



Foodlist Summary Report
 For: # 0085 SM COUNTRY BISCUIT MX 24/6 OZ
 May 28, 2004

Total Weight: 170.00 g (0.37 lb.)
 Serving Size: 40.00 g (0.09 lb.)
 Serves: 4.25

Multi-Column

Basic Components

Calories	185.73	
Calories from Fat	86.93	
Calories from Saturated Fat	25.77	
Protein	2.92	g
Carbohydrates	21.68	g
Dietary Fiber	0.43	g
Soluble Fiber	0.20	g
InSoluble Fiber	0.18	g
Sugar - Total	2.29	g
Monosaccharides	0.03	g
Galactose	0.03	g
Glucose	0	g
Fructose	0	g
Disaccharides	1.11	g
Lactose	0.54	g
Sucrose	0.57	g
Maltose	0	g
Other Carbs	18.96	g
Fat - Total	9.66	g
Saturated Fat	2.86	g
Mono Fat	1.07	g
Poly Fat	0.39	g
Trans Fatty Acids	4.03	g
Cholesterol	0.91	mg
Water	0.05	g
Ash	0.77	g
KiloJoules	32.04	
Vitamins		
Vitamin A IU	6.49	IU
Vitamin A RAE	0.62	RAE
Vitamin A RE	0.68	RE
A - Carotenoid	0.12	RE
A - Retinol	0.56	RE
A - Beta Carotene	0	mcg
Thiamin-B1	0.01	mg
Riboflavin-B2	0.02	mg
Niacin-B3	0.16	mg
Niacin Equiv.	0.10	mg
Vitamin-B6	0.00	mg



Southeastern Mills

Vitamin-B12	0.32	mcg
Biotin	0	mcg
Vitamin C	0.10	mg
Vitamin D IU	0.23	IU
Vitamin D mcg	0.01	mcg
Vit E Alpha-Tocopherol	0.01	AToco
Vit E-Alpha Equiv.	0.01	mg
Vitamin E IU	0.01	IU
Vitamin E mg	0.01	mg
Folate	19.60	mcg
Folate DFE	0.56	DFE
Vitamin K	0.00	mcg
Pantothenic Acid	0.04	mg
Minerals		
Boron	0.12	mcg
Calcium	101.43	mg
Chloride	255.48	mg
Chromium	0	mcg
Copper	0.00	mg
Fluoride	0	mg
Iodine	3.22	mcg
Iron	1.01	mg
Magnesium	2.03	mg
Manganese	0.00	mg
Molybdenum	0.21	mcg
Phosphorus	255.43	mg
Potassium	18.69	mg
Selenium	0.24	mcg
Sodium	417.42	mg
Zinc	0.05	mg
Other Fats		
Omega 3 Fatty Acids	0.00	g
Omega 6 Fatty Acids	0.00	g

INGREDIENTS: BLEACHED ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PARTIALLY HYDROGENATED SOYBEAN OIL, BUTTERMILK SOLIDS, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), PARTIALLY HYDROGENATED COTTONSEED OIL, SUGAR, SALT, MONO AND DIGLYCERIDES, SOYBEAN LECITHIN, SODIUM SILICOALUMINATE.