

Sylacauga City Schools

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

PC Lunch K-5

Portion Values - Detailed

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Generated on: 1/2/2019 9:42:49 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/07/2019							
PC Lunch K-5	Total						
Chicken Nuggets: 5 nuggets	5 NUGGETS	231	415	15.43	11.57	2.41	0.00
Potatoes, Creamed: 1/4 cup	1/4 CUP	35	163	6.69	0.59	0.00	0.00
Gravy, Homemade	1 OZ.	40	328	4.38	2.03	0.54	*0.00
Beans, Green:1/4 cup-w/onions	1/4 CUP	11	115	2.19	0.18	0.00	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Breadstick, WW	SLICE	79	99	14.88	0.99	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 5	1 EACH	54	86	4.47	4.33	0.67	0.00
Weighted Daily Average		552	1184	66.03	21.18	3.73	*0.00
% of Calories				47.8%	34.5%	6.1%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Tue - 01/08/2019							
PC Lunch K-5	Total						
Cheese Stix (2)	SERVING	300	740	34.0	12.0	4.00	0.00
Spaghetti Sauce 1/4 cup	1/4 CUP	35	269	7.02	0.27	0.00	0.00
Corn, Canned, WK, 1/4 cup	1/4 cup	57	88	11.33	0.63	*0.00	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Fruit Cup - 4oz	4 OZ.	60	5	17.0	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		520	1198	75.33	15.18	*4.28	*0.00
% of Calories				58.0%	26.3%	*7.4%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 01/09/2019							
PC Lunch K-5	Total						
Lasagna Rolls	1 EACH	247	645	27.74	9.34	5.25	0.00
Romaine Lettuce: 1/2 cup	1/2 CUP	9	17	1.69	0.09	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Beans, Green:1/4 cup-w/onions	1/4 CUP	11	115	2.19	0.18	0.00	*0.00
Peaches: 1/2 cup	1/2 CUP	90	7	24.29	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Brownie w/Icing: from dry mix	1 Brownie	119	127	21.47	3.16	0.63	0.00
Weighted Daily Average		543	1023	82.03	15.10	6.16	*0.00
% of Calories				60.4%	25.0%	10.2%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

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Sylacauga City Schools

Base Menu Spreadsheet

Portion Values - Detailed

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PC Lunch K-5

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/10/2019							
PC Lunch K-5	Total						
Chicken Fajita Wrap	1 EACH	203	540	0.0	13.57	6.31	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Cheese Shredded: RF, 1oz	1 OZ	110	180	0.0	9.0	5.00	0.00
Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Beans, Pinto:1/4c(w/ ham base)	1/4 CUP	63	98	11.24	0.0	0.00	0.00
Salsa: 1/4 cup	1/4 CUP	19	227	3.84	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		473	1009	36.67	20.31	9.98	0.00
% of Calories				31.0%	38.6%	19.0%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

Fri - 01/11/2019							
PC Lunch K-5	Total						
Hot Dog WG	1 EACH	233	567	27.84	10.12	3.54	0.25
Sauerkraut:1/8 cup	1/8 CUP	5	170	0.94	0.0	0.00	0.00
Chili Sauce: 1/8 C	1/8 C	30	186	3.01	1.25	0.50	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	0.00
Beans, Baked: 1/4 cup	1/4 C	69	95	13.97	0.0	0.00	0.00
CONDIMENT 1	1 EACH	10	95	4.0	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		500	1046	79.44	12.56	4.11	*0.25
% of Calories				63.6%	22.6%	7.4%	*0.5%
Nutrient Guideline		550-650	1230			<10.00	

Mon - 01/14/2019							
PC Lunch K-5	Total						
Chicken Sandwich WG Bun - CASE	EACH	362	886	44.07	10.09	1.52	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Beans, Baked: 1/4 cup	1/4 C	69	95	13.97	0.0	0.00	0.00
Broccoli w/ Cheese(Mix):1/4 c	1/3 c servings	11	95	2.35	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		589	1318	85.23	14.28	2.05	0.00
% of Calories				57.9%	21.8%	3.1%	0.0%
Nutrient Guideline		550-650	1230			<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

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Tue - 01/15/2019							
PC Lunch K-5	Total						
Hot Pocket, Pepperoni	4.46 oz	300	680	32.0	11.0	5.00	0.00
Beans, Pinto:1/4c(w/ ham base)	1/4 CUP	63	98	11.24	0.0	0.00	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Fruit Cup - 4oz	4 OZ.	60	5	17.0	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		506	937	68.30	13.71	5.31	*0.00
% of Calories				54.0%	24.4%	9.4%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 01/16/2019							
PC Lunch K-5	Total						
Tatertot Casserole (Red. Cal)	Servings	398	612	16.16	26.26	9.67	*0.67
Beans, Green:1/4 cup-w/onions	1/4 CUP	11	115	2.19	0.18	0.00	*0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		632	922	57.10	31.37	10.38	*0.67
% of Calories				36.1%	44.7%	14.8%	*1.0%
Nutrient Guideline		550-650	1230			<10.00	

Thu - 01/17/2019							
PC Lunch K-5	Total						
BBQ Chicken	servings	140	584	5.57	2.5	0.50	0.00
Turnip Greens, Seasoned: 1/4 c	1/4 cup	21	83	1.67	1.14	0.16	0.00
Okra, Breaded, FZN 1/4 cup	1/4 cup	81	506	17.55	0.34	0.00	0.00
Cornbread	1 piece	119	310	18.23	3.04	0.52	*0.00
Peas, Blackeyed: 1/4 cup	1/4 CUP	77	229	13.55	0.64	0.32	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Cookie, Sugar	cookie	110	80	18.0	4.0	1.00	0.00
Weighted Daily Average		593	1699	86.15	10.05	2.14	*0.00
% of Calories				58.1%	15.2%	3.2%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/18/2019							
PC Lunch K-5	Total						
Hamburger w/ WG Bun CASE	each	139	298	26.86	1.99	0.00	0.00
Cheese Slice	1 EACH	51	228	0.51	4.56	2.53	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	5	1	1.1	0.06	0.01	0.00
Onions, Fresh, Diced: 1/8 Cup	1/8 CUP	7	1	1.69	0.02	0.01	*N/A*
Pickles, Dill (slices)	SERVING(3)	0	243	0.0	0.0	0.00	0.00
French Fries: Oven Crinkle Cut	1/2 CUP	67	25	11.7	1.65	0.28	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 4	1 EACH	50	185	5.0	4.0	0.50	0.00
Weighted Daily Average		404	948	67.84	10.31	2.19	*0.00
% of Calories				67.2%	23.0%	4.9%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Tue - 01/22/2019							
PC Lunch K-5	Total						
Pizza, Cheese Wedge WG	PIECE	300	470	34.0	11.0	4.00	0.00
Corn, Canned, WK, 1/4 cup	1/4 cup	57	88	11.33	0.63	*0.00	*0.00
Celery Sticks 1/4 cup	1/4 CUP	5	26	0.96	0.06	0.01	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		483	694	66.66	14.03	*4.31	*0.00
% of Calories				55.2%	26.1%	*8.0%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 01/23/2019							
PC Lunch K-5	Total						
Chicken Alfredo with a Twist	1 CUP	349	717	39.85	9.47	*2.79	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Carrots, Steamed(Seasoned)1/4c	1/4 C	15	33	3.53	0.06	*0.01	*0.00
Peas, Green:Canned 1/4 C	1/4 CUP	61	94	10.38	0.63	0.14	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Brownie w/Icing: from dry mix	1 Brownie	119	127	21.47	3.16	0.63	0.00
Weighted Daily Average		684	1104	98.49	15.94	*3.86	*0.00
% of Calories				57.6%	21.0%	*5.1%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

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Thu - 01/24/2019							
PC Lunch K-5	Total						
Beef Nachos w/ Chips	SERVINGS	538	944	44.48	28.03	6.85	0.84
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Okra, Breaded, FZN 1/2	1/2 cup	162	1012	35.1	0.67	0.00	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Beans, Pinto:1/4c(w/ ham base)	1/4 CUP	63	98	11.24	0.0	0.00	0.00
Fruit, Canned, Assorted	1/2 CUP	74	9	18.68	0.03	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		831	1743	98.24	31.10	7.16	*0.84
% of Calories				47.3%	33.7%	7.8%	*0.9%
Nutrient Guideline		550-650	1230			<10.00	

Fri - 01/25/2019							
PC Lunch K-5	Total						
Corn Dog WG	4 OZ	240	390	30.0	8.0	2.50	0.00
Beans, Baked: 1/4 cup	1/4 C	69	95	13.97	0.0	0.00	0.00
Tater Tots: 1/2 cup	1/2 Cups	120	180	14.0	7.0	1.00	0.00
Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	12	27	2.88	0.05	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 1	1 EACH	10	95	4.0	0.0	0.00	0.00
Weighted Daily Average		576	906	85.39	17.78	3.82	*0.00
% of Calories				59.3%	27.8%	6.0%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Mon - 01/28/2019							
PC Lunch K-5	Total						
Chicken, Bites whole muscle, 4	4 nuggets	239	578	13.95	11.96	1.99	0.00
Potatoes, Sweet, Fries:1/2c	1/2c servings	101	80	16.15	3.52	0.00	0.00
Romaine Lettuce: 1/2 cup	1/2 CUP	9	17	1.69	0.09	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
CONDIMENT 5	1 EACH	54	86	4.47	4.33	0.67	0.00
Rice Krispie Treats, mini	1 each	50	45	8.93	0.99	0.00	0.00
Weighted Daily Average		587	945	68.24	23.37	2.96	*0.00
% of Calories				46.5%	35.8%	4.5%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

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Tue - 01/29/2019							
PC Lunch K-5	Total						
Chili Con Carne w/ Beans 1/2c	1/2 CUP	191	178	11.03	8.52	3.27	*0.55
Potato Wedges: FZN 1/2c	serving	167	194	27.78	5.56	0.69	0.00
Carrot Sticks 1lb	1/4 CUP	13	29	3.11	0.05	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Grill Cheese Sandwich-2 slices	SANDWICH	261	776	31.01	11.11	5.06	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Ketchup: Individual Packet (1)	1 EACH	10	25	3.0	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		687	1116	86.21	24.40	7.91	*0.55
% of Calories				50.2%	32.0%	10.4%	*0.7%
Nutrient Guideline		550-650	1230			<10.00	

Wed - 01/30/2019							
PC Lunch K-5	Total						
Teriyaki Chicken:Strips	2 OZ	101	361	1.95	4.57	1.31	0.00
Rice, Brown 1/2 cup	1/2 CUP	198	1	40.63	1.56	0.00	0.00
Romaine/Spring Mix 1/2c	1/2 cup	8	10	1.45	0.11	0.01	0.00
Ranch Dressing: Homemade	1 OZ	53	132	1.67	4.82	0.55	*0.00
Beans, Pinto:1/4c(w/ ham base)	1/4 CUP	63	98	11.24	0.0	0.00	0.00
Potatoes, Sweet: 1/4 cup	1/4 c	67	26	14.86	0.58	0.22	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Graham Cracker Snacks:Sortd WG	1 POUCH	107	105	20.0	3.0	0.50	0.00
Weighted Daily Average		646	707	107.23	12.20	2.30	*0.00
% of Calories				66.4%	17.0%	3.2%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Thu - 01/31/2019							
PC Lunch K-5	Total						
Egg Scrambled Squares	1 EACH	45	125	1.0	3.0	1.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Corn Nuggets, FZN	1/2 cup	117	258	19.05	3.69	0.61	0.00
Hash Browns	SERVING	132	132	14.17	8.1	2.02	*N/A*
Grits, Plain 1/4 cup	1/4 CUP	77	84	13.23	2.16	1.19	0.00
Biscuit, So.Style WG 2.51oz	2.51 oz	210	340	27.0	9.0	4.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Jelly, Assorted	1 Each	35	2	9.0	0.0	0.00	0.00
Ketchup, Individual Packet (2)	2 PC	20	50	6.0	0.0	0.00	0.00
Weighted Daily Average		713	1093	92.35	29.85	9.89	*0.00
% of Calories				51.8%	37.6%	12.5%	*0.0%
Nutrient Guideline		550-650	1230			<10.00	

Weighted Average		584	1088	78.16 53.5%	18.48 28.5%	*5.14 *7.9%	*0.13 *0.2%
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Sylacauga City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Jan 7, 2019 thru Jan 31, 2019

PC Lunch K-5

Generated on: 1/2/2019 9:42:49 AM

			Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)	
Calories	584		550 - 650	100%					
Sodium (mg)	1088		1230						
Carbohydrate (g)	78.16	53.50%							
Total Fat (g)	18.48	28.46%							
Saturated Fat (g)	5.14	7.92%	<10.00%		Missing				
Trans Fat ¹ (g)	0.13	0.20%			Missing				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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