>17%</b>
<b>Potassium</b>	<b>n/a</b>	<b>n/a</b>
<b>Total Carbs</b>	<b>10 g</b>	<b>3%</b>
Dietary Fiber	0 g	0%
Sugars	0 g	n/a
<b>Protein</b>	<b>15 g</b>	<b>30%</b>
Vitamin A -	2%	Vitamin C - 0%
Calcium -	2%	Iron - 10%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9      Carbohydrates 4      Protein 4

Breaded **Chicken Tender**

**Nutritional Information**

Serving Size: 3 each (95 g)

Amount Per Serving:

**Calories 220      Calories From Fat: 108**

% Daily Value

<b>Total Fat</b>	<b>12 g</b>	<b>18%</b>	
Saturated Fat	3 g	13%	
<i>Trans</i> Fat	0 g		
PolyUnSat	4 g	n/a	
MonoUnSat	4 g	n/a	
<b>Cholesterol</b>	<b>45 mg</b>	<b>15%</b>	
<b>Sodium</b>	<b>650 mg</b>	<b>27%</b>	
<b>Potassium</b>	<b>n/a</b>	<b>n/a</b>	
<b>Total Carbs</b>	<b>15 g</b>	<b>5%</b>	
Dietary Fiber	1 g	4%	
Sugars	1 g	n/a	
<b>Protein</b>	<b>14 g</b>	<b>28%</b>	
Vitamin A -	2%	Vitamin C -	0%
Calcium -	2%	Iron -	10%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9      Carbohydrates 4      Protein 4

Popcorn **Chicken (Baked in oven)**

**Nutritional Information**

Serving Size: 12 Pc (87 g)

Amount Per Serving:

**Calories 220      Calories From Fat: 117**

% Daily Value

<b>Total Fat</b>	<b>13 g</b>	<b>20%</b>	
Saturated Fat	3 g	15%	
<i>Trans</i> Fat	0 g		
PolyUnSat	5 g	n/a	
MonoUnSat	5 g	n/a	
<b>Cholesterol</b>	<b>30 mg</b>	<b>10%</b>	
<b>Sodium</b>	<b>240 mg</b>	<b>10%</b>	
<b>Potassium</b>	<b>n/a</b>	<b>n/a</b>	
<b>Total Carbs</b>	<b>15 g</b>	<b>5%</b>	
Dietary Fiber	1 g	4%	
Sugars	0 g	n/a	
<b>Protein</b>	<b>10 g</b>	<b>20%</b>	
Vitamin A -	2%	Vitamin C -	0%
Calcium -	2%	Iron -	8%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9      Carbohydrates 4      Protein 4

Corn dog (baked in oven)

### Nutritional Information

Serving Size: 1 each (112 g)

Amount Per Serving:

**Calories** 310 **Calories From Fat:** 153

% Daily Value

<b>Total Fat</b>	<b>17 g</b>	<b>26%</b>
Saturated Fat	7 g	35%
<i>Trans</i> Fat	0 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
<b>Cholesterol</b>	<b>30 mg</b>	<b>10%</b>
<b>Sodium</b>	<b>800 mg</b>	<b>33%</b>
<b>Potassium</b>	<b>n/a</b>	<b>n/a</b>
<b>Total Carbs</b>	<b>26 g</b>	<b>9%</b>
Dietary Fiber	1 g	4%
Sugars	5 g	n/a
<b>Protein</b>	<b>9 g</b>	<b>18%</b>

Vitamin A - 0% Vitamin C - 0%

Calcium - 2% Iron - 15%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9 Carbohydrates 4 Protein 4

Mini Corn Dog (Baked in Oven)

### Nutritional Information

Serving Size: 4 each (76 g)

Amount Per Serving:

**Calories** 210 **Calories From Fat:** 108

% Daily Value

<b>Total Fat</b>	<b>12 g</b>	<b>18%</b>
Saturated Fat	3 g	13%
<i>Trans</i> Fat	0 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
<b>Cholesterol</b>	<b>45 mg</b>	<b>15%</b>
<b>Sodium</b>	<b>490 mg</b>	<b>20%</b>
<b>Potassium</b>	<b>n/a</b>	<b>n/a</b>
<b>Total Carbs</b>	<b>18 g</b>	<b>6%</b>
Dietary Fiber	1 g	4%
Sugars	7 g	n/a
<b>Protein</b>	<b>7 g</b>	<b>14%</b>

Vitamin A - 0% Vitamin C - 0%

Calcium - 4% Iron - 10%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9 Carbohydrates 4 Protein 4

Feistada			
<b>Nutritional Information</b>			
Serving Size: 1 each (147.98 g)			
Amount Per Serving:			
<b>Calories</b>	<b>410</b>	<b>Calories From Fat:</b>	<b>189</b>
			% Daily Value
<b>Total Fat</b>	<b>21 g</b>		<b>32%</b>
Saturated Fat	1 g		5%
<i>Trans</i> Fat	2 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
<b>Cholesterol</b>	<b>25 mg</b>		<b>8%</b>
<b>Sodium</b>	<b>1110 mg</b>		<b>46%</b>
<b>Potassium</b>	<b>n/a</b>		<b>n/a</b>
<b>Total Carbs</b>	<b>38 g</b>		<b>13%</b>
Dietary Fiber	3 g		12%
Sugars	3 g		n/a
<b>Protein</b>	<b>17 g</b>		<b>34%</b>
Vitamin A -	16%	Vitamin C -	0%
Calcium -	27%	Iron -	17%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Flame broiled hamburger patty			
<b>Nutritional Information</b>			
Serving Size: 1 each (69.46 g)			
Amount Per Serving:			
<b>Calories</b>	<b>158</b>	<b>Calories From Fat:</b>	<b>83</b>
			% Daily Value
<b>Total Fat</b>	<b>9 g</b>		<b>14%</b>
Saturated Fat	4 g		18%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
<b>Cholesterol</b>	<b>34 mg</b>		<b>11%</b>
<b>Sodium</b>	<b>238 mg</b>		<b>10%</b>
<b>Potassium</b>	<b>200 mg</b>		<b>6%</b>
<b>Total Carbs</b>	<b>2 g</b>		<b>1%</b>
Dietary Fiber	1 g		2%
Sugars	0 g		n/a
<b>Protein</b>	<b>17 g</b>		<b>34%</b>
Vitamin A -	1%	Vitamin C -	0%
Calcium -	2%	Iron -	10%
Percent Daily Values are based on a 2,000 calorie diet			

French Toast Sticks

**Nutritional Information**

Serving Size: 3 each (73.71 g)

Amount Per Serving:

**Calories 160                      Calories From Fat: 32**

% Daily Value

<b>Total Fat</b>	<b>4 g</b>	<b>5%</b>
Saturated Fat	1 g	5%
<i>Trans</i> Fat	0 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
<b>Cholesterol</b>	<b>110 mg</b>	<b>37%</b>
<b>Sodium</b>	<b>300 mg</b>	<b>13%</b>
<b>Potassium</b>	<b>55 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>25 g</b>	<b>8%</b>
Dietary Fiber	n/a	n/a
Sugars	8 g	n/a
<b>Protein</b>	<b>7 g</b>	<b>14%</b>
Vitamin A -	4%	Vitamin C - 0%
Calcium -	4%	Iron - 10%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9                      Carbohydrates 4                      Protein 4

**Hot dog** (3 meat frank:beef,pork,turkey)

**Nutritional Information**

Serving Size: 1 each (56.75 g)

Amount Per Serving:

**Calories 170                      Calories From Fat: 144**

% Daily Value

<b>Total Fat</b>	<b>16 g</b>	<b>25%</b>
Saturated Fat	5 g	25%
<i>Trans</i> Fat	0 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
<b>Cholesterol</b>	<b>45 mg</b>	<b>15%</b>
<b>Sodium</b>	<b>580 mg</b>	<b>24%</b>
<b>Potassium</b>	<b>280 mg</b>	<b>8%</b>
<b>Total Carbs</b>	<b>1 g</b>	<b>0%</b>
Dietary Fiber	0 g	0%
Sugars	1 g	n/a
<b>Protein</b>	<b>6 g</b>	<b>12%</b>
Vitamin A -	0%	Vitamin C - 0%
Calcium -	4%	Iron - 4%

Percent Daily Values are based on a 2,000 calorie diet

Macaroni and cheese

Land of Lakes

**Nutritional Information**

Serving Size: 6 oz (170 g)

Amount Per Serving:

**Calories 351      Calories From Fat: 200**

% Daily Value

<b>Total Fat</b>	<b>22 g</b>		<b>34%</b>
Saturated Fat	13 g		64%
<i>Trans</i> Fat	1 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
<b>Cholesterol</b>	<b>64 mg</b>		<b>21%</b>
<b>Sodium</b>	<b>904 mg</b>		<b>38%</b>
<b>Potassium</b>	<b>n/a</b>		<b>n/a</b>
<b>Total Carbs</b>	<b>22 g</b>		<b>7%</b>
Dietary Fiber	1 g		3%
Sugars	3 g		n/a
<b>Protein</b>	<b>16 g</b>		<b>32%</b>
Vitamin A -	13%	Vitamin C -	0%
Calcium -	40%	Iron -	7%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9

Carbohydrates 4

Protein 4

Meat loaf

**Nutritional Information**

Serving Size: 1 each (84 g)

Amount Per Serving:

**Calories 250      Calories From Fat: 169**

% Daily Value

<b>Total Fat</b>	<b>19 g</b>		<b>29%</b>
Saturated Fat	8 g		38%
<i>Trans</i> Fat	n/a		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
<b>Cholesterol</b>	<b>51 mg</b>		<b>17%</b>
<b>Sodium</b>	<b>483 mg</b>		<b>20%</b>
<b>Potassium</b>	<b>240 mg</b>		<b>7%</b>
<b>Total Carbs</b>	<b>5 g</b>		<b>2%</b>
Dietary Fiber	1 g		4%
Sugars	n/a		n/a
<b>Protein</b>	<b>15 g</b>		<b>30%</b>
Vitamin A -	3%	Vitamin C -	4%
Calcium -	3%	Iron -	11%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9

Carbohydrates 4

Protein 4

**Cheese Pizza****Nutritional Information**

Serving Size: 1 each (129.27 g)

Amount Per Serving:

**Calories 300      Calories From Fat: 99**

% Daily Value

<b>Total Fat</b>	<b>11 g</b>	<b>17%</b>
Saturated Fat	2 g	10%
<i>Trans</i> Fat	0 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
<b>Cholesterol</b>	<b>15 mg</b>	<b>5%</b>
<b>Sodium</b>	<b>590 mg</b>	<b>25%</b>
<b>Potassium</b>	<b>n/a</b>	<b>n/a</b>
<b>Total Carbs</b>	<b>35 g</b>	<b>12%</b>
Dietary Fiber	2 g	8%
Sugars	13 g	n/a
<b>Protein</b>	<b>16 g</b>	<b>32%</b>
Vitamin A -	8%	Vitamin C - 0%
Calcium -	30%	Iron - 15%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9      Carbohydrates 4      Protein 4

**Pepperoni Pizza****Nutritional Information**

Serving Size: 1 each (147.42 g)

Amount Per Serving:

**Calories 380      Calories From Fat: 126**

% Daily Value

<b>Total Fat</b>	<b>14 g</b>	<b>22%</b>
Saturated Fat	5 g	23%
<i>Trans</i> Fat	0 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
<b>Cholesterol</b>	<b>20 mg</b>	<b>7%</b>
<b>Sodium</b>	<b>940 mg</b>	<b>39%</b>
<b>Potassium</b>	<b>n/a</b>	<b>n/a</b>
<b>Total Carbs</b>	<b>44 g</b>	<b>15%</b>
Dietary Fiber	3 g	12%
Sugars	5 g	n/a
<b>Protein</b>	<b>18 g</b>	<b>36%</b>
Vitamin A -	8%	Vitamin C - 0%
Calcium -	25%	Iron - 20%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9      Carbohydrates 4      Protein 4

Quesadilla pizza			
Nutritional Information			
Serving Size: 1 each (142 g)			
Amount Per Serving:			
<b>Calories</b>	<b>340</b>	<b>Calories From Fat:</b>	<b>117</b>
			% Daily Value
<b>Total Fat</b>	<b>13 g</b>		<b>20%</b>
Saturated Fat	4 g		20%
<i>Trans</i> Fat	1 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
<b>Cholesterol</b>	<b>0 mg</b>		<b>0%</b>
<b>Sodium</b>	<b>910 mg</b>		<b>38%</b>
<b>Potassium</b>	<b>n/a</b>		<b>n/a</b>
<b>Total Carbs</b>	<b>41 g</b>		<b>14%</b>
Dietary Fiber	3 g		12%
Sugars	3 g		n/a
<b>Protein</b>	<b>15 g</b>		<b>30%</b>
Vitamin A -	10%	Vitamin C -	0%
Calcium -	30%	Iron -	2%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

BBQ pork ribs			
Nutritional Information			
Serving Size: 1 each (70.88 g)			
Amount Per Serving:			
<b>Calories</b>	<b>140</b>	<b>Calories From Fat:</b>	<b>81</b>
			% Daily Value
<b>Total Fat</b>	<b>9 g</b>		<b>14%</b>
Saturated Fat	3 g		15%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
<b>Cholesterol</b>	<b>45 mg</b>		<b>15%</b>
<b>Sodium</b>	<b>380 mg</b>		<b>16%</b>
<b>Potassium</b>	<b>n/a</b>		<b>n/a</b>
<b>Total Carbs</b>	<b>7 g</b>		<b>2%</b>
Dietary Fiber	1 g		4%
Sugars	5 g		n/a
<b>Protein</b>	<b>12 g</b>		<b>24%</b>
Vitamin A -	4%	Vitamin C -	4%
Calcium -	4%	Iron -	6%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Salsibury steak

**Nutritional Information**

Serving Size: 1 each (60.67 g)

Amount Per Serving:

<b>Calories</b>	<b>99</b>	<b>Calories From Fat:</b>	<b>43</b>
			% Daily Value
<b>Total Fat</b>	<b>5 g</b>		<b>7%</b>
Saturated Fat	2 g		9%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
<b>Cholesterol</b>	<b>16 mg</b>		<b>5%</b>
<b>Sodium</b>	<b>334 mg</b>		<b>14%</b>
<b>Potassium</b>	<b>n/a</b>		<b>n/a</b>
<b>Total Carbs</b>	<b>3 g</b>		<b>1%</b>
Dietary Fiber	1 g		4%
Sugars	1 g		n/a
<b>Protein</b>	<b>14 g</b>		<b>27%</b>
Vitamin A -	1%	Vitamin C -	2%
Calcium -	2%	Iron -	7%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Sausage link

**Nutritional Information**

Serving Size: 1 each (29 g)

Amount Per Serving:

<b>Calories</b>	<b>61</b>	<b>Calories From Fat:</b>	<b>36</b>
			% Daily Value
<b>Total Fat</b>	<b>4 g</b>		<b>6%</b>
Saturated Fat	1 g		5%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
<b>Cholesterol</b>	<b>31 mg</b>		<b>10%</b>
<b>Sodium</b>	<b>122 mg</b>		<b>5%</b>
<b>Potassium</b>	<b>n/a</b>		<b>n/a</b>
<b>Total Carbs</b>	<b>0 g</b>		<b>0%</b>
Dietary Fiber	0 g		0%
Sugars	n/a		n/a
<b>Protein</b>	<b>6 g</b>		<b>12%</b>
Vitamin A -	1%	Vitamin C -	1%
Calcium -	1%	Iron -	3%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Taco Meat

**Nutritional Information**

Serving Size: 1 cup (56 g)

Amount Per Serving:

**Calories 103                      Calories From Fat: 59**

% Daily Value

<b>Total Fat</b>	<b>7 g</b>	<b>10%</b>
Saturated Fat	3 g	13%
<i>Trans</i> Fat	0 g	
PolyUnSat	0 g	n/a
MonoUnSat	3 g	n/a
<b>Cholesterol</b>	<b>21 mg</b>	<b>7%</b>
<b>Sodium</b>	<b>242 mg</b>	<b>10%</b>
<b>Potassium</b>	<b>260 mg</b>	<b>7%</b>
<b>Total Carbs</b>	<b>3 g</b>	<b>1%</b>
Dietary Fiber	1 g	5%
Sugars	1 g	n/a
<b>Protein</b>	<b>8 g</b>	<b>16%</b>
Vitamin A -	1%	Vitamin C - 2%
Calcium -	2%	Iron - 9%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9

Carbohydrates 4

Protein 4

## Side dishes

Bosco			
<b>Nutritional Information</b>			
Serving Size: 1 each (91 g)			
Amount Per Serving:			
<b>Calories</b>	<b>210</b>	<b>Calories From Fat:</b>	<b>72</b>
			% Daily Value
<b>Total Fat</b>	<b>8 g</b>		<b>12%</b>
Saturated Fat	4 g		20%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
<b>Cholesterol</b>	<b>15 mg</b>		<b>5%</b>
<b>Sodium</b>	<b>150 mg</b>		<b>6%</b>
<b>Potassium</b>	<b>n/a</b>		<b>n/a</b>
<b>Total Carbs</b>	<b>28 g</b>		<b>9%</b>
Dietary Fiber	2 g		8%
Sugars	1 g		n/a
<b>Protein</b>	<b>12 g</b>		<b>24%</b>
Vitamin A -	2%	Vitamin C -	0%
Calcium -	20%	Iron -	8%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

<b>French Fries (Nutritional value before made in French Fryer)</b>			
<b>Nutritional Information</b>			
Serving Size: 3 oz (84 g)			
Amount Per Serving:			
<b>Calories</b>	<b>140</b>	<b>Calories From Fat:</b>	<b>45</b>
			% Daily Value
<b>Total Fat</b>	<b>5 g</b>		<b>8%</b>
Saturated Fat	3 g		13%
<i>Trans</i> Fat	3 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
<b>Cholesterol</b>	<b>5 mg</b>		<b>2%</b>
<b>Sodium</b>	<b>30 mg</b>		<b>1%</b>
<b>Potassium</b>	<b>350 mg</b>		<b>10%</b>
<b>Total Carbs</b>	<b>22 g</b>		<b>7%</b>
Dietary Fiber	2 g		8%
Sugars	0 g		n/a
<b>Protein</b>	<b>2 g</b>		<b>4%</b>
Vitamin A -	0%	Vitamin C -	10%
Calcium -	0%	Iron -	4%
Percent Daily Values are based on a 2,000 calorie diet			

Hash Browns (Baked in Oven)

**Nutritional Information**

Serving Size: 1 each (64 g)

Amount Per Serving:

<b>Calories</b>	<b>140</b>	<b>Calories From Fat:</b>	<b>72</b>
			% Daily Value
<b>Total Fat</b>	<b>8 g</b>		<b>12%</b>
Saturated Fat	2 g		10%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
<b>Cholesterol</b>	<b>0 mg</b>		<b>0%</b>
<b>Sodium</b>	<b>270 mg</b>		<b>11%</b>
<b>Potassium</b>	<b>280 mg</b>		<b>8%</b>
<b>Total Carbs</b>	<b>15 g</b>		<b>5%</b>
Dietary Fiber	2 g		8%
Sugars	0 g		n/a
<b>Protein</b>	<b>2 g</b>		<b>4%</b>
Vitamin A -	n/a	Vitamin C -	4%
Calcium -	n/a	Iron -	2%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9                      Carbohydrates 4                      Protein 4

Tator Tots (Baked in Oven)

**Nutritional Information**

Serving Size: 10 pieces or 3 oz (84 g)

Amount Per Serving:

<b>Calories</b>	<b>160</b>	<b>Calories From Fat:</b>	<b>72</b>
			% Daily Value
<b>Total Fat</b>	<b>8 g</b>		<b>12%</b>
Saturated Fat	2 g		10%
<i>Trans</i> Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
<b>Cholesterol</b>	<b>0 mg</b>		<b>0%</b>
<b>Sodium</b>	<b>330 mg</b>		<b>14%</b>
<b>Potassium</b>	<b>320 mg</b>		<b>9%</b>
<b>Total Carbs</b>	<b>19 g</b>		<b>6%</b>
Dietary Fiber	2 g		8%
Sugars	0 g		n/a
<b>Protein</b>	<b>2 g</b>		<b>4%</b>
Vitamin A -	n/a	Vitamin C -	4%
Calcium -	n/a	Iron -	4%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9                      Carbohydrates 4                      Protein 4

