



Foodlist Summary Report
 For: # 94012 COUNTRY CKN GRVY MX 24/4.5 OZ (A1)
 May 13, 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	42.60	
Calories from Fat	11.01	
Calories from Saturated Fat	2.82	
Protein	0.27	g
Carbohydrates	7.52	g
Dietary Fiber	0.06	g
Soluble Fiber	0.02	g
InSoluble Fiber	0.02	g
Sugar - Total	0.41	g
Monosaccharides	0	g
Galactose	0	g
Glucose	0	g
Fructose	0	g
Disaccharides	0.11	g
Lactose	0	g
Sucrose	0.11	g
Maltose	0	g
Other Carbs	4.98	g
Fat - Total	1.22	g
Saturated Fat	0.31	g
Mono Fat	0.04	g
Poly Fat	0.08	g
Trans Fatty Acids	0.42	g
Cholesterol	0.18	mg
Water	0.46	g
Ash	0.80	g
KiloJoules	76.84	
Vitamins		
Vitamin A IU	0.74	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	0.17	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	0.01	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	1.98	mcg
Folate DFE	0.08	DFE
Vitamin K	0.00	mcg
Pantothenic Acid	0.00	mg
Minerals		
Boron	0	mcg
Calcium	7.14	mg
Chloride	467.54	mg
Chromium	0	mcg
Copper	0.00	mg
Fluoride	0	mg
Iodine	3.25	mcg
Iron	0.11	mg
Magnesium	0.54	mg
Manganese	0.00	mg
Molybdenum	0	mcg
Phosphorus	0.42	mg
Potassium	0.58	mg
Selenium	0.00	mcg
Sodium	364.88	mg
Zinc	0.00	mg
Other Fats		
Omega 3 Fatty Acids	0.00	g
Omega 6 Fatty Acids	0.00	g

INGREDIENTS: MALTODEXTRIN, MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, HYDROLYZED VEGETABLE PROTEIN (FROM CORN GLUTEN AND SOY PROTEIN), RENDERED CHICKEN FAT, MONOSODIUM GLUTAMATE, SUGAR, NONFAT DRY MILK, SPICES, ONION POWDER, SODIUM CASEINATE, CHICKEN MEAT, AUTOLYZED YEAST EXTRACT, MONO AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, OLEORESIN TURMERIC, NATURAL FLAVOR, SODIUM SILICOALUMINATE, TBHQ, CITRIC ACID.