



Foodlist Summary Report
 For: # 99132 SM COUNTRY GRAVY 4.5 OZ. (A1)
 May 27, 2004

Total Weight: 127.69 g (0.28 lb.)
 Serving Size: 11.00 g (0.02 lb.)
 Serves: 11.61

Multi-Column

Basic Components

Calories	52.13	
Calories from Fat	27.10	
Calories from Saturated Fat	7.37	
Protein	0.49	g
Carbohydrates	5.83	g
Dietary Fiber	0.12	g
Soluble Fiber	0.04	g
InSoluble Fiber	0.03	g
Sugar - Total	0.74	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	2.20	g
Fat - Total	3.01	g
Saturated Fat	0.82	g
Mono Fat	0.01	g
Poly Fat	0.03	g
Trans Fatty Acids	1.37	g
Cholesterol	0.09	mg
Water	0.32	g
Ash	0.53	g
KiloJoules	11.69	
Vitamins		
Vitamin A IU	1.14	IU
Vitamin A RAE	0.01	RAE
Vitamin A RE	0.03	RE
A - Carotenoid	0.03	RE
A - Retinol	0	RE
A - Beta Carotene	0.15	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



Southeastern Mills

Vitamin-B12	0	mcg
Biotin	0	mcg
Vitamin C	0.05	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	3.45	mcg
Folate DFE	0.01	DFE
Vitamin K	0	mcg
Pantothenic Acid	0	mg
Minerals		
Boron	0	mcg
Calcium	6.57	mg
Chloride	302.61	mg
Chromium	0	mcg
Copper	0.00	mg
Fluoride	0	mg
Iodine	0.86	mcg
Iron	0.20	mg
Magnesium	0.37	mg
Manganese	0.01	mg
Molybdenum	0	mcg
Phosphorus	0.29	mg
Potassium	1.73	mg
Selenium	0.01	mcg
Sodium	239.66	mg
Zinc	0.00	mg
Other Fats		
Omega 3 Fatty Acids	0.00	g
Omega 6 Fatty Acids	0.00	g

INGREDIENTS: PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, MODIFIED CORN STARCH, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTERMILK SOLIDS, MALTODEXTRIN, SALT, CORN SYRUP SOLIDS, AUTOLYZED YEAST EXTRACT, SPICES, CHICKEN FAT (PRESERVED WITH BHA, PROPYL GALLATE, AND CITRIC ACID), SUGAR, MONO AND DIGLYCERIDES, SODIUM CASEINATE, SODIUM CITRATE, HYDROLYZED CORN GLUTEN AND SOY PROTEIN, DIPOTASSIUM PHOSPHATE, CARRAGEENAN, ANNATTO EXTRACT, NATURAL AND ARTIFICIAL FLAVOR, CITRIC ACID, SOY FLOUR, DRIED CHICKEN MEAT, TURMERIC, DRIED GARLIC, DISODIUM INOSINATE, DISODIUM GUANYLATE, FD&C YELLOW 5, FD&C YELLOW 6. LESS THAN 2% SILICOALUMINATE ADDED AS ANTI-CAKING.