Southeastern Mills

 # 30546 / 3 CHEDDAR GARLIC BISCUIT #2 24-7 OZ.

Nutrient	Per 35.1 Gram Serving
Basic Components	
Calories (kcal)	154.06
Calories from Fat (kcal)	55.75
Calories from SatFat (kcal)	20.15
Protein (g)	3.35
Carbohydrates (g)	21.54
Dietary Fiber (g)	1.85
Soluble Fiber (g)	0.16
Total Sugars (g)	1.06
Monosaccharides (g)	0.14
Disaccharides (g)	0.09
Other Carbs (g)	18.40
Fat (g)	6.19
Saturated Fat (g)	2.25
Mono Fat (g)	1.02
Poly Fat (g)	0.57
Trans Fatty Acid (g)	1.93
Cholesterol (mg)	3.97
Water (g)	1.95
Insoluble Fiber (g)	0.25
Galactose (g)	0
Glucose (g)	0.09
Fructose (g)	0.05
Lactose (g)	0.03
Sucrose (g)	0.06
Maltose (g)	0.00
Net Carbs (g)	19.69
Ash (g)	1.59
Kilojoules (kj)	644.60
Calories from TransFat (kcal)	17.40
Starch (g)	--
Vitamins	
Vitamin A - IU (IU)	22.65
Vitamin A - RE (RE)	1.97
Vitamin A - RAE (RAE)	1.07
Vitamin A - Carotenoid RE (RE)	0.81
Vitamin A - Retinol RE (RE)	0.80
Beta-Carotene (mcg)	3.82
Vitamin B1 - Thiamin (mg)	0.12
Vitamin B2 - Riboflavin (mg)	0.09
Vitamin B3 - Niacin (mg)	1.05
Niacin Equivalents (mg)	1.28
Vitamin B6 (mg)	0.02
Vitamin B12 (mcg)	0.88
Biotin (mcg)	0.25
Vitamin C (mg)	0.23
Vitamin D - IU (IU)	0.11
Vitamin D - mcg (mcg)	0.10
Vitamin E - Alpha-Toco (mg)	0.01
Folate (mcg)	23.93
Folate, DFE (mcg)	0.53
Vitamin K (mcg)	0.09
Pantothenic Acid (mg)	0.14
Vitamin E - Alpha Equivalents (mg)	0.03
Vitamin E - IU (IU)	0.03
Vitamin E - mg (mg)	0.22
Folic Acid (mcg)	0.29
Folate, food (mcg)	0.53
Alpha Carotene (mcg)	0.08
Beta Carotene Equiv (mcg)	3.90

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Cryptoxanthin (mcg)	0.07
Minerals	
Calcium (mg)	61.15
Chromium (mcg)	0
Copper (mg)	0.03
Fluoride (mg)	0
Iodine (mcg)	2.13
Iron (mg)	1.39
Magnesium (mg)	4.61
Manganese (mg)	0.11
Molybdenum (mcg)	0.09
Phosphorus (mg)	216.94
Potassium (mg)	78.63
Selenium (mcg)	5.49
Sodium (mg)	396.88
Zinc (mg)	0.17
Boron (mcg)	0
Chloride (mg)	321.60
Saturated Fats	
4:0 - Butyric (g)	0.00
6:0 - Caprioc (g)	0.00
8:0 - Caprylic (g)	0.00
10:0 - Capric (g)	0.00
12:0 - Lauric (g)	0.00
14:0 - Myristic (g)	0.00
15:0 - Pentadec (g)	0.00
16:0 - Palmitic (g)	0.02
17:0 - Heptadec (g)	0.00
18:0 - Stearic (g)	0.01
20:0 - Arachidic (g)	0
22:0 - Behenate (g)	0
24:0 - Tetracos (g)	0
Mono Fats	
14:1 - Myristol (g)	0.00
15:1 - Pentadecenoic (g)	0
16:1 - Palmitol (g)	0.00
17:1 - Heptadecenoic (g)	0.00
18:1 - Oleic (g)	0.03
20:1 - Eicosen (g)	0.00
22:1 - Erucic (g)	0
24:1 - Nervonic (g)	0
Poly Fats	
18:2 - Linoleic (g)	0.01
18:3 - Linolenic (g)	0.00
18:4 - Stearidon (g)	0.00
20:3 - Eicosatrienoic (g)	0
20:4 - Arachidon (g)	0.00
20:5 - EPA (g)	0.00
22:5 - DPA (g)	0
22:6 - DHA (g)	0.00
Other Fats	
Omega 3 Fatty Acid (g)	0.00
Omega 6 Fatty Acid (g)	0.01
Amino Acids	
Alanine (g)	0.01
Arginine (g)	0.02
Aspartate (g)	0.02
Cystine (g)	0.00
Glutamate (g)	0.05
Glycine (g)	0.01
Histidine (g)	0.01
Isoleucine (g)	0.02

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Leucine (g)	0.03
Lysine (g)	0.02
Methionine (g)	0.01
Phenylalanine (g)	0.01
Proline (g)	0.02
Serine (g)	0.01
Threonine (g)	0.01
Tryptophan (g)	0.00
Tyrosine (g)	0.01
Valine (g)	0.02
Other Nutrients	
Gram Weight (g)	35.10
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	0.30
Sugar Alcohol (g)	0
Artificial Sweetener (mg)	0
Aspartame (mg)	0
Saccharin (mg)	0
Glycerol (g)	0
Inositol (g)	0
Mannitol (g)	0
Sorbitol (g)	0
Xylitol (g)	0
Organic Acids (g)	0.02
Acetic Acid (g)	0
Citric Acid (g)	0.00
Lactic Acid (g)	0.02
Malic Acid (g)	0
Taurine (g)	0
Lutein & Zeaxanthin (mcg)	2.42
Lycopene (mcg)	0
Cost	--
Glycemic Index	--
Glycemic Load	0
Pyramid	
Pyramid - Bread	1.25
Pyramid - Fat	--
Pyramid - Fruit	--
Pyramid - Meat	0.00
Pyramid - Milk	0.02
Pyramid - Vegetables	--
Exchanges	
Exchange - Fat	0.02
Exchange - Fruit	--
Exchange - Meat	0.01
Exchange - Milk	0.02
Exchange - Other Carbs	--
Exchange - Starch	1.15
Exchange - Vegetables	--
Exchange - Very Lean Meat	--