



## SEATTLE SUTTON'S HEALTHY EATING -1200 CALORIE WEEK E MENU ANALYSIS

Nutritional data effective 02/23/18. SSHE reserves the right to make changes or substitutions.

Always check the label for accurate nutrition and allergy information.

Menus and ingredients may vary regionally.

| Name                          | Amount Unit   | Kcal<br>kcal | Protein<br>g | Carb<br>g | Fat<br>g | Cholesterol<br>mg | Sat Fat<br>g | Sodium<br>mg | Diet Fiber<br>g | Sugar<br>g |
|-------------------------------|---------------|--------------|--------------|-----------|----------|-------------------|--------------|--------------|-----------------|------------|
| <b>WEEK E. 1st Part</b>       |               | 1325.648     | 71.157       | 136.907   | 57.997   | 47.339            | 13.291       | 1952.950     | 20.217          | 52.824     |
| <b>Breakfast</b>              |               | 285.525      | 26.749       | 39.240    | 2.991    | 9.998             | 1.403        | 708.867      | 4.122           | 19.152     |
| Southwestern Frittata         | 1.000 svg.    | 122.295      | 14.408       | 11.653    | 1.615    | 5.098             | 1.005        | 278.518      | 1.917           | 3.270      |
| Salsa                         | 1.000 oz.     | 7.500        | 0.500        | 2.000     | 0.000    | 0.000             | 0.000        | 210.000      | 0.500           | 1.000      |
| Whole Wheat English Muffin    | 0.500 item    | 60.000       | 3.000        | 12.000    | 0.750    | 0.000             | 0.000        | 90.000       | 1.500           | 1.500      |
| Apricot Peach Spread          | 0.500 oz.     | 5.080        | 0.095        | 1.288     | 0.013    | 0.000             | 0.001        | 0.499        | 0.205           | 1.083      |
| Nonfat, Skim or Fat Free Milk | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 4.900             | 0.397        | 129.850      | 0.000           | 12.299     |
| <b>Lunch</b>                  |               | 465.067      | 9.920        | 28.929    | 35.170   | 12.656            | 6.020        | 164.861      | 5.853           | 13.883     |
| Spring Lettuce Mix            | 2.250 oz.     | 13.395       | 1.209        | 2.283     | 0.210    | 0.000             | 0.035        | 22.708       | 1.161           | 0.526      |
| Vegetable Juice               | 4.000 oz.     | 21.687       | 0.490        | 4.768     | 0.018    | 0.000             | 0.001        | 15.825       | 0.949           | 3.325      |
| Flatbread Cracker             | 1.000 item    | 40.000       | 1.000        | 6.500     | 1.000    | 0.000             | 0.000        | 42.000       | 0.000           | 0.500      |
| Pecan Halves Spring Salad     | 1.000 oz.     | 210.000      | 3.000        | 4.000     | 20.500   | 0.000             | 2.000        | 0.000        | 3.000           | 1.000      |
| Swiss Cheese                  | 0.500 oz.     | 50.624       | 4.050        | 0.506     | 4.050    | 12.656            | 2.531        | 30.374       | 0.000           | 0.000      |
| Sweetened Dried Cranberries   | 0.400 oz.     | 38.782       | 0.034        | 9.542     | 0.057    | 0.000             | 0.000        | 0.227        | 0.567           | 7.598      |
| Celery Seed Dressing          | 1.000 oz.     | 90.578       | 0.137        | 1.328     | 9.336    | 0.000             | 1.452        | 53.727       | 0.176           | 0.935      |
| <b>Dinner</b>                 |               | 575.057      | 34.488       | 68.739    | 19.836   | 24.685            | 5.868        | 1079.222     | 10.243          | 19.789     |
| Pizza Crust                   | 3.000 oz.     | 201.565      | 8.462        | 40.653    | 2.067    | 0.000             | 0.595        | 218.490      | 4.423           | 1.429      |
| Pizza Topping                 | 4.000 oz.     | 210.792      | 16.009       | 11.475    | 11.185   | 19.785            | 3.950        | 624.543      | 4.620           | 3.619      |
| Arugula                       | 1.500 oz.     | 10.631       | 1.097        | 1.552     | 0.281    | 0.000             | 0.037        | 11.482       | 0.680           | 0.872      |
| Italian Dressing              | 1.250 oz.     | 61.419       | 0.173        | 2.760     | 5.691    | 0.000             | 0.889        | 94.858       | 0.519           | 1.571      |
| Nonfat, Skim or Fat Free Milk | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 4.900             | 0.397        | 129.850      | 0.000           | 12.299     |
| *****                         |               | 1373.495     | 55.487       | 177.185   | 54.013   | 94.139            | 20.337       | 1662.191     | 19.986          | 75.217     |
| <b>Breakfast</b>              |               | 354.442      | 14.877       | 47.530    | 12.675   | 19.900            | 4.411        | 554.992      | 5.227           | 25.842     |
| Cream Cheese                  | 0.750 oz.     | 45.000       | 2.000        | 1.000     | 4.000    | 15.000            | 2.500        | 95.000       | 0.000           | 1.000      |
| Lingonberry Sauce             | 1.000 oz.     | 28.792       | 0.130        | 7.231     | 0.062    | 0.000             | 0.014        | 0.142        | 0.227           | 6.543      |
| Flax Plus Waffle              | 2.000 item    | 190.000      | 4.000        | 27.000    | 8.000    | 0.000             | 1.500        | 330.000      | 5.000           | 6.000      |
| Nonfat, Skim or Fat Free Milk | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 4.900             | 0.397        | 129.850      | 0.000           | 12.299     |
| <b>Lunch</b>                  |               | 522.442      | 20.299       | 54.085    | 27.678   | 69.339            | 12.965       | 472.895      | 7.204           | 25.595     |
| Sour Cream and Chives         | 1.000 oz.     | 35.135       | 0.943        | 2.689     | 2.166    | 8.590             | 1.292        | 30.143       | 0.064           | 1.766      |
| Potato Skin Casserole         | 1.000 svg.    | 278.340      | 17.061       | 14.736    | 18.319   | 60.749            | 10.141       | 391.618      | 1.418           | 0.047      |
| Carob Chip Cookie             | 1.000 item    | 150.000      | 2.000        | 21.000    | 7.000    | 0.000             | 1.500        | 50.000       | 3.000           | 12.000     |
| Apple, Medium                 | 4.000 oz.     | 58.967       | 0.295        | 15.660    | 0.193    | 0.000             | 0.032        | 1.134        | 2.722           | 11.782     |
| <b>Dinner</b>                 |               | 496.611      | 20.311       | 75.570    | 13.661   | 4.900             | 2.961        | 634.304      | 7.555           | 23.780     |
| Herb Wrap                     | 1.000 item    | 70.000       | 3.000        | 12.000    | 1.000    | 0.000             | 0.000        | 160.000      | 1.000           | 0.000      |
| Guacamole                     | 1.500 oz.     | 52.500       | 0.150        | 7.500     | 2.250    | 0.000             | 0.750        | 150.000      | 0.750           | 0.000      |

| Name                              | Amount Unit   | Kcal<br>kcal | Protein<br>g | Carb<br>g | Fat<br>g | Cholesterol<br>mg | Sat Fat<br>g | Sodium<br>mg | Diet Fiber<br>g | Sugar<br>g |
|-----------------------------------|---------------|--------------|--------------|-----------|----------|-------------------|--------------|--------------|-----------------|------------|
| Vegetable Mix                     | 3.000 oz.     | 65.569       | 2.881        | 11.882    | 1.519    | 0.000             | 0.148        | 30.368       | 2.852           | 2.771      |
| Sweet Potato Casserole            | 3.000 oz.     | 97.892       | 1.533        | 19.888    | 1.279    | 0.000             | 0.166        | 14.086       | 1.953           | 5.711      |
| Cashew Crunch Cluster             | 1.000 oz.     | 120.000      | 4.000        | 12.000    | 7.000    | 0.000             | 1.500        | 150.000      | 1.000           | 3.000      |
| Nonfat, Skim or Fat Free Milk     | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 4.900             | 0.397        | 129.850      | 0.000           | 12.299     |
| ****                              |               | 1239.909     | 84.015       | 167.102   | 27.568   | 139.816           | 8.140        | 1425.064     | 15.330          | 72.165     |
| <b>Breakfast</b>                  |               | 356.679      | 15.210       | 62.881    | 5.693    | 19.900            | 2.916        | 355.275      | 3.510           | 36.406     |
| Cinnamon Raisin Bagel Mini        | 1.000 item    | 110.000      | 4.000        | 22.000    | 1.000    | 0.000             | 0.000        | 115.000      | 2.000           | 2.000      |
| Prunes                            | 0.750 oz.     | 51.029       | 0.464        | 13.582    | 0.081    | 0.000             | 0.019        | 0.425        | 1.510           | 8.107      |
| Reduced Fat Cream Cheese          | 0.750 oz.     | 45.000       | 2.000        | 1.000     | 4.000    | 15.000            | 2.500        | 95.000       | 0.000           | 1.000      |
| Apple Juice                       | 4.000 fl. oz. | 60.000       | 0.000        | 14.000    | 0.000    | 0.000             | 0.000        | 15.000       | 0.000           | 13.000     |
| Nonfat, Skim or Fat Free Milk     | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 4.900             | 0.397        | 129.850      | 0.000           | 12.299     |
| <b>Lunch</b>                      |               | 419.640      | 26.401       | 54.049    | 11.367   | 47.148            | 4.031        | 578.514      | 7.598           | 18.437     |
| White Bean Stew                   | 12.000 oz.    | 213.757      | 20.778       | 22.635    | 4.370    | 33.901            | 0.713        | 272.409      | 4.285           | 4.535      |
| Honey Wheat Biscuit               | 1.000 item    | 100.000      | 2.000        | 17.000    | 3.000    | 0.000             | 1.000        | 230.000      | 1.000           | 3.000      |
| Sour Cream Topping                | 1.000 oz.     | 37.799       | 0.945        | 2.835     | 2.362    | 9.450             | 1.417        | 33.074       | 0.000           | 1.890      |
| Shredded Mozzarella               | 0.250 oz.     | 22.781       | 1.772        | 0.253     | 1.519    | 3.797             | 0.886        | 43.030       | 0.000           | 0.000      |
| Orange                            | 3.400 oz.     | 45.303       | 0.906        | 11.326    | 0.116    | 0.000             | 0.014        | 0.000        | 2.313           | 9.012      |
| Dinner                            |               | 463.591      | 42.404       | 50.172    | 10.508   | 72.768            | 1.193        | 491.276      | 4.222           | 17.322     |
| Grilled Salmon Fillet             | 4.000 oz.     | 120.000      | 21.000       | 1.000     | 4.000    | 65.000            | 0.500        | 220.000      | 0.000           | 0.000      |
| Couscous                          | 3.600 oz.     | 142.815      | 4.597        | 28.047    | 0.224    | 0.000             | 0.041        | 59.570       | 1.912           | 0.605      |
| Edamame                           | 1.530 oz.     | 61.200       | 5.610        | 4.590     | 3.060    | 0.000             | 0.255        | 7.650        | 2.040           | 1.530      |
| Asparagus Spears                  | 1.500 oz.     | 10.247       | 1.537        | 1.537     | 0.000    | 0.000             | 0.000        | 0.000        | 0.256           | 1.025      |
| Dill Sauce                        | 1.000 oz.     | 38.679       | 0.913        | 2.699     | 2.612    | 2.868             | 0.000        | 74.206       | 0.014           | 1.863      |
| Nonfat, Skim or Fat Free Milk     | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 4.900             | 0.397        | 129.850      | 0.000           | 12.299     |
| ****                              |               | 1142.444     | 71.191       | 151.407   | 29.245   | 78.928            | 9.095        | 1222.172     | 23.314          | 76.898     |
| <b>Breakfast</b>                  |               | 355.141      | 21.807       | 42.614    | 11.162   | 9.940             | 1.206        | 174.542      | 2.692           | 35.959     |
| Greek Vanilla Yogurt              | 4.000 oz.     | 95.758       | 8.568        | 14.616    | 0.000    | 5.040             | 0.000        | 35.279       | 0.000           | 13.608     |
| Spiced Peaches                    | 4.000 oz.     | 46.384       | 0.020        | 11.112    | 0.009    | 0.000             | 0.006        | 9.187        | 0.032           | 9.135      |
| Almonds and Thyme                 | 0.750 oz.     | 122.349      | 4.472        | 4.587     | 10.540   | 0.000             | 0.803        | 0.225        | 2.660           | 0.918      |
| Nonfat, Skim or Fat Free Milk     | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 4.900             | 0.397        | 129.850      | 0.000           | 12.299     |
| <b>Lunch</b>                      |               | 345.220      | 15.672       | 54.501    | 8.054    | 20.530            | 4.521        | 479.447      | 15.735          | 22.072     |
| Tomato Basil Soup                 | 1.000 svg.    | 85.259       | 3.892        | 15.890    | 0.054    | 0.530             | 0.021        | 123.616      | 3.759           | 9.057      |
| Grilled Cheese                    | 1.000 svg.    | 210.000      | 11.000       | 26.000    | 8.000    | 20.000            | 4.500        | 350.000      | 10.000          | 4.000      |
| Fresh Fruit                       | 4.000 oz.     | 49.962       | 0.780        | 12.611    | 0.000    | 0.000             | 0.000        | 5.831        | 1.976           | 9.016      |
| <b>Dinner</b>                     |               | 442.083      | 33.712       | 54.292    | 10.029   | 48.458            | 3.369        | 568.184      | 4.888           | 18.866     |
| Turkey Tetrazzini                 | 1.000 svg.    | 288.368      | 23.452       | 34.282    | 5.864    | 43.558            | 2.639        | 334.915      | 2.163           | 3.702      |
| Antipasto Salad                   | 4.000 oz.     | 63.065       | 1.513        | 7.711     | 3.553    | 0.000             | 0.333        | 103.419      | 2.724           | 2.865      |
| Nonfat, Skim or Fat Free Milk     | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 4.900             | 0.397        | 129.850      | 0.000           | 12.299     |
| <b>WEEK E. 2nd Part</b>           |               | 1218.819     | 75.551       | 176.058   | 20.961   | 85.758            | 6.749        | 1188.214     | 11.098          | 103.479    |
| <b>Breakfast</b>                  |               | 378.838      | 21.549       | 59.183    | 6.283    | 4.900             | 1.342        | 232.766      | 4.276           | 42.640     |
| Cherry Cranberry Sauce            | 2.500 oz.     | 49.015       | 0.225        | 12.797    | 0.000    | 0.000             | 0.000        | 0.317        | 1.824           | 10.046     |
| Strawberry Greek Yogurt           | 4.500 oz.     | 106.875      | 10.688       | 15.188    | 0.000    | 0.000             | 0.000        | 50.625       | 0.563           | 14.625     |
| Dark Chocolate & Cranberry Crunch | 1.000 oz.     | 132.298      | 1.890        | 18.900    | 5.670    | 0.000             | 0.945        | 51.974       | 1.890           | 5.670      |

| Name                                   | Amount Unit   | Kcal<br>kcal | Protein<br>g | Carb<br>g | Fat<br>g | Cholesterol<br>mg | Sat Fat<br>g | Sodium<br>mg | Diet Fiber<br>g | Sugar<br>g |
|--|---------------|--------------|--------------|-----------|----------|-------------------|--------------|--------------|-----------------|------------|
| Nonfat, Skim or Fat Free Milk          | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 4.900             | 0.397        | 129.850      | 0.000           | 12.299     |
| <b>Lunch</b>                           |               | 400.136      | 24.588       | 47.158    | 9.693    | 51.256            | 3.000        | 378.223      | 2.354           | 33.161     |
| Vanilla Yogurt                         | 6.000 oz.     | 150.086      | 7.004        | 25.014    | 2.501    | 10.006            | 1.501        | 100.057      | 0.000           | 25.014     |
| Chicken Breast                         | 3.000 oz.     | 90.000       | 15.750       | 0.000     | 3.000    | 41.250            | 0.750        | 172.500      | 0.000           | 0.000      |
| Pita Bread                             | 0.500 item    | 50.000       | 1.500        | 9.000     | 0.000    | 0.000             | 0.000        | 80.000       | 1.000           | 0.500      |
| Spinach                                | 0.500 oz.     | 3.335        | 0.334        | 0.500     | 0.000    | 0.000             | 0.000        | 10.840       | 0.334           | 0.000      |
| Dried Cranberries                      | 0.500 oz.     | 43.375       | 0.000        | 8.788     | 0.142    | 0.000             | 0.142        | 0.425        | 0.850           | 2.268      |
| Chopped Apple                          | 1.000 oz.     | 14.742       | 0.000        | 3.856     | 0.000    | 0.000             | 0.000        | 0.227        | 0.170           | 2.948      |
| Apple Vinegarette Dressing             | 0.500 oz.     | 48.599       | 0.000        | 0.000     | 4.050    | 0.000             | 0.607        | 14.175       | 0.000           | 2.430      |
| <b>Dinner</b>                          |               | 439.174      | 28.138       | 65.664    | 7.229    | 48.761            | 2.746        | 680.307      | 5.191           | 26.468     |
| Tuna Casserole                         | 1.000 svg.    | 221.229      | 16.447       | 24.442    | 5.954    | 43.861            | 2.311        | 346.692      | 1.488           | 2.674      |
| Cooked Carrots                         | 3.000 oz.     | 47.958       | 0.521        | 12.023    | 0.102    | 0.000             | 0.018        | 61.334       | 2.284           | 9.280      |
| Cucumber Salad                         | 3.000 oz.     | 19.337       | 0.423        | 3.900     | 0.061    | 0.000             | 0.021        | 2.432        | 0.419           | 2.215      |
| Pumpnickel Roll                        | 1.000 item    | 60.000       | 2.000        | 13.000    | 0.500    | 0.000             | 0.000        | 140.000      | 1.000           | 0.000      |
| Milk, Non Fat Skim or Fat Free,        | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 4.900             | 0.397        | 129.850      | 0.000           | 12.299     |
| *****                                  |               | 1162.793     | 72.994       | 128.945   | 41.740   | 87.126            | 11.395       | 1574.141     | 19.551          | 56.956     |
| <b>Breakfast</b>                       |               | 308.420      | 29.730       | 32.297    | 7.197    | 32.832            | 3.562        | 611.301      | 6.827           | 15.638     |
| Quiche                                 | 1.000 svg.    | 107.770      | 13.983       | 4.998     | 3.834    | 12.932            | 2.415        | 246.451      | 0.827           | 1.339      |
| Multigrain Bread                       | 1.000 item    | 70.000       | 3.000        | 15.000    | 0.500    | 0.000             | 0.000        | 100.000      | 6.000           | 2.000      |
| Turkey Sausage Link                    | 1.000 item    | 40.000       | 4.000        | 0.000     | 2.250    | 15.000            | 0.750        | 135.000      | 0.000           | 0.000      |
| Nonfat, Skim or Fat Free Milk          | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 4.900             | 0.397        | 129.850      | 0.000           | 12.299     |
| <b>Lunch</b>                           |               | 426.361      | 15.894       | 33.941    | 27.030   | 20.742            | 6.856        | 621.608      | 5.962           | 15.504     |
| Caesar Salad                           | 3.000 oz.     | 14.458       | 1.046        | 2.798     | 0.255    | 0.000             | 0.033        | 6.804        | 1.786           | 1.012      |
| Caesar Dressing                        | 2.000 oz.     | 107.456      | 4.638        | 3.443     | 8.680    | 6.567             | 1.813        | 207.960      | 0.151           | 1.817      |
| Romano Shredded Cheese                 | 0.500 oz.     | 56.699       | 2.835        | 0.000     | 5.670    | 14.175            | 2.835        | 311.845      | 0.000           | 0.000      |
| Slivered Almonds                       | 0.500 oz.     | 87.748       | 3.375        | 2.700     | 7.425    | 0.000             | 0.675        | 0.000        | 2.025           | 0.675      |
| Chocolate Zucchini Muffin              | 2.000 oz.     | 160.000      | 4.000        | 25.000    | 5.000    | 0.000             | 1.500        | 95.000       | 2.000           | 12.000     |
| <b>Dinner</b>                          |               | 428.012      | 27.370       | 62.706    | 7.513    | 33.553            | 0.977        | 341.232      | 6.762           | 25.814     |
| Green Pepper                           | 0.500 item    | 11.900       | 0.512        | 2.761     | 0.101    | 0.000             | 0.035        | 1.785        | 1.012           | 1.428      |
| Marinara Sauce                         | 2.000 oz.     | 27.216       | 0.907        | 4.536     | 0.454    | 0.000             | 0.000        | 9.072        | 1.361           | 2.722      |
| Stuffed Pepper Filling                 | 5.500 oz.     | 168.246      | 15.205       | 20.110    | 2.346    | 28.653            | 0.546        | 105.525      | 2.390           | 4.365      |
| Cornbread Muffin                       | 1.000 item    | 130.000      | 2.000        | 23.000    | 4.000    | 0.000             | 0.000        | 95.000       | 2.000           | 5.000      |
| Nonfat, Skim or Fat Free Milk          | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 4.900             | 0.397        | 129.850      | 0.000           | 12.299     |
| *****                                  |               | 1157.156     | 69.988       | 160.934   | 27.689   | 84.559            | 5.610        | 1174.271     | 26.530          | 56.020     |
| <b>Breakfast</b>                       |               | 410.444      | 17.319       | 58.209    | 12.076   | 4.900             | 1.468        | 163.352      | 8.054           | 22.952     |
| Pumpkin Flax Cereal                    | 1.750 oz.     | 231.521      | 6.615        | 34.728    | 8.269    | 0.000             | 0.827        | 33.074       | 4.961           | 8.269      |
| Cranberries, Almonds, and Flax<br>Seed | 0.800 oz.     | 88.273       | 1.958        | 11.182    | 3.194    | 0.000             | 0.245        | 0.428        | 3.093           | 2.384      |
| Nonfat, Skim or Fat Free Milk          | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 4.900             | 0.397        | 129.850      | 0.000           | 12.299     |
| <b>Lunch</b>                           |               | 338.585      | 30.270       | 48.987    | 3.996    | 53.155            | 0.541        | 376.874      | 8.687           | 13.797     |
| Chicken Breast                         | 3.500 oz.     | 88.592       | 19.490       | 0.000     | 1.181    | 53.155            | 0.295        | 94.498       | 0.000           | 0.000      |

| Name                          | Amount Unit   | Kcal<br>kcal | Protein<br>g | Carb<br>g | Fat<br>g | Cholesterol<br>mg | Sat Fat<br>g | Sodium<br>mg | Diet Fiber<br>g | Sugar<br>g |
|-------------------------------|---------------|--------------|--------------|-----------|----------|-------------------|--------------|--------------|-----------------|------------|
| Teriyaki Topping              | 0.500 fl. oz. | 5.979        | 0.295        | 1.090     | 0.008    | 0.000             | 0.001        | 141.667      | 0.027           | 0.746      |
| Bun                           | 1.000 item    | 140.000      | 8.000        | 27.000    | 1.000    | 0.000             | 0.000        | 130.000      | 6.000           | 1.000      |
| Cherry Dessert                | 2.500 oz.     | 47.849       | 0.612        | 11.002    | 0.291    | 0.000             | 0.066        | 1.794        | 1.055           | 9.644      |
| Granola Topping for Dessert   | 0.500 oz.     | 56.164       | 1.872        | 9.896     | 1.516    | 0.000             | 0.178        | 8.915        | 1.605           | 2.407      |
| <b>Dinner</b>                 |               | 408.127      | 22.400       | 53.738    | 11.617   | 26.503            | 3.601        | 634.044      | 9.790           | 19.271     |
| Tuscan Ravioli                | 4.000 item    | 192.000      | 7.200        | 29.600    | 4.800    | 12.000            | 1.200        | 312.000      | 4.800           | 1.600      |
| Creamy Tomato Basil           | 1.500 oz.     | 48.602       | 1.666        | 2.113     | 3.828    | 9.603             | 2.002        | 172.940      | 0.180           | 1.406      |
| Chopped Tomatoes              | 0.250 oz.     | 1.276        | 0.062        | 0.276     | 0.014    | 0.000             | 0.002        | 0.354        | 0.085           | 0.186      |
| Vegetable Blend               | 3.000 oz.     | 75.599       | 4.725        | 9.450     | 2.362    | 0.000             | 0.000        | 18.900       | 4.725           | 3.780      |
| Nonfat, Skim or Fat Free Milk | 8.000 fl. oz. | 90.650       | 8.747        | 12.299    | 0.613    | 4.900             | 0.397        | 129.850      | 0.000           | 12.299     |