School Year 20-21
Nutritional Information

Product Code Number	Product Description	Case Weight (lbs)	Serving Size (oz)	Portions per Serving	Svgs per Case	Calories	Calories From Fat	% Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (%DV)	CN Number (if applicable)	Meat/MA Credit	Veg Credit	Bread Svgs Credit
10372	Food Release Spray	16.50	0.2	Spray	1248	5	5	100%	0.5	0	0	0	0	0	0	0	0	0%	0%	0%	0%				
16840	Margarine Solids - Trans Fat Free	30.00	0.5	1 Tbsp	960	100	100	100%	11	5	0	0	110	0	0	0	0	10%	0%	0%	0%				
10148	RC Ranch Dressing - 45% Less	32.22	1.0	2 Tbsp	504	80	70	88%	8	1.5	0	10	290	1	0	0	0	0%	0%	0%	0%				
10153	Low Sodium Ranch Dressing	31.15	1.0	2 Tbsp	504	140	140	100%	16.0	2.5	0	10	110	1	0	0	0	0%	0%	2%	0%				
52900	Salad Dressing	32.56	0.5	1 Tbsp	1008	120	110	92%	12	2	0	15	210	4	0	3	0	0%	0%	0%	0%				
52906	Ranch Dressing	31.20	1.0	2 Tbsp	504	140	140	100%	16	2.5	0	10	170	1	0	0	0	0%	0%	2%	0%				
52910	Golden Italian Dressing	35.16	1.0	2 Tbsp	504	100	70	70%	8	1.5	0	0	320	6	0	5	0	0%	0%	0%	0%				
52912	Red French Dressing	37.52	1.0	2 Tbsp	504	160	110	69%	13.0	2.0	0	0	210	12	0	12	0	0%	0%	0%	0%				
52914	Mayonnaise Dressing	30.82	1.0	1 Tbsp	1008	100	100	100%	11.0	2.0	0	10	55	0	0	0	0	0%	0%	0%	0%				
52960	RC Mayonnaise	32.82	0.5	1 Tbsp	1008	50	45	90%	5	1	0	10	95	1	0	0	0	0%	0%	0%	0%				

'/dese.mo.gov/divadm/food/nutritional_facts_index.html

Mrs.Clark's®

RANCH DRESSING

INGREDIENTS: SOYBEAN OIL, WATER, EGG YOLKS, DISTILLED VINEGAR, BUTTERMILK POWDER, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, WHEY SOLIDS, GARLIC POWDER, SUGAR, ONION POWDER, LACTIC ACID, PHOSPHORIC ACID, XANTHAN GUM, PROPYLENE GLYCOL ALGINATE, NATURAL AND ARTIFICIAL FLAVORS MONOSODIUM GLUTAMATE, SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVES), DRIED PARSLEY, POLYSORBATE 60, CITRIC ACID, ACETIC ACID, BHT (ANTIOXIDANT), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). **CONTAINS: EGG, MILK**

NUTRITION FACTS: Serv. Size 1 Package
Calories 210, Fat Cal. 210, **Total Fat** 23g (36% DV),Sat. Fat 3.5g (19% DV), Trans Fat 0g, **Cholest** 15mg (5% DV), **Sodium** 260mg (11% DV), **Total Carb** 1g (0% DV), Dietary Fiber 0g (1% DV), Sugars 1g, **Protein** 1g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet

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1.5 OZ. (42.5g)

Mrs. Clark's

REDUCED CALORIE RANCH DRESSING

45% Fewer Calories Than Regular Ranch

1 Gallon (3.79 L)

INGREDIENTS: Water, Soybean Oil, Egg Yolk, Buttermilk Powder, Whey Solids, Distilled Vinegar, Salt, Contains Less Than 2% of The Following: Food Starch-Modified, Sugar, Phosphoric Acid, Garlic Powder, Xanthan Gum, Onion Powder, Lactic Acid, Natural and Artificial Flavor, Citric Acid, Acetic Acid, Polysorbate 60, Monosodium Glutamate, Dried Parsley, Sodium Acid Sulfate, BHT (Antioxidant), Sodium Benzoate, Potassium Sorbate (Preservatives), Calcium Disodium EDTA (To Protect Flavor).

CONTAINS: MILK, EGG **REFRIGERATE AFTER OPENING**

Nutrition Facts

Serving Size 2 Tbsp (30 ml)
Servings Per Container 126

Amount Per Serving	
Calories 80	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 290mg	12%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	

Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 0%

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

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FOR INSTITUTIONAL USE

FARM GOLD

UPAREVE

Food Release

STOPS STICKING
QUICK EASY CLEAN UP
AIDS DOUGH RELEASE

NET WT 22 OZ (1 LB, 6OZ) 624g

CAUTION: FLAMMABLE SPRAY
CONTENTS UNDER PRESSURE
READ BACK PANEL INFORMATION CAREFULLY

ECONOMICAL
NO PRESERVATIVES
NO ARTIFICIAL INGREDIENTS

Stops sticking
Quick easy clean up
Contains no water

Farm Gold Food Release
is an all vegetable product formulated for use on all cooking and baking utensils. Farm Gold Food Release is especially effective for pizza making. A light coating on pans assists in the spreading of pizza dough and quick easy clean up. Spray cooked pizza to enhance richness and appearance. Spray on pasta to help separate when cooked.

DIRECTIONS:
1. Align spray tip with dot on can. 2. Shake well and hold can about 10" from cooking surface, away from stoves, ovens, sparks or flame. 3. Spray a light coating over entire surface. Do not overspray. Avoid excessive heat and do not refrigerate. Note: Can sprays best at room temperatures 65-75 degree F.

INGREDIENTS: Vegetable Oil (Soybean Oil), Lecithin and Propellant (non chlorofluorocarbon).
Contains Soy.

WARNING: FLAMMABLE SPRAY
Do not spray near open flame or heat source. Use only as directed. Never spray directly into oven. Remove broiler pan from oven before spraying pan. Never leave can on stove or near source of heat. Store below 120°F. Although container is intended to vent pressure at a controlled rate, through vents in top rim, exposure to sudden high temperatures may cause violent bursting. Contents under pressure. Do not puncture or incinerate. Keep out of reach of children. Do not spray in or near eyes. Use in adequate ventilation. Intentional misuse by deliberately concentrating and inhaling the content can be harmful or fatal.

Ball DOT 2Q M5702

NUTRITIONAL FACTS
Serving Size (1/2 sec spray) - 0.5 g
Servings Per Pound 1248

Amount Per Serving
Calories 8 Calories from Fat 5

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Monounsaturated Fat 0g	
Polyunsaturated Fat 0.5g	
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	

Not a significant source of cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium or iron.

* Percent Daily Values are based on a 2000 calorie diet. Your values may be higher or lower depending on your calorie needs

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

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

Manufactured For:
KAGOME CREATIVE FOODS, INC.
OSCEOLA, ARKANSAS 72370
QUESTIONS OR COMMENTS?
CALL (800) 643-0006

Environmental Information

- This product contains no CFC's or other ozone depleting substances. Federal regulations prohibit CFC propellants in aerosols.
- Can is made from 25% secondary steel and 15% post consumer steel.
- Recycle plastic overcap as HDPE.
- Recycle can, after empty, by holding spray tip down to remove all pressure. Then recycle with other steel cans where recycling facilities exist.

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FULL-FILL INDUSTRIES, LLC

400 N. Main Street P.O. Box 158
Henning, Illinois 61848
(217) 286-3532 Fax #: (217) 286-3683

MATERIAL SAFETY DATA SHEET

Issue Date 6/20/08

SECTION I	
Emergency Telephone Number: 1-800-424-9300	Chemtrec 24 Hour Phone Number: 1-800-424-9300
Identity: Farm Gold Food Release 22 oz	
Ingredients/Chemical Name: Soybean Oil, Soy Lecithin and Propellant.	
Other: Aerosol Pan Coating/Food Release Cooking Sprays	

SECTION II - HAZARDOUS INGREDIENTS/IDENTITY INFORMATION

Hazardous Ingredients as defined by OSHA, 29 CFR 1910.1200.

			ACGIH	OSHA	Other Limits
Chemical Name	Common Name	CAS No.	TLV	PEL	Recommended
Propane/Isobutane	Propellant	68476-86-8	900 ppm	900 ppm	

DOT Classification: Aerosols, Flammable (each not exceeding 1 liter capacity), UN1950 Class 2.1 CONSUMER COMMODITY ORM-D

SECTION III - PHYSICAL/CHEMICAL CHARACTERISTICS	
Boiling Point(°F): -16.3°F propellant	Specific Gravity (H_2O=1): 0.85
Vapor Pressure (PSIG @ 70°F): 60 ± 5 PSIG @ 70°F	Percent Volatile by Volume(%): 14 - 16%
Vapor Density (Air=1): Heavier than air	Evaporation Rate (nBu0Ac=1): Slower than b-acetate
Solubility in Water: Negligible	Appearance and Odor: Liquid under pressure

SECTION IV - FLAMMABILITY AND REACTIVITY

Flash Point (Method Used):	-138°F propellant. 625°F concentrate	Explosive Limits: LEL: 1.8% UEL: 9.5%
Extinguishing Media: Use CO_2 or dry chemical, water may be ineffective		
Special Fire Fighting Procedures: Wear self contained breathing apparatus with a full face piece operated in a positive pressure mode. Water fog may be used to help cool containers to help minimize pressure buildup. Vapors are heavier than air and may travel along the ground to sources of ignition.		
Unusual Fire Hazards: Exposure to temperatures over 120°F may cause cans to burst. Reports have been made of ignition from pilot lights, heaters, etcetera after vapors have been moved by ventilating fans. Exploding cans may travel great distances spewing burning materials.		
Stability	Unstable: Stable: X	Conditions to Avoid: None Known
Incompatibility (Materials to Avoid): Strong oxidizers, heat and ignition sources.		
Hazardous Decomposition/By Products: Oxides of carbon, nitrogen.		
Hazardous Polymerization	May Occur: Will Not Occur: X	Conditions to Avoid: None Known

All Full-FIll Industries, LLC Pan Coating products are not considered to be or to contain hazardous chemicals based on evaluations made under the Occupational Safety and Health Administrator's Hazard Communication Standard, 29 CFR 1910.1200. As food products that are subject to Federal Food and Drug Administration regulations, each pan coating can contains the required warning statements concerning the safe handling of pressurized containers.

SECTION V - HEALTH AND SAFETY DATA
Route(s) of Entry: Eye contact, inhalation, skin contact.
Health Hazards (Acute and Chronic): Eye contact can cause pain and slight corneal injury, vapors irritate eyes. Breathing may be mildly anesthetic, narcotic effects may be seen in the 5000-10000 ppm range. Progressively higher levels can cause dizziness, unconsciousness and death. Prolonged or repeated skin contact may cause irritation, defatting.
Sign and Symptoms of Exposure: Eye contact may cause pain, tearing, itching, swelling and/or redness. Inhalation may cause dizziness, and at high levels unconsciousness or death. Prolonged skin contact may result in redness, itching and irritation.
Medical Conditions Generally Aggravated by Exposure: Pre-existing dermatitis conditions may be aggravated by prolonged contact with the product.
Emergency and First Aid Procedures: Eyes: Irrigate with flowing water at least 10 minutes. Hold lids open as it helps prevent scratching and minimize irritation. Seek medical attention as material may become imbedded. Skin: Wash with soap and water. Consult a physician if irritation persists. Ingestion: Do not induce vomiting. Call a physician or poison control center immediately. Inhalation: Remove to fresh air. If not breathing, give mouth to mouth resuscitation. If breathing is difficult give oxygen. Call a physician as excessive exposure may cause irritation to the upper respiratory system.

SECTION VI - PRECAUTIONS FOR SAFE HANDLING AND USE
Precautions to be Taken in Handling and Storing: Store below 120°F. Avoid direct sources of heat and ignition. Consult local fire marshall and insurance representative for specific storage requirements in your area.
Other Precautions: Do not use deformed or damaged cans. Keep out of reach of children.
Steps to be Taken in Case Material is Released or Spilled: Small spills: Absorb with inert material and dispose in trash. Large spills: Not likely with aerosol cans. Extinguish sources of ignition, ventilate area to remove propellant vapors. Be cautious of low lying areas where vapors will accumulate. Do not enter areas without protective equipment. Do not allow to enter ground water or sewer systems. Absorb with inert material and place in waste disposal drums. Report spill if required by SARA III.
Waste Disposal Method: When disposing of unused containers, the preferred method is to send to a licensed reclaimer or incineration facility capable of handling aerosol cans. Do not puncture or incinerate without the proper equipment as explosions are likely to occur with disastrous effects. In all instances dispose in accordance with federal, state and local guidelines.

SECTION VII - SPECIAL PROTECTION INFORMATION		
Respiratory Protection (Specify Type): If using in areas where the TLV is likely to be exceeded, use a NIOSH/MSA approved respirator.		
Ventilation	Local Exhaust: None required with normal use.	Special: None
	Mechanical (General): Acceptable	Other: None
Eye Protection: None required with normal usage.		Protective Gloves: None required with normal use. Protective gloves should be worn if prolonged direct contact is anticipated.
Other Protective Equipment: None required with normal use.		

*N.A. - Not Applicable *N.K. - Not Known

The submission of this MSDS may be required by law, but this is not an assertion that the substance is hazardous when used in accordance with proper safety practices and normal handling procedures. Data supplied is for use only in connection with occupational safety and health.

1000302015MSDS(Farm Gold Food Release)

PN: 91653 [Front]

Gold-n-Sweet

ZERO TRANS FAT

Zero Grams Trans Fat Per Serving

UD

MARGARINE

FOR BEST QUALITY, REFRIGERATE

30/1 LB (454 g) SOLID
NET WT 30 LB (13.61 kg)

91653.12

Ventura Foods, LLC
Products and Ideas that Work®
BREA, CA 92821, U.S.A.

1 00 26700 13408 8

16840GNS

Ventura Foods, LLC
. . . Quality and Service Through People

Nutritional Information

PRODUCT: MARGARINE PRINTS (ZERO GRAMS TRANS FAT PER SERVING)

PRODUCT NUMBER: 16840 (30/1 lb)

INGREDIENTS: PALM AND PALM KERNEL OIL, SOYBEAN OIL, WATER, SALT, CONTAINS LESS THAN 2% OF NON-FAT DRY MILK SOLIDS, SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, SODIUM BENZOATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: MILK, SOYBEAN.

†Nutrition Facts

Serving Size 1 Tbsp (14g)
Servings Per Container: About 32

Amount Per Serving			
Calories	100	Calories From Fat 100	
			% Daily Value*
Total Fat	11g		17%
Saturated Fat	5g		25%
Trans Fat	0g		
Polyunsaturated Fat	3g		
Monounsaturated Fat	3g		
Cholesterol	0mg		0%
Sodium	110mg		5%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	0g		
Vitamin A	10%	Vitamin C	0%
Calcium	0%	Iron	0%

*Percent Daily Values are based on a 2,000 Calorie Diet.

DATE: 8/24/10
ISSUE: 16840.3
REVISION: 2ND

† The following information is not in NLEA standard format.

Mrs.Clark's®

SALAD DRESSING

1 Gallon (3.79 L)

INGREDIENTS: Water, Soybean Oil, High Fructose Corn Syrup, Distilled Vinegar, Egg Yolks, Modified Food Starch, Salt, Mustard Flour, Corn Starch, Lemon Juice Concentrate, Calcium Disodium EDTA (Preservative), Paprika.
CONTAINS: EGG

REFRIGERATE AFTER OPENING

Nutrition Facts

Serving Size 1 Tbsp (15g)
Servings Per Container 252

Amount Per Serving	
Calories 50	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 160mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%

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

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Mrs.Clark's®

RANCH DRESSING

1 Gallon (3.79 L)

INGREDIENTS: Soybean Oil, Water, Egg Yolks, Distilled Vinegar, Buttermilk Powder, Contains 2% Or Less Of The Following: Salt, Whey Solids, Garlic Powder, Sugar, Onion Powder, Lactic Acid, Phosphoric Acid, Xanthan Gum, Propylene Glycol Alginate, Natural and Artificial Flavors, Monosodium Glutamate, Sodium Benzoate and Potassium Sorbate (Preservatives), Dried Parsley, Polysorbate 60, BHT (Antioxidant), Calcium Disodium EDTA (To Protect Flavor). **CONTAINS: EGG, MILK**

REFRIGERATE AFTER OPENING

Nutrition Facts

Serving Size 2 Tbsp (30 ml)
Servings Per Container 126

Amount Per Serving	
Calories 140	Calories from Fat 140
	% Daily Value*
Total Fat 16g	24%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 170mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 0%

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

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Mrs. Clark's®

REDUCED CALORIE RANCH DRESSING

50% Fewer Calories Than Regular Ranch

1 Gallon (3.79 L)

INGREDIENTS: Water, Soybean Oil, Egg Yolk, Buttermilk Powder, Whey Solids, Distilled Vinegar, Salt, Contains Less Than 2% of The Following: Food Starch-Modified, Sugar, Phosphoric Acid, Garlic Powder, Xanthan Gum, Onion Powder, Lactic Acid, Natural and Artificial Flavor, Polysorbate 60, Monosodium Glutamate, Dried Parsley, Sodium Acid Sulfate, BHT (Antioxidant), Sodium Benzoate and Potassium Sorbate (Preservatives), Calcium Disodium EDTA (To Protect Flavor). **CONTAINS: MILK, EGG** **REFRIGERATE AFTER OPENING**

Nutrition Facts

Serving Size 2 Tbsp (30 ml)
Servings Per Container 126

Amount Per Serving	
Calories 70	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 280mg	12%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	

Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 0%

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

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Mrs.Clark's®

GOLDEN ITALIAN DRESSING

1 Gallon (3.79 L)

INGREDIENTS: Water, Soybean Oil, High Fructose Corn Syrup, Distilled Vinegar, Salt, Minced Garlic, Propylene Glycol Alginate, Minced Onion, Xanthan Gum, Bell Pepper, Spices, Calcium Disodium EDTA (To Protect Flavor), Extractives of Paprika and Turmeric (Color).

REFRIGERATE AFTER OPENING

Nutrition Facts

Serving Size 2 Tbsp (30 ml)
Servings Per Container 126

Amount Per Serving	
Calories 100	Calories from Fat 70
	% Daily Value*
Total Fat 8g	13%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	1%
Sugars 5g	
Protein 0g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%

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

0 70034 52910 5

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Mrs. Clark's®

REDUCED CALORIE MAYONNAISE

1 Gallon (3.79 L)

50% FEWER CALORIES THAN REGULAR MAYONNAISE

INGREDIENTS: Water, Soybean Oil, Egg Yolk, Food Starch-Modified, Distilled Vinegar, Maltodextrin, High Fructose Corn Syrup, Salt, Mustard Flour, Phosphoric Acid, Sodium Benzoate and Potassium Sorbate (Preservatives), Mayo Seasoning (Salt, Spice, Natural Flavors), Lemon Juice Concentrate, Calcium Disodium EDTA (To Protect Flavor), Paprika Extract. **CONTAINS: EGG**

REFRIGERATE AFTER OPENING

Nutrition Facts

Serving Size 1 Tbsp (15g)
Servings Per Container 252

Amount Per Serving	
Calories 50	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 95mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	

Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 0%

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

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Mrs.Clark's®

RANCH DRESSING

INGREDIENTS: SOYBEAN OIL, WATER, EGG YOLKS, DISTILLED VINEGAR, BUTTERMILK POWDER CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, WHEY SOLIDS, GARLIC POWDER, SUGAR, ONION POWDER, LACTIC ACID, PHOSPHORIC ACID, XANTHAN GUM PROPYLENE GLYCOL ALGINATE, NATURAL AND ARTIFICIAL FLAVORS, MONOSODIUM GLUTAMATE, SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVES), DRIED PARSLEY, POLYSORBATE 60, CITRIC ACID, ACETIC ACID, BHT (ANTIOXIDANT), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). **CONTAINS: EGG, MILK.**

NUTRITION FACTS: Serv. Size 1 Package
Calories 140, Fat Cal. 140, **Total Fat** 16g (24% DV),Sat. Fat 2.5g (12% DV) Trans Fat 0g, **Cholest.** 10mg (4% DV), **Sodium** 170mg (7% DV), **Total Carb.** 1g (0% DV), Dietary Fiber 0g (0% DV), Sugars 0g, **Protein** 0g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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1 OZ. (28.4g)