



Foodlist Summary Report
 For: # 0082 SM PEPPERED GRAVY MX 24/4.5 OZ
 May 27, 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	53.80	
Calories from Fat	27.68	
Calories from Saturated Fat	7.73	
Protein	0.29	g
Carbohydrates	6.26	g
Dietary Fiber	0.09	g
Soluble Fiber	0.03	g
InSoluble Fiber	0.03	g
Sugar - Total	0.44	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	1.31	g
Fat - Total	3.08	g
Saturated Fat	0.86	g
Mono Fat	0.03	g
Poly Fat	0.09	g
Trans Fatty Acids	1.34	g
Cholesterol	0.03	mg
Water	0.29	g
Ash	0.56	g
KiloJoules	1.15	
Vitamins		
Vitamin A IU	0.65	IU
Vitamin A RAE	0.01	RAE
Vitamin A RE	0.02	RE
A - Carotenoid	0.02	RE
A - Retinol	0	RE
A - Beta Carotene	0.12	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	0.02	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	2.76	mcg
Folate DFE	0.01	DFE
Vitamin K	0	mcg
Pantothenic Acid	0	mg
Minerals		
Boron	0	mcg
Calcium	4.23	mg
Chloride	323.64	mg
Chromium	0	mcg
Copper	0.00	mg
Fluoride	0	mg
Iodine	0.54	mcg
Iron	0.16	mg
Magnesium	0.27	mg
Manganese	0.01	mg
Molybdenum	0	mcg
Phosphorus	0.21	mg
Potassium	1.39	mg
Selenium	0.00	mcg
Sodium	223.93	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 OIL, MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN SYRUP SOLIDS, SALT, SODIUM CASEINATE, BLACK PEPPER, MONO AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE, LECITHIN, CARAMEL COLOR.