Deluxe One Year One Person Augason Farms 98 Total #10 Cans **ELBOW MACARONI** HARD WHITE WHEAT BACON FLAVORED BITS WHOLE EGGS VEGETARIAN MEAT SUBSTITUTE (6 cans) (9 cans) (5 cans) (7 cans) **Nutrition Facts Nutrition Facts Nutrition Facts Nutrition Facts** Serving Size: 1/4 Cup (43g) Dry Serving Size: 1 Tbsp (5g) Dry Serving Size: 2 1/2 Tbsp (13g) Dry Serving Size: 1/2 Cup (54g) Dry Servings Per Container: 51 Servings Per Container: 192 Servings Per Container: 71 Servings Per Container: 26 Amount Per Serving Amount Per Serving Calories 140 Calories from Fat 5 Calories 70 Calories from Fat 45 Calories 200 Calories from Fat 10 Calories 15 Calories from Fat 5 Total Fat 0.5g 1% Total Fat 5g Total Fat 1g Total Fat 0.5g 1% Saturated Fat Og Saturated Fat Og 0% Saturated Fat Og 0% Saturated Fat 1.5g 8% 0% Trans Fat Og Trans Fat Og Trans Fat Og Trans Fat Og Cholesterol Omg 0% Cholesterol Omg 0% Cholesterol 215mg **72**% Cholesterol Omg 0% Sodium 15mg 1% Sodium 115mg Sodium 90mg 4% Sodium Omg 0% Total Carbohydrate 40g 10% 13% Total Carbohydrate 31g Total Carbohydrate 1g 0% Total Carbohydrate Og 0% Dietary Fiber 6g 23% Dietary Fiber less than 1g 4% Dietary Fiber Og 0% Dietary Fiber 2g 8% Sugars 2g Sugars Og Sugars Og Sugars 2g Protein 6g Protein 6g Protein 2a Protein 7a 0% • Vitamin A Vitamin C 0% Vitamin A 0% • Vitamin C 0% Vitamin A Vitamin C Vitamin A 0% • Vitamin C 6% • 0% 0% Calcium 2% Iron 10% Calcium 2% • 2% Calcium 2% Iron Calcium 0% 50% Iron Iron *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. lower depending on your calorie needs lower depending on your calorie needs lower depending on your calorie needs. Calories 2,000 2,500 Calories 2,000 2,500 Calories 2,000 2,500 Calories 2,000 2,500 65g Total Fat 65g Less than Less than Less than Less than Total Fat 80g 65g 80g Total Fat 65g 80g Total Fat 80g Saturated Fat Less than 20g 25g 300mg 300mg 300mg 300mg 300mg Cholesterol 300mg 300mg Cholesterol Less than Cholesterol Less than 300mg Cholesterol Less than Less than Less than 2,400mg 2,400mg Sodium Total Carbohydrate Total Carbohydrate Total Carbohydrate 300g 375g 300g 375g 300g 375g Total Carbohydrate 300g 375g 25g 30g Dietary Fiber 25g 30g Dietary Fiber 25g Dietary Fiber 25g 30g Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS: INGREDIENTS:** INGREDIENTS: **INGREDIENTS:** Whole eggs, sodium silicoaluminate (as an anticaking agent). Semolina, niacin, ferrous sulfate (iron), thiamine ble protein (soy flour, caramel lextured vegetable protein (soy flour, caramel color, FD&C Red #3), soybean oil, salt, natural mononitrate, riboflavin, folic acid. Contains allergens: Wheat flavoring. Contains allergens: Wheat. Contains allergens: Eggs. Contains allergens: Soy. FREEZE DRIED SLICED FREEZE DRIED **BEEF FLAVORED CHEESE BLEND** VEGETARIAN MEAT SUBSTITUTE POWDER **STRAWBERRIES** SWEET CORN (4 cans) (4 cans) **Nutrition Facts Nutrition Facts Nutrition Facts** Nutrition Facts Serving Size: 1/2 Cup (10g) Drv Serving Size: 1/4 Cup (34g) Dry Serving Size: 1/4 Cup (26g) Dry Serving Size: 1/2 Cup (19g) Dry Servings Per Container: 18 Servings Per Container: 23 Servings Per Container: 40 Servings Per Container: 43 Amount Per Serving Amount Per Serving Amount Per Serving Amount Per Serving Calories 35 Calories 70 Calories from Fat 5 Calories from Fat 5 Calories 90 Calories from Fat 35 Calories 120 Calories from Fat 25 % Daily Value* % Daily Value* % Daily Value* % Daily Value* Total Fat Og Total Fat 1g Total Fat 4g 6% Total Fat 2.5g 4% 0% 2% Saturated Fat Og 0% Saturated Fat Og 0% Saturated Fat 0.5g 3% Saturated Fat 1.5g 8% Trans Fat Og Trans Fat Og Trans Fat Og Trans Fat Og Cholesterol Omg Cholesterol Omg 0% Cholesterol Omg 0% 0% Cholesterol 15mg 4% Sodium Omg 20% Sodium Omg 0% 0% Sodium 480mg Sodium 820mg 34% Total Carbohydrate 5g Total Carbohydrate 7g Total Carbohydrate 21g Total Carbohydrate 13g 2% **7**% 2% 4% Dietary Fiber 2g Dietary Fiber 2g Dietary Fiber Og 8% 8% Dietary Fiber 3g 12% 1% Sugars Og Sugars 11g Sugars 5g Sugars 2g Protein 1g Protein 2g Protein 11g Protein 5g 0% • Vitamin C 110% Vitamin A Vitamin A 0% • Vitamin C 2% • Vitamin C Vitamin A 2% · Vitamin C 8% 0% Vitamin A 0% 2% • 0% • • 15% Iron 6% Iron Calcium Percent Daily values are based on a 2,000 Percent Daily values are based on a 2,000 Percent Daily values are based on a 2,000 *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or lower depending on your calorie needs lower depending on your calorie needs lower depending on your calorie needs lower depending on your calorie needs. 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Cheese powder (whey, buttermilk solids, cheeses [granular and cheddar {pasteurized milk, cheese culture, salt, enzymes}], whey protein concentrate, Contains allergens: Soy. salt, sodium phosphate, citric acid, FD&C vellow #5, FD&C yellow #6, lactic acid, enzymes) modified corn starch, creamer (maltodextrin, palm oil), silicon dioxide, Contains allergens: Milk **PINTO BEANS HONEY COATED POTATO GEMS LENTILS** (3 cans) (3 cans) **BANANA SLICES** (3 cans) (3 cans) **Nutrition Facts Nutrition Facts Nutrition Facts Nutrition Facts** Serving Size: 1/4 Cup (47g) Drv Serving Size: 1/2 Cup (86g) Dry Serving Size: 1/2 Cup (42g) Dry Serving Size: 1/4 Cup (30g) Dry Servings Per Container: 26 Servings Per Container: 45 Servings Per Container: 48 Servings Per Container: 22 Amount Per Serving Amount Per Serving Amount Per Serving Amount Per Serving Calories 100 Calories from Fat 0 Calories 110 Calories from Fat 15 Calories 300 Calories from Fat 0 Calories 230 Calories from Fat 140 % Daily Value* % Daily Value* % Daily Value* % Daily Value* Total Fat Og Total Fat Og 0% Total Fat 15g Total Fat 1.5g 2% 0% 23% Saturated Fat Og 0% Saturated Fat Og 0% Saturated Fat 14g Saturated Fat Og Trans Fat Og Trans Fat Og Trans Fat Og Trans Fat Og Cholesterol Omg 0% Cholesterol Omg 0% Cholesterol Omg 0% Cholesterol Omg 0% Sodium 520mg Sodium 5mg 0% Sodium Omg 0% Sodium Omg 0% 22% Total Carbohydrate 28g 9% Total Carbohydrate 54g 18% Potassium 210mg 6% Total Carbohydrate 22g **7**% Dietary Fiber 13g **52**% Dietary Fiber 20g 80% Total Carbohydrate 18g 6% Dietary Fiber 2g 8% Sugars 4g Sugars Og Dietary Fiber 2g Sugars 1g Protein 12g Protein 18g Sugars 12g Protein 2g Protein Og Vitamin A 0% • Vitamin C Vitamin A 0% • Vitamin C Vitamin A 0% • Vitamin C 0% 10% 15% 0% • 10% • Iron 2% • Iron 20% 10% Calcium Iron 0% · Vitamin C Vitamin A 0% Percent Daily values are based on a 2,000 Percent Daily values are based on a 2,000 Percent Daily values are based on a 2,000 10% • Iron 0% calorie diet. 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Your daily values may be higher or Calories 2,000 Calories 2,000 Calories 2,000 lower depending on your calorie needs Less than 65g Less than 65g Less than 65g 80g 80a 80g Calories 2,000 Saturated Fat Less than Saturated Fat Less than 80g Less than 65g 300mg 300mg 300mg Cholesterol Less than 300mg Cholesterol Less than 300mg Cholesterol Less than 300mg Saturated Fat Less than 20g 25g Less than 2,400mg 2,400mg Less than 2,400mg 2,400mg Less than 2,400mg 2,400mg Sodium Sodium Cholesterol Sodium Less than 300mg 300mg 300g Total Carbohydrate 300g Total Carbohydrate 300g Sodium Less than 2,400mg 2,400mg 25g Dietary Fiber 25g Dietary Fiber 25g 30g Dietary Fiber Total Carbohydrate 300g Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 Dietary Fiber 25g Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS: INGREDIENTS:** INGREDIENTS: Potato gems (potato, canola oil [preserved with citric acid and BHT], salt, contains 2% or less of: artificial color, mono and diglycerides, natural and **INGREDIENTS:** Bananas, coconut/vegetable oil, sugar/honey. natural flavoring. artificial flavor. Freshness preserved with sodium bisulfite and BHT. Contains allergens: Milk. **DEHYDRATED LONG GRAIN QUICK ROLLED OATS TACO FLAVORED VEGETARIAN MEAT SUBSTITUTE** (3 cans) **POTATO SLICES** WHITE RICE (3 can) (3 cans) **Nutrition Facts Nutrition Facts Nutrition Facts Nutrition Facts** Serving Size: 1/4 Cup (47g) Dry Serving Size: 1/2 Cup (50g) Dry Serving Size: 1/2 Cup (20g) Dry Serving Size: 1/4 Cup (37g) Dry Servings Per Container: 28 Servings Per Container: 47 Servings Per Container: 22 Servings Per Container: 30 Amount Per Serving Amount Per Serving Amount Per Serving Amount Per Serving Calories 70 Calories from Fat 0 Calories 170 Calories from Fat 0 Calories 190 Calories from Fat 30 Calories 140 Calories from Fat 50 % Daily Value* % Daily Value* % Daily Value* % Daily Value* Total Fat Og 0% Total Fat Og Total Fat 3.5g Total Fat 6g Saturated Fat 0.5g Saturated Fat 1g Saturated Fat Og 0% Saturated Fat Og 0% Trans Fat Og Trans Fat Og Trans Fat Og Trans Fat Og Cholesterol Omg 0% Cholesterol Omg 0% Cholesterol Omg 0% Cholesterol Omg 0% 0% Sodium Omg 0% Sodium 850mg 36% Sodium 15mg 1% Sodium Omg Total Carbohydrate 16g 5% Total Carbohydrate 37g 12% Total Carbohydrate 33g 11% Total Carbohydrate 10g 3% Dietary Fiber 2g Dietary Fiber Og 0% Dietary Fiber 5g 20% Dietary Fiber 5g 19% 6% Sugars 1g Sugars Og Sugars Og Sugars 3g Protein Og Protein 3g Protein 8g Protein 14g 10% Vitamin A 2% • Vitamin C Vitamin A 0% • Vitamin C Vitamin A 0% • Vitamin C Vitamin A 0% • Vitamin C 0% 0% 0% 0% • Iron 0% • Iron 2% • Iron 8% • Iron Calcium 2% Calcium Calcium 15% Calcium 15% *Percent Daily values are based on a 2,000 *Percent Daily values are based on a 2,000 Percent Daily values are based on a 2,000 Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or lower depending on your calorie needs lower depending on your calorie needs lower depending on your calorie needs. lower depending on your calorie needs. 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Textured vegetable protein (soy flour, caramel color), soybean oil, salt, autolyzed yeast, spices, dextrose, onion, garlic, paprika. Contains allergens: Soy. COUNTRY FRESH® **CHOCOLATE MORNING MOO'S®** CHICKEN FLAVORED BUTTERMILK 100% INSTANT NONFAT DRY MILK LOW FAT MILK ALTERNATIVE VEGETARIAN MEAT SUBSTITUTE PANCAKE MIX (3 cans) **Nutrition Facts Nutrition Facts Nutrition Facts Nutrition Facts** Serving Size: 3 1/2 Tbsp (35g) Dry Serving Size: 1/4 Cup (26g) Dry Serving Size: 1/3 Cup (50g) Dry Serving Size: 5 Tbsp (21a) Dry Servings Per Container: 41 Servings Per Container: 29 Servings Per Container: 39 Servings Per Container: 57 Amount Per Serving Amount Per Serving Amount Per Serving Amount Per Serving Calories 90 Calories from Fat 30 Calories 170 Calories from Fat 5 Calories 80 Calories from Fat 0 Calories 140 Calories from Fat 35 % Daily Value* % Daily Value* % Daily Value* % Daily Value* Total Fat 3g 5% Total Fat 0.5g 1% Total Fat Og 0% Total Fat 3.5g 6% Saturated Fat Og Saturated Fat Og 0% Saturated Fat Og Saturated Fat 3.5g 16% Trans Fat Og Trans Fat Og Trans Fat Og Trans Fat Og Cholesterol Omg 0% Cholesterol 10mg 3% Cholesterol Omg 0% Cholesterol Omg 0% 5% Sodium 115mg Sodium 170mg Sodium 550mg 23% 28% Sodium 670mg 7% Total Carbohydrate 7g 2% 12% 4% Total Carbohydrate 26g 9% Total Carbohydrate 36g Total Carbohydrate 11g Dietary Fiber 4g 14% Dietary Fiber less than 1g Dietary Fiber Og Dietary Fiber less than 1g Sugars 2g Sugars 5g Sugars 10g Sugars 21g Protein 11g Protein 5g Protein 7g Vitamin A 0% • Vitamin C Vitamin A 0% • Vitamin C Vitamin A 10% • Vitamin C Vitamin A 10% • Vitamin C 0% 0% 4% 0% Calcium 6% Iron 10% 10% Iron 15% Vitamin D 25% Riboflavin 0% Vitamin D 25% Riboflavin 2% Percent Daily values are based on a 2,000 *Percent Daily values are based on a 2,000 Calcium Calcium Iron calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or Percent Daily values are based on a 2,000 *Percent Daily values are based on a 2,000 lower depending on your calorie needs lower depending on your calorie needs calorie diet. Your daily values may be higher or lower depending on your calorie needs. calorie diet. Your daily values may be higher or lower depending on your calorie needs. 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Contains allergens: Milk, egg, soy and wheat. Contains allergens: Milk and soy. FREEZE DRIED WHOLE DEHYDRATED **DEHYDRATED** DEHYDRATED **RASPBERRIES DICED CARROTS CHOPPED ONIONS APPLE SLICES** (2 can) (2 cans) (2 cans) (2 cans) **Nutrition Facts Nutrition Facts Nutrition Facts Nutrition Facts** Serving Size: 1/2 Cup (10g) Dry Serving Size: 1/3 Cup (36g) Dry Serving Size: 1 Tsp (3g) Dry Serving Size: 1/2 Cup (17g) Dry Servings Per Container: 22 Servings Per Container: 29 Servings Per Container: 217 Servings Per Container: 32 Amount Per Serving Amount Per Serving Amount Per Serving Amount Per Serving Calories 35 Calories from Fat 0 Calories 120 Calories from Fat 5 Calories 10 Calories 60 Calories from Fat 0 Calories from Fat 0 % Daily Value* % Daily Value* % Daily Value* % Daily Value* Total Fat Og 0% Total Fat 0.5g 1% Total Fat Og 0% Total Fat Og 0% Saturated Fat Og Saturated Fat Og Saturated Fat Og Saturated Fat Og Trans Fat Og Trans Fat Og Trans Fat Og Trans Fat Og Cholesterol Omg Cholesterol Oma Cholesterol Omg 0% Cholesterol Omg 0% 0% 0% Sodium 100mg 4% 0% Sodium Omg Sodium 65mg 0% Sodium Omg 3% Total Carbohydrate 16g Total Carbohydrate 8g 3% Total Carbohydrate 28g 9% 1% Total Carbohydrate 2g 5% Dietary Fiber 2g Dietary Fiber 2g 9% Dietary Fiber 3g Dietary Fiber Og 1% 8% Sugars 4g Sugars 19g Sugars 1g Sugars 9g Protein 3g Protein Og Protein Og Protein 1g 2% • Vitamin C Vitamin A Vitamin A 780% • Vitamin C 45% Vitamin A 0% • Vitamin C Vitamin A 0% • Vitamin C 20% 4% 2% 2% • 8% • 0% • 0% • Iron 4% Iron 8% Iron 0% Calcium Iron 0% Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or lower depending on your calorie needs lower depending on your calorie needs lower depending on your calorie needs lower depending on your calorie needs. Calories 2,000 Calories 2,000 Calories 2,000 Calories 2,000 80g 80g Total Fat Less than 65g 80a Less than 65g 65g 80a Less than Less than 65a Saturated Fat Less than Saturated Fat Less than 20g 25g Saturated Fat Less than Saturated Fat Less than 20g 20g 25g 300mg 300mg Less than 300mg 300mg Cholesterol 300mg 300mg Cholesterol Cholesterol Less than 300mg Less than 300mg Cholesterol Less than Sodium Less than 2,400mg 2,400mg Less than 2,400mg 2,400mg Less than 2,400mg 2,400mg Less than 2,400mg 2,400mg Sodium Sodium Sodium Total Carbohydrate Total Carbohydrate 300g Total Carbohydrate 300g 25g 25g 25g Dietary Fiber Dietary Fiber 2.5g Dietary Fiber 30g Dietary Fiber 30g 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS: INGREDIENTS: INGREDIENTS:** INGREDIENTS: Dehydrated apple slices and sodium sulfite. **CREAMY POTATO VEGETABLE STEW DEHYDRATED** FD BROCCOLI SOUP MIX RI FND **POTATO SHREDS FLORETS & STEMS** (1 can) (2 cans) **Nutrition Facts Nutrition Facts** Nutrition Facts **Nutrition Facts** Serving Size: 1/2 Cup (31g) Dry Serving Size: 1/3 Cup (49a) Dry Serving Size: 1/4 Cup (23g) Dry Serving Size: 1/2 Cup (7a) Dry Servings Per Container: 28 Servings Per Container: 33 Servings Per Container: 40 Servings Per Container: 21 Amount Per Serving Amount Per Serving Amount Per Serving Amount Per Serving Calories 200 Calories from Fat 70 Calories 70 Calories from Fat 0 Calories 110 Calories from Fat 5 Calories 20 Calories from Fat 0 % Daily Value* % Daily Value* % Daily Value* % Daily Value* Total Fat Og Total Fat 7g Total Fat Og Total Fat Og Saturated Fat Og Saturated Fat Og Saturated Fat 4g 19% 0% Saturated Fat Og Trans Fat Og Trans Fat Og Trans Fat Og Trans Fat Og Cholesterol Oma 0% Cholesterol Omg 0% Cholesterol Omg 0% Cholesterol Omg 0% 42% Sodium 50mg 19% Sodium 1010mg 2% Sodium 450mg Sodium 20mg 1% Total Carbohydrate 24g 8% Total Carbohydrate 32g 11% Total Carbohydrate 18g 6% Total Carbohydrate 4g 1% Dietary Fiber 2g Dietary Fiber 1g **5**% Dietary Fiber 2g 8% Dietary Fiber 2g 8% 9% Sugars 3g Sugars 5g Sugars 1g Sugars 1g Protein 3g Protein 2g Protein 2g Protein 2g Vitamin A 0% • Vitamin C 2% • Vitamin C Vitamin A 20% • Vitamin C 10% Vitamin A 50% • Vitamin C 70% Vitamin A 20% 110% 6% • 2% • 2% • Calcium 4% • Calcium Iron 4% Calcium Iron 4% Iron Calcium Iron Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or lower depending on your calorie needs lower depending on your calorie needs lower depending on your calorie needs lower depending on your calorie needs. Calories Calories Calories 2,000 2,000 Calories 2,000 2,000 Total Fat 80g Total Fat Total Fat Less than 65g 80a Less than 65g Total Fat Less than 65g 80a Less than 65a 80g Saturated Fat Less than 20g 25g Saturated Fat Less than Saturated Fat Less than 20g Saturated Fat Less than 20g 25g Less than 300mg Cholesterol 300mg Less than 300mg 300mg 300mg 300mg Cholesterol Cholesterol Less than 300mg Cholesterol Less than 300mg Less than 2,400mg 2,400mg Less than 2,400mg 2,400mg Less than 2,400mg 2,400mg Less than 2,400mg 2,400mg Sodium Sodium Sodium Sodium Total Carbohydrate Total Carbohydrate 300g Total Carbohydrate 300g 300g Total Carbohydrate 300g 25g 25g 25g Dietary Fiber 25g 30g Dietary Fiber Dietary Fiber Dietary Fiber 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS: INGREDIENTS: INGREDIENTS:** INGREDIENTS: Creamer (maltodextrin, palm oil), enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic Potato dices, cabbage flakes, chopped onion, carrot dices, celery slices, red and green bell Potato shreds (potato, salt, dextrose). Freshness preserved with sodium bisulfite and BHT. peppers. acid), potato dices, chicken bouillon (chicken Contains allergens: Processed in a plant that soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products. fat, sugar, onion powder, disodium inosinate. disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), onion chopped, onion powder, parsley flakes. Contains allergens: Wheat, dairy, and soy.. **DEHYDRATED DEHYDRATED DICED** WHITE GRANULATED **CHOCOLATE FUDGE** BELL PEPPERS (RED & GREEN) SUGAR **CROSS CUT CELERY BROWNIE MIX** (1 can) **Nutrition Facts Nutrition Facts Nutrition Facts Nutrition Facts** Serving Size: 1 Tbsp (5g) Dry Serving Size: 1/4 Cup (14g) Dry Serving Size: 1/4 Cup (39a) Dry Serving Size: 1 Tsp (4g) Dry Servings Per Container: 36 Servings Per Container: 113 Servings Per Container: 595 Servings Per Container: 45 Amount Per Serving Amount Per Serving Amount Per Serving Amount Per Serving Calories from Fat 5 Calories 40 Calories 15 Calories from Fat 0 Calories 15 Calories from Fat 0 Calories 150 Calories from Fat 15 % Daily Value* % Daily Value* % Daily Value* % Daily Value* Total Fat Og 0% Total Fat Og 0% Total Fat Og 0% Total Fat 1.5g 2% Saturated Fat Og 0% Saturated Fat Og 0% Saturated Fat Og Saturated Fat Og Trans Fat Og Trans Fat Og Trans Fat Og Trans Fat Og Cholesterol Omg 0% Cholesterol Omg 0% Cholesterol Omg 0% Cholesterol Omg 0% 0% Sodium Omg Sodium 5mg 0% Sodium Omg 0% Sodium 150mg 6% Total Carbohydrate 4g Total Carbohydrate 4g Total Carbohydrate 32g Total Carbohydrate 9g 3% 1% 1% 11% Dietary Fiber 2g **7**% Dietary Fiber 1g 3% Dietary Fiber Og 0% Dietary Fiber 1g 4% Sugars 2g Sugars 1g Sugars 4g Sugars 18g Protein 2g Protein 1g Protein Og Protein 3g 6% • Vitamin C 0% • Vitamin C 0% • Vitamin C Vitamin A 25% Vitamin A 20% • Vitamin C 160% Vitamin A 0% Vitamin A 0% Calcium 10% • Calcium 0% Iron 6% Calcium 0% Iron Calcium 0% Iron 0% Iron 10% Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or lower depending on your calorie needs lower depending on your calorie needs. lower depending on your calorie needs lower depending on your calorie needs Calories Calories 2,000 Calories 2,000 Calories 2,000 Total Fat 65g Total Fat 65g Less than 65g 80a 80g Less than 80g Less than 80g Total Fat Total Fat Less than 65a Saturated Fat Less than Saturated Fat Less than 25g Saturated Fat Less than 25g 25g 300mg Cholesterol 300mg 300mg 300mg 300mg 300mg 300mg 300mg Less than Cholesterol Less than Cholesterol Less than Cholesterol Less than Sodium Less than 2,400mg 2,400mg Less than 2,400mg 2,400mg Less than 2,400mg 2,400mg Less than 2,400mg 2,400mg Sodium Sodium Sodium Total Carbohydrate Total Carbohydrate Total Carbohydrate 25g 25g 25g 25g Dietary Fiber 30g Dietary Fiber 30g Dietary Fiber Dietary Fiber 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 **INGREDIENTS:** INGREDIENTS: INGREDIENTS: INGREDIENTS: Sugar, unbleached pastry flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), corn syrup solids, Red and green diced bell peppers, dehydrated. Contains allergens: Processed in a plant that handles wheat, egg, milk, soybean, peanut, cashew, walnut, and almond products. dextrose, dutched cocoa (cocoa [processed with alkali]), egg whites (egg whites and less than 0.1 percent sodium lauryl sulfate added as a whipping agent), shortening (partially hydrogenated soybean and cottonseed oil), cocoa, non-iodized salt, powdered shortening (mono and diglycerides [from partially hydrogenated soybean oil] with mixed tocopherols, ascorbic acid and citric acid [antioxidants]), wheat starch, vanilla flavor (dextrose, corn starch, water, alcohol), egg yolks, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), baking soda. Contains allergens: Egg and wheat. HONEY WHITE BREAD, CREAMY WHEAT SCRAMBLED EGG MIX **BLUEBERRY CEREAL MUFFIN MIX SCONE & ROLL MIX** (1 can) (1 can) **Nutrition Facts Nutrition Facts Nutrition Facts Nutrition Facts** Serving Size: 2 Tbsp (11g) Dry Serving Size: 1/4 Cup (39g) Dry Serving Size: 1/4 Cup (33g) Dry Serving Size: 1/4 Cup (50g) Dry Servings Per Container: 36 Servings Per Container: 40 Servings Per Container: 49 Servings Per Container: 92 Amount Per Serving Amount Per Serving Amount Per Serving Amount Per Serving Calories 150 Calories from Fat 25 Calories 120 Calories from Fat 15 Calories 180 Calories from Fat 5 Calories 60 Calories from Fat 35 % Daily Value* % Daily Value* % Daily Value* % Daily Value* Total Fat 2.5g Total Fat 1.5g 2% Total Fat 0.5g Total Fat 4g 6% 4% 1% Saturated Fat 1g **5**% Saturated Fat Og 1% Saturated Fat Og Saturated Fat 1g **5**% Trans Fat 0.5g Trans Fat Og Trans Fat Og Trans Fat Og Cholesterol 25mg 8% Cholesterol 5mg 1% Cholesterol Omg 0% Cholesterol 165mg 54% 11% 0% Sodium 200mg 8% Sodium 270mg Sodium Omg Sodium 85mg 4% Total Carbohydrate 29g 10% 8% Total Carbohydrate 38g 13% Total Carbohydrate 2g Total Carbohydrate 23g 1% Dietary Fiber Og 2% Dietary Fiber less than 1g Dietary Fiber 1g Dietary Fiber Og 3% 4% 0% Sugars 15g Sugars 2g Sugars 1g Sugars Og Protein 3g Protein 4g Protein 6g Protein 4g 0% • Vitamin C 0% • Vitamin C 0% • Vitamin C 0% • Vitamin C Vitamin A 0% Vitamin A 0% Vitamin A 0% Vitamin A 0% 2% • 2% • 0% . 6% • Iron 6% Calcium Iron 8% Iron 4% Iron 2% Percent Daily values are based on a 2,000 Percent Daily values are based on a 2,000 Percent Daily values are based on a 2,000 *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or calorie diet. Your daily values may be higher or lower depending on your calorie needs lower depending on your calorie needs lower depending on your calorie needs lower depending on your calorie needs. Calories 2,000 Calories 2,000 Calories 2,000 Calories 2,000 80g 65g 65g 65g 80a Total Fat Less than 80a Less than 80g Total Fat Less than Total Fat Less than 65a Saturated Fat Less than 25g Saturated Fat Less than 25g Saturated Fat Less than 25g 300mg 300mg 300mg 300mg 300mg Cholesterol 300mg 300mg 300mg Less than Cholesterol Less than Cholesterol Less than Cholesterol Less than Sodium Less than 2,400mg 2,400mg 300g Total Carbohydrate Total Carbohydrate Total Carbohydrate 300g 25g 25g Dietary Fiber 25g Dietary Fiber 25g Dietary Fiber Dietary Fiber 30g Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 Calories per gram: Fat 9 • Carbs 4 • Protein 4 INGREDIENTS: INGREDIENTS: INGREDIENTS: INGREDIENTS: Bleached enriched flour (wheat flour, malted Flour (bleached wheat flour, malted barley flour, Whole eggs, nonfat dry milk, vegetable oil. Farina (Wheat) barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, cake flour (bleached niacin, iron, ascorbic acid, thiamine mononitrate Contains allergens: Wheat, Contains allergens: Milk and eggs. riboflavin, folic acid), sugar, soybean oil, nonfat dry milk, salt, refinery syrup, honey, whole eggs (whole eggs, sodium silicoaluminate [as an anitcaking agent]), dough enhancer (flour [bleached wheat wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), shortening (partially hydrogenated soybean oil), blueberry nuggets (dextrose, partially hydrogenated vegetable oil [soy bean and cottonseed], bleached enriched wheat flour [wheat flour, niacin, reduced flour, malted barley flour, niacin, iron, ascorbic acid, thiamine mononitrate, riboflavin, folic acid], PBR-200DF [yeast, enzymes, soybean oil], PBRiron, thiamine mononitrate, riboflavin, folic acid], FD [wheat flour, ascorbic acid, wheat gluten citric acid, cellulose gum, maltodextrin, artificial flavors and colors [FD&C Red #40, Blue #1, Blue enzymes], lecithin powder [liquid lecithin, soy flour, dolomite]). #2]), powdered sugar, buttermilk solids, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), sodium acid pyrophosphate, Contains allergens: Soy, milk, eggs, and wheat salt, baking soda, egg yolks, vanilla (natural and artificial flavor), xanthan gum, blueberry flavor. Contains allergens: Wheat, milk, Augason Farms® is a registered trademark of Blue Chip Group. © 2017 Blue Chip Group. Each can contains an oxygen absorber. Discard immediately upon opening