



Foodlist Summary Report  
 For: # 0043 SM BRN CNTRY GRVY MX 24/4.5 OZ  
 May 28, 2004

Total Weight: 128.00 g (0.28 lb.)  
 Serving Size: 11.00 g (0.02 lb.)  
 Serves: 11.64

#### Multi-Column

##### Basic Components

Calories	49.70	
Calories from Fat	22.76	
Calories from Saturated Fat	6.26	
Protein	0.32	g
Carbohydrates	6.30	g
Dietary Fiber	0.08	g
Soluble Fiber	0.03	g
InSoluble Fiber	0.02	g
Sugar - Total	0.41	g
Monosaccharides	0	g
Galactose	0	g
Glucose	0	g
Fructose	0	g
Disaccharides	0	g
Lactose	0	g
Sucrose	0	g
Maltose	0	g
Other Carbs	2.40	g
Fat - Total	2.53	g
Saturated Fat	0.70	g
Mono Fat	0.04	g
Poly Fat	0.12	g
Trans Fatty Acids	1.06	g
Cholesterol	0.03	mg
Water	0.28	g
Ash	0.73	g
KiloJoules	23.36	
Vitamins		
Vitamin A IU	0.54	IU
Vitamin A RAE	0.00	RAE
Vitamin A RE	0.01	RE
A - Carotenoid	0.01	RE
A - Retinol	0	RE
A - Beta Carotene	0.05	mcg
Thiamin-B1	0.00	mg
Riboflavin-B2	0.00	mg
Niacin-B3	0.00	mg
Niacin Equiv.	0.00	mg
Vitamin-B6	0.00	mg



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Vitamin-B12	0	mcg
Biotin	0	mcg
Vitamin C	0.03	mg
Vitamin D IU	0	IU
Vitamin D mcg	0	mcg
Vit E Alpha-Tocopherol	0.00	AToco
Vit E-Alpha Equiv.	0.00	mg
Vitamin E IU	0.00	IU
Vitamin E mg	0.00	mg
Folate	2.86	mcg
Folate DFE	0.19	DFE
Vitamin K	0	mcg
Pantothenic Acid	0.00	mg
<b>Minerals</b>		
Boron	0	mcg
Calcium	5.08	mg
Chloride	486.07	mg
Chromium	0	mcg
Copper	0.00	mg
Fluoride	0	mg
Iodine	1.46	mcg
Iron	0.14	mg
Magnesium	0.40	mg
Manganese	0.00	mg
Molybdenum	0	mcg
Phosphorus	0.54	mg
Potassium	2.09	mg
Selenium	0.00	mcg
Sodium	375.86	mg
Zinc	0.00	mg
<b>Other Fats</b>		
Omega 3 Fatty Acids	0.00	g
Omega 6 Fatty Acids	0.00	g

**INGREDIENTS: PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CORN SYRUP SOLIDS, MALTODEXTRIN, SALT, MONOSODIUM GLUTAMATE, SODIUM CASEINATE, HYDROLYZED VEGETABLE PROTEIN (SOY AND CORN PROTEIN), AUTOLYZED YEAST EXTRACT, ONION POWDER, CARAMEL COLOR, NATURAL FLAVOR, SPICE, MONO AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE, CHICKEN FAT, OLEORESIN TURMERIC, LECITHIN.**