

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



PROTEINS

NUTRITIONAL INFO



BAY-B-BACK RIBS (SINGLE BONE SERVING)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	68.04	100.00
Calories (kcal)	197.95	290.93
Calories from Fat (kcal)	129.66	190.57
Calories from SatFat (kcal)	47.02	69.10
Protein (g)	15.41	22.65
Carbohydrates (g)	0.63	0.93
Dietary Fiber (g)	0	0
Soluble Fiber (g)	0	0
Total Sugars (g)	0.63	0.93
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	0	0
Fat (g)	14.41	21.17
Saturated Fat (g)	5.22	7.68
Mono Fat (g)	6.22	9.14
Poly Fat (g)	2.36	3.47
Trans Fatty Acid (g)	0.13	0.19
Cholesterol (mg)	56.26	82.69
Water (g)	36.72	53.96
VITAMINS		
Vitamin A - IU (IU)	13.40	19.69
Vitamin A - RAE (RAE)	4.02	5.91
Carotenoid RE (RE)	0	0
Retinol RE (RE)	4.02	5.91
Beta-Carotene (mcg)	0	0
Vitamin B1 (mg)	0.31	0.45
Vitamin B2 (mg)	0.22	0.33
Vitamin B3 (mg)	5.11	7.52
Vitamin B3 - Niacin Equiv (mg)	8.17	12.01
Vitamin B6 (mg)	0.28	0.41
Vitamin B12 (mcg)	0.50	0.73
Biotin (mcg)	1.34	1.97
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	32.15	47.25
Vitamin D - mcg (mcg)	0.80	1.18
Vitamin E - Alpha-Toco (mg)	0.17	0.25
Folate (mcg)	0	0
Folate, DFE (mcg)	0	0
Vitamin K (mcg)	0	0
Pantothenic Acid (mg)	0.84	1.24

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	30.81	45.28
Chromium (mcg)	-	-
Copper (mg)	0.07	0.11
Fluoride (mg)	-	-
Iodine (mcg)	-	-
Iron (mg)	0.62	0.91
Magnesium (mg)	11.39	16.73
Manganese (mg)	0.01	0.01
Molybdenum (mcg)	2.28	3.35
Phosphorus (mg)	110.51	162.42
Potassium (mg)	160.74	236.25
Selenium (mcg)	21.57	31.70
Sodium (mg)	177.43	260.78
Zinc (mg)	2.06	3.02
POLYFATS		
Omega 3 Fatty Acid (g)	0.11	0.16
Omega 6 Fatty Acid (g)	2.16	3.18
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	52.64	77.37

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BAY-B-BACK RIBS (5 BONE SERVING)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	340.19	100.00
Calories (kcal)	989.73	290.93
Calories from Fat (kcal)	648.29	190.57
Calories from SatFat (kcal)	235.08	69.10
Protein (g)	77.06	22.65
Carbohydrates (g)	3.17	0.93
Dietary Fiber (g)	0	0
Soluble Fiber (g)	0	0
Total Sugars (g)	3.17	0.93
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	0	0
Fat (g)	72.03	21.17
Saturated Fat (g)	26.12	7.68
Mono Fat (g)	31.11	9.14
Poly Fat (g)	11.82	3.47
Trans Fatty Acid (g)	0.63	0.19
Cholesterol (mg)	281.30	82.69
Water (g)	183.58	53.96
VITAMINS		
Vitamin A - IU (IU)	66.98	19.69
Vitamin A - RAE (RAE)	20.09	5.91
Carotenoid RE (RE)	0	0
Retinol RE (RE)	20.09	5.91
Beta-Carotene (mcg)	0	0
Vitamin B1 (mg)	1.54	0.45
Vitamin B2 (mg)	1.11	0.33
Vitamin B3 (mg)	25.57	7.52
Vitamin B3 - Niacin Equiv (mg)	40.86	12.01
Vitamin B6 (mg)	1.38	0.41
Vitamin B12 (mcg)	2.48	0.73
Biotin (mcg)	6.70	1.97
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	160.74	47.25
Vitamin D - mcg (mcg)	4.02	1.18
Vitamin E - Alpha-Toco (mg)	0.84	0.25
Folate (mcg)	0	0
Folate, DFE (mcg)	0	0
Vitamin K (mcg)	0	0
Pantothenic Acid (mg)	4.22	1.24

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	154.04	45.28
Chromium (mcg)	-	-
Copper (mg)	0.36	0.11
Fluoride (mg)	-	-
Iodine (mcg)	-	-
Iron (mg)	3.08	0.91
Magnesium (mg)	56.93	16.73
Manganese (mg)	0.03	0.01
Molybdenum (mcg)	11.39	3.35
Phosphorus (mg)	552.55	162.42
Potassium (mg)	803.71	236.25
Selenium (mcg)	107.83	31.70
Sodium (mg)	887.16	260.78
Zinc (mg)	10.28	3.02
POLYFATS		
Omega 3 Fatty Acid (g)	0.55	0.16
Omega 6 Fatty Acid (g)	10.80	3.18
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	263.21	77.37

NUTRITIONAL INFO



BAY-B-BACK RIBS (10 BONE SERVING)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	680.39	100.00
Calories (kcal)	1979.46	290.93
Calories from Fat (kcal)	1296.58	190.57
Calories from SatFat (kcal)	470.17	69.10
Protein (g)	154.11	22.65
Carbohydrates (g)	6.34	0.93
Dietary Fiber (g)	0	0
Soluble Fiber (g)	0	0
Total Sugars (g)	6.34	0.93
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	0	0
Fat (g)	144.06	21.17
Saturated Fat (g)	52.24	7.68
Mono Fat (g)	62.22	9.14
Poly Fat (g)	23.64	3.47
Trans Fatty Acid (g)	1.26	0.19
Cholesterol (mg)	562.60	82.69
Water (g)	367.16	53.96
VITAMINS		
Vitamin A - IU (IU)	133.95	19.69
Vitamin A - RAE (RAE)	40.19	5.91
Carotenoid RE (RE)	0	0
Retinol RE (RE)	40.19	5.91
Beta-Carotene (mcg)	0	0
Vitamin B1 (mg)	3.08	0.45
Vitamin B2 (mg)	2.22	0.33
Vitamin B3 (mg)	51.14	7.52
Vitamin B3 - Niacin Equiv (mg)	81.73	12.01
Vitamin B6 (mg)	2.77	0.41
Vitamin B12 (mcg)	4.96	0.73
Biotin (mcg)	13.40	1.97
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	321.48	47.25
Vitamin D - mcg (mcg)	8.04	1.18
Vitamin E - Alpha-Toco (mg)	1.67	0.25
Folate (mcg)	0	0
Folate, DFE (mcg)	0	0
Vitamin K (mcg)	0	0
Pantothenic Acid (mg)	8.44	1.24

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	308.09	45.28
Chromium (mcg)	-	-
Copper (mg)	0.72	0.11
Fluoride (mg)	-	-
Iodine (mcg)	-	-
Iron (mg)	6.16	0.91
Magnesium (mg)	113.86	16.73
Manganese (mg)	0.07	0.01
Molybdenum (mcg)	22.77	3.35
Phosphorus (mg)	1105.10	162.42
Potassium (mg)	1607.42	236.25
Selenium (mcg)	215.66	31.70
Sodium (mg)	1774.32	260.78
Zinc (mg)	20.56	3.02
POLYFATS		
Omega 3 Fatty Acid (g)	1.10	0.16
Omega 6 Fatty Acid (g)	21.61	3.18
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	526.43	77.37

NUTRITIONAL INFO



BRISKET (MEAT MARKET 8OZ. PORTION) - LEAN

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.80	100.00
Calories (kcal)	480.35	211.8
Calories from Fat (kcal)	159.50	70.33
Calories from SatFat (kcal)	62.78	27.68
Protein (g)	72.95	32.17
Carbohydrates (g)	2.71	1.19
Dietary Fiber (g)	0.74	0.32
Soluble Fiber (g)	0	0
Total Sugars (g)	0.06	0.02
Monosaccharides (g)	0.02	0.01
Disaccharides (g)	0.04	0.02
Other Carbs (g)	1.92	0.85
Fat (g)	17.72	7.81
Saturated Fat (g)	6.98	3.08
Mono Fat (g)	7.60	3.35
Poly Fat (g)	0.68	0.30
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	202.55	89.31
Water (g)	130.07	57.35
VITAMINS		
Vitamin A - IU (IU)	12.60	5.55
Vitamin A - RAE (RAE)	0.63	0.28
Carotenoid RE (RE)	1.26	0.56
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	7.14	3.15
Vitamin B1 (mg)	0.16	0.07
Vitamin B2 (mg)	0.44	0.19
Vitamin B3 (mg)	10.31	4.55
Vitamin B3 - Niacin Equiv (mg)	18.30	8.07
Vitamin B6 (mg)	0.74	0.33
Vitamin B12 (mcg)	5.35	2.36
Biotin (mcg)	-	-
Vitamin C (mg)	0.02	0.01
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	1.00	0.44
Folate (mcg)	23.21	10.23
Folate, DFE (mcg)	23.21	10.23
Vitamin K (mcg)	7.30	3.22
Pantothenic Acid (mg)	1.47	0.65

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	53.38	25.53
Chromium (mcg)	5.54	2.44
Copper (mg)	0.29	0.13
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	6.40	2.82
Magnesium (mg)	51.48	22.70
Manganese (mg)	0.33	0.15
Molybdenum (mcg)	7.49	3.30
Phosphorus (mg)	451.00	198.86
Potassium (mg)	632.11	278.71
Selenium (mcg)	68.55	30.22
Sodium (mg)	1173.09	517.24
Zinc (mg)	16.83	7.42
POLYFATS		
Omega 3 Fatty Acid (g)	0.18	0.08
Omega 6 Fatty Acid (g)	0.49	0.22
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	277.27	122.26

NUTRITIONAL INFO



BRISKET (MEAT MARKET 80Z. PORTION) - MOIST

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.80	100.00
Calories (kcal)	594.83	262.28
Calories from Fat (kcal)	416.50	183.64
Calories from SatFat (kcal)	167.17	73.71
Protein (g)	39.38	17.36
Carbohydrates (g)	2.71	1.19
Dietary Fiber (g)	0.74	0.32
Soluble Fiber (g)	0	0
Total Sugars (g)	0.06	0.02
Monosaccharides (g)	0.02	0.01
Disaccharides (g)	0.04	0.02
Other Carbs (g)	1.92	0.85
Fat (g)	46.28	20.40
Saturated Fat (g)	18.57	8.19
Mono Fat (g)	21.00	9.26
Poly Fat (g)	1.55	0.68
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	156.31	68.92
Water (g)	132.41	58.38
VITAMINS		
Vitamin A - IU (IU)	12.60	5.55
Vitamin A - RAE (RAE)	0.63	0.28
Carotenoid RE (RE)	1.26	0.56
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	7.14	3.15
Vitamin B1 (mg)	0.19	0.08
Vitamin B2 (mg)	0.34	0.15
Vitamin B3 (mg)	6.91	3.05
Vitamin B3 - Niacin Equiv (mg)	14.23	6.27
Vitamin B6 (mg)	0.83	0.36
Vitamin B12 (mcg)	4.93	2.17
Biotin (mcg)	-	-
Vitamin C (mg)	0.02	0.01
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.04	0.02
Folate (mcg)	14.40	6.35
Folate, DFE (mcg)	14.40	6.35
Vitamin K (mcg)	3.78	1.67
Pantothenic Acid (mg)	0.71	0.31

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	24.75	10.91
Chromium (mcg)	0.37	0.16
Copper (mg)	0.20	0.09
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	4.04	1.78
Magnesium (mg)	44.88	19.79
Manganese (mg)	0.34	0.15
Molybdenum (mcg)	-	-
Phosphorus (mg)	376.14	165.85
Potassium (mg)	632.11	278.71
Selenium (mcg)	33.98	14.98
Sodium (mg)	1212.72	534.72
Zinc (mg)	9.41	4.15
POLYFATS		
Omega 3 Fatty Acid (g)	0.51	0.22
Omega 6 Fatty Acid (g)	1.03	0.45
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	163.67	72.16

NUTRITIONAL INFO



BRISKET (SANDWICH 6OZ. PORTION) - LEAN

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	213.10	100.00
Calories (kcal)	479.80	225.16
Calories from Fat (kcal)	134.18	62.97
Calories from SatFat (kcal)	50.51	23.70
Protein (g)	58.96	27.67
Carbohydrates (g)	23.60	11.07
Dietary Fiber (g)	1.45	0.68
Soluble Fiber (g)	0.26	0.12
Total Sugars (g)	2.78	1.31
Monosaccharides (g)	1.89	0.89
Disaccharides (g)	0.89	0.42
Other Carbs (g)	19.36	9.09
Fat (g)	14.91	7.00
Saturated Fat (g)	5.61	2.63
Mono Fat (g)	6.09	2.86
Poly Fat (g)	1.19	0.56
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	151.91	71.29
Water (g)	112.25	52.68
VITAMINS		
Vitamin A - IU (IU)	9.88	4.64
Vitamin A - RAE (RAE)	0.49	0.23
Carotenoid RE (RE)	0.99	0.46
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	5.35	2.51
Vitamin B1 (mg)	0.39	0.18
Vitamin B2 (mg)	0.42	0.20
Vitamin B3 (mg)	9.79	4.59
Vitamin B3 - Niacin Equiv (mg)	15.77	7.40
Vitamin B6 (mg)	0.59	0.28
Vitamin B12 (mcg)	4.10	1.92
Biotin (mcg)	0.44	0.21
Vitamin C (mg)	0.57	0.27
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.78	0.37
Folate (mcg)	65.13	30.57
Folate, DFE (mcg)	90.93	42.67
Vitamin K (mcg)	6.81	3.19
Pantothenic Acid (mg)	1.11	0.52

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	114.42	53.69
Chromium (mcg)	4.16	1.95
Copper (mg)	0.27	0.13
Fluoride (mg)	0	0
Iodine (mcg)	7.32	3.44
Iron (mg)	6.27	2.94
Magnesium (mg)	48.93	22.96
Manganese (mg)	0.49	0.23
Molybdenum (mcg)	-	-
Phosphorus (mg)	384.26	180.32
Potassium (mg)	528.69	248.10
Selenium (mcg)	61.22	28.73
Sodium (mg)	1094.82	513.76
Zinc (mg)	12.99	6.10
POLYFATS		
Omega 3 Fatty Acid (g)	0.21	0.10
Omega 6 Fatty Acid (g)	0.98	0.46
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	214.23	100.53

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BRISKET (SANDWICH 6OZ. PORTION) - MOIST

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	213.10	100.00
Calories (kcal)	565.67	265.45
Calories from Fat (kcal)	326.92	153.42
Calories from SatFat (kcal)	128.80	60.44
Protein (g)	33.78	15.85
Carbohydrates (g)	23.60	11.07
Dietary Fiber (g)	1.45	0.68
Soluble Fiber (g)	0.26	0.12
Total Sugars (g)	2.78	1.31
Monosaccharides (g)	1.89	0.89
Disaccharides (g)	0.89	0.42
Other Carbs (g)	19.36	9.09
Fat (g)	36.32	17.05
Saturated Fat (g)	14.31	6.72
Mono Fat (g)	16.14	7.57
Poly Fat (g)	1.84	0.87
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	117.24	55.02
Water (g)	114.00	53.50
VITAMINS		
Vitamin A - IU (IU)	9.88	4.64
Vitamin A - RAE (RAE)	0.49	0.23
Carotenoid RE (RE)	0.99	0.46
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	5.35	2.51
Vitamin B1 (mg)	0.42	0.20
Vitamin B2 (mg)	0.34	0.16
Vitamin B3 (mg)	7.23	3.39
Vitamin B3 - Niacin Equiv (mg)	12.72	5.97
Vitamin B6 (mg)	0.65	0.31
Vitamin B12 (mcg)	3.78	1.78
Biotin (mcg)	0.44	0.21
Vitamin C (mg)	0.57	0.27
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.06	0.03
Folate (mcg)	58.53	27.47
Folate, DFE (mcg)	84.33	39.57
Vitamin K (mcg)	4.17	1.95
Pantothenic Acid (mg)	0.53	0.25

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	92.96	43.62
Chromium (mcg)	0.28	0.13
Copper (mg)	0.20	0.09
Fluoride (mg)	0	0
Iodine (mcg)	7.32	3.44
Iron (mg)	4.51	2.11
Magnesium (mg)	43.98	20.64
Manganese (mg)	0.49	0.23
Molybdenum (mcg)	-	-
Phosphorus (mg)	328.12	153.98
Potassium (mg)	528.69	248.10
Selenium (mcg)	35.29	16.56
Sodium (mg)	1124.54	527.71
Zinc (mg)	7.43	3.49
POLYFATS		
Omega 3 Fatty Acid (g)	0.45	0.21
Omega 6 Fatty Acid (g)	1.39	0.65
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	129.03	60.55

NUTRITIONAL INFO



BRISKET (SLIDER) - LEAN

0.29 0.36	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	81.45	100.00
Calories (kcal)	200.09	245.66
Calories from Fat (kcal)	53.38	65.53
Calories from SatFat (kcal)	15.70	19.27
Protein (g)	20.24	24.85
Carbohydrates (g)	15.68	19.25
Dietary Fiber (g)	0.18	0.23
Soluble Fiber (g)	0	0
Total Sugars (g)	0.01	0.02
Monosaccharides (g)	0.01	0.01
Disaccharides (g)	0.01	0.01
Other Carbs (g)	15.48	19.00
Fat (g)	5.93	7.28
Saturated Fat (g)	1.74	2.14
Mono Fat (g)	1.90	2.33
Poly Fat (g)	0.17	0.21
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	50.64	62.17
Water (g)	32.52	39.92
VITAMINS		
Vitamin A - IU (IU)	3.15	3.87
Vitamin A - RAE (RAE)	0.16	0.19
Carotenoid RE (RE)	0.31	0.39
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	1.78	2.19
Vitamin B1 (mg)	0.04	0.05
Vitamin B2 (mg)	0.11	0.13
Vitamin B3 (mg)	2.58	3.17
Vitamin B3 - Niacin Equiv (mg)	4.57	5.62
Vitamin B6 (mg)	0.19	0.23
Vitamin B12 (mcg)	1.34	1.64
Biotin (mcg)	-	-
Vitamin C (mg)	0.01	0.01
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.25	0.31
Folate (mcg)	5.80	7.12
Folate, DFE (mcg)	5.80	7.12
Vitamin K (mcg)	1.82	2.24
Pantothenic Acid (mg)	0.37	0.45

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	13.34	16.38
Chromium (mcg)	1.39	1.70
Copper (mg)	0.07	0.09
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	1.60	1.96
Magnesium (mg)	12.87	15.80
Manganese (mg)	0.08	0.10
Molybdenum (mcg)	1.87	2.30
Phosphorus (mg)	112.75	138.43
Potassium (mg)	158.03	194.02
Selenium (mcg)	17.14	21.04
Sodium (mg)	293.27	360.07
Zinc (mg)	4.21	5.17
POLYFATS		
Omega 3 Fatty Acid (g)	0.04	0.06
Omega 6 Fatty Acid (g)	0.12	0.15
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	69.32	85.11

NUTRITIONAL INFO



BRISKET (SLIDER) - MOIST

0.29 0.36	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	81.45	100.00
Calories (kcal)	228.71	280.80
Calories from Fat (kcal)	117.62	144.41
Calories from SatFat (kcal)	41.79	51.31
Protein (g)	11.84	14.54
Carbohydrates (g)	15.68	19.25
Dietary Fiber (g)	0.18	0.23
Soluble Fiber (g)	0	0
Total Sugars (g)	0.01	0.02
Monosaccharides (g)	0.01	0.01
Disaccharides (g)	0.01	0.01
Other Carbs (g)	15.48	19.00
Fat (g)	13.07	16.05
Saturated Fat (g)	4.64	5.70
Mono Fat (g)	5.25	6.45
Poly Fat (g)	0.39	0.47
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	39.08	47.98
Water (g)	33.10	40.64
VITAMINS		
Vitamin A - IU (IU)	3.15	3.87
Vitamin A - RAE (RAE)	0.16	0.19
Carotenoid RE (RE)	0.31	0.39
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	1.78	2.19
Vitamin B1 (mg)	0.05	0.06
Vitamin B2 (mg)	0.08	0.10
Vitamin B3 (mg)	1.73	2.12
Vitamin B3 - Niacin Equiv (mg)	3.56	4.37
Vitamin B6 (mg)	0.21	0.25
Vitamin B12 (mcg)	1.23	1.51
Biotin (mcg)	-	-
Vitamin C (mg)	0.01	0.01
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.01	0.01
Folate (mcg)	3.60	4.42
Folate, DFE (mcg)	3.60	4.42
Vitamin K (mcg)	0.94	1.16
Pantothenic Acid (mg)	0.18	0.22

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	6.19	7.60
Chromium (mcg)	0.09	0.11
Copper (mg)	0.05	0.06
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	1.01	1.24
Magnesium (mg)	11.22	13.77
Manganese (mg)	0.08	0.10
Molybdenum (mcg)	-	-
Phosphorus (mg)	94.04	115.45
Potassium (mg)	158.03	194.02
Selenium (mcg)	8.50	10.43
Sodium (mg)	303.18	372.23
Zinc (mg)	2.35	2.89
POLYFATS		
Omega 3 Fatty Acid (g)	0.13	0.16
Omega 6 Fatty Acid (g)	0.26	0.32
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	40.92	50.24

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



CHICKEN

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	311	100.00
Calories (kcal)	613	197
Calories from Fat (kcal)	271	87
Protein (g)	85	27.4
Carbohydrates (g)	<1	<1
Dietary Fiber (g)	<1	<1
Total Sugars (g)	<1	<1
Fat (g)	30	9.68
Saturated Fat (g)	9	2.89
Mono Fat (g)	14	4.57
Poly Fat (g)	7	2.18
Trans Fatty Acid (g)	<1	<1
Cholesterol (mg)	429	138

NUTRIENTS	Per Serving	Per 100g
VITAMINS		
Vitamin D - mcg (mcg)	1	0.46
MINERALS		
Calcium (mg)	39	12.5
Iron (mg)	2	0.73
Potassium (mg)	961	309
Sodium (mg)	942	303

NUTRITIONAL INFO



CHOPPED DELUXE W/BUN

NUTRIENTS	Per Serving
BASIC COMPONENTS	
Gram Weight (g)	311.44
Calories (kcal)	689.39
Calories from Fat (kcal)	212.02
Calories from SatFat (kcal)	>77.45
Protein (g)	38.19
Carbohydrates (g)	77.9
Total Dietary Fiber (g)	>0.23
Soluble Fiber (g)	>0
Dietary Fiber (2016) (g)	1.23
Soluble Fiber (2016) (g)	>0
Total Sugars (g)	>39.31
Added Sugars (g)	>38.25
Monosaccharides (g)	>2.69
Disaccharides (g)	>6.32
Other Carbs (g)	>5.35
Fat (g)	23.56
Saturated Fat (g)	>8.61
Mono Fat (g)	>7.66
Poly Fat (g)	>2.11
Trans Fatty Acid (g)	>0.09
Cholesterol (mg)	>151.85
Water (g)	>123.05
VITAMINS	
Vitamin A - IU (IU)	>491.79
Vitamin A - RAE (RAE)	>29.36
Carotenoid RE (RE)	>47.18
Retinol RE (RE)	>5.77
Beta-Carotene (mcg)	>274.65
Vitamin B1 Thiamin (mg)	>0.29
Vitamin B2 Riboflavin (mg)	>0.33
Vitamin B3 Niacin (mg)	>6.24
Vitamin B3 - Niacin Equiv (mg)	>11.92
Vitamin B6 (mg)	>0.61
Vitamin B12 (mcg)	>1.14
Biotin (mcg)	>0.82
Vitamin C (mg)	>4.91
Vitamin D - IU (IU)	>27.01
Vitamin D - mcg (mcg)	>3.50
Vitamin E - Alpha-Toco (mg)	>0.29
Folate (mcg)	>65.05
Folate, DFE (mcg)	>125.05
Vitamin K (mcg)	>3.06
Pantothenic Acid (mg)	>1.49

NUTRIENTS	Per Serving
MINERALS	
Calcium (mg)	>116.12
Chromium (mcg)	>0.51
Copper (mg)	>0.18
Fluoride (mg)	>0.00
Iodine (mcg)	>57.37
Iron (mg)	>5.17
Magnesium (mg)	>55.76
Manganese (mg)	>0.21
Molybdenum (mcg)	>1.40
Phosphorus (mg)	>277.85
Potassium (mg)	>533.17
Selenium (mcg)	>41.02
Sodium (mg)	1496.25
Zinc (mg)	>4.44
POLYFATS	
Omega 3 Fatty Acid (g)	>0.14
Omega 6 Fatty Acid (g)	>1.90
OTHER NUTRIENTS	
Alcohol (g)	>0
Caffeine (mg)	>0
Choline (mg)	>108.82

NUTRITIONAL INFO



PULLED CHICKEN (MEAT MARKET)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.80	100.00
Calories (kcal)	404.45	178.33
Calories from Fat (kcal)	165.53	72.98
Calories from SatFat (kcal)	45.37	20.00
Protein (g)	52.98	23.36
Carbohydrates (g)	3.86	1.70
Dietary Fiber (g)	0.80	0.35
Soluble Fiber (g)	0	0
Total Sugars (g)	1.93	0.85
Monosaccharides (g)	0.12	0.05
Disaccharides (g)	0.04	0.02
Other Carbs (g)	1.08	0.48
Fat (g)	18.39	8.11
Saturated Fat (g)	5.04	2.22
Mono Fat (g)	7.46	3.29
Poly Fat (g)	3.70	1.63
Trans Fatty Acid (g)	0.09	0.04
Cholesterol (mg)	295.47	130.28
Water (g)	147.77	65.16
VITAMINS		
Vitamin A - IU (IU)	669.74	295.30
Vitamin A - RAE (RAE)	48.04	21.18
Carotenoid RE (RE)	61.06	26.92
Retinol RE (RE)	17.51	7.72
Beta-Carotene (mcg)	321.63	141.81
Vitamin B1 (mg)	0.22	0.10
Vitamin B2 (mg)	0.43	0.19
Vitamin B3 (mg)	13.71	6.04
Vitamin B3 - Niacin Equiv (mg)	23.62	10.41
Vitamin B6 (mg)	1.05	0.46
Vitamin B12 (mcg)	0.88	0.39
Biotin (mcg)	-	-
Vitamin C (mg)	0.34	0.15
Vitamin D - IU (IU)	15.32	6.76
Vitamin D - mcg (mcg)	0.44	0.19
Vitamin E - Alpha-Toco (mg)	0.85	0.38
Folate (mcg)	12.48	5.50
Folate, DFE (mcg)	12.48	5.50
Vitamin K (mcg)	10.68	4.71
Pantothenic Acid (mg)	2.89	1.27

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	33.39	14.72
Chromium (mcg)	0.11	0.05
Copper (mg)	0.15	0.06
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	2.96	1.30
Magnesium (mg)	58.10	25.62
Manganese (mg)	0.17	0.07
Molybdenum (mcg)	-	-
Phosphorus (mg)	486.10	214.33
Potassium (mg)	662.62	292.17
Selenium (mcg)	57.53	25.37
Sodium (mg)	1289.87	568.73
Zinc (mg)	4.03	1.78
POLYFATS		
Omega 3 Fatty Acid (g)	0.21	0.09
Omega 6 Fatty Acid (g)	3.38	1.49
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	158.70	69.98

NUTRITIONAL INFO



PULLED CHICKEN (SANDWICH)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	213.10	100.00
Calories (kcal)	422.88	198.44
Calories from Fat (kcal)	138.70	65.09
Calories from SatFat (kcal)	37.45	17.57
Protein (g)	43.98	20.64
Carbohydrates (g)	24.46	11.48
Dietary Fiber (g)	1.50	0.71
Soluble Fiber (g)	0.26	0.12
Total Sugars (g)	4.19	1.97
Monosaccharides (g)	1.97	0.92
Disaccharides (g)	0.89	0.42
Other Carbs (g)	18.73	8.79
Fat (g)	15.41	7.23
Saturated Fat (g)	4.16	1.95
Mono Fat (g)	5.98	2.81
Poly Fat (g)	3.46	1.62
Trans Fatty Acid (g)	0.07	0.03
Cholesterol (mg)	221.60	103.99
Water (g)	125.53	58.91
VITAMINS		
Vitamin A - IU (IU)	502.73	235.92
Vitamin A - RAE (RAE)	36.05	16.92
Carotenoid RE (RE)	45.84	21.51
Retinol RE (RE)	13.13	6.16
Beta-Carotene (mcg)	241.22	113.20
Vitamin B1 (mg)	0.44	0.21
Vitamin B2 (mg)	0.41	0.19
Vitamin B3 (mg)	12.33	5.79
Vitamin B3 - Niacin Equiv (mg)	19.76	9.27
Vitamin B6 (mg)	0.82	0.38
Vitamin B12 (mcg)	0.74	0.35
Biotin (mcg)	0.44	0.21
Vitamin C (mg)	0.81	0.38
Vitamin D - IU (IU)	11.49	5.39
Vitamin D - mcg (mcg)	0.33	0.15
Vitamin E - Alpha-Toco (mg)	0.67	0.31
Folate (mcg)	57.09	26.79
Folate, DFE (mcg)	82.89	38.90
Vitamin K (mcg)	9.34	4.39
Pantothenic Acid (mg)	2.17	1.02

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	99.43	46.66
Chromium (mcg)	0.08	0.04
Copper (mg)	0.16	0.08
Fluoride (mg)	0	0
Iodine (mcg)	7.32	3.44
Iron (mg)	3.69	1.73
Magnesium (mg)	53.90	25.29
Manganese (mg)	0.36	0.17
Molybdenum (mcg)	-	-
Phosphorus (mg)	410.59	192.68
Potassium (mg)	551.57	258.84
Selenium (mcg)	52.95	24.85
Sodium (mg)	1182.40	554.86
Zinc (mg)	3.40	1.59
POLYFATS		
Omega 3 Fatty Acid (g)	0.23	0.11
Omega 6 Fatty Acid (g)	3.15	1.48
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	125.30	58.80

NUTRITIONAL INFO



PULLED CHICKEN (SLIDER)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	81.45	100.00
Calories (kcal)	181.11	222.36
Calories from Fat (kcal)	54.88	67.38
Calories from SatFat (kcal)	11.34	13.92
Protein (g)	15.24	18.72
Carbohydrates (g)	15.97	19.60
Dietary Fiber (g)	0.20	0.25
Soluble Fiber (g)	0	0
Total Sugars (g)	0.48	0.59
Monosaccharides (g)	0.03	0.04
Disaccharides (g)	0.01	0.01
Other Carbs (g)	15.27	18.75
Fat (g)	6.10	7.49
Saturated Fat (g)	1.26	1.55
Mono Fat (g)	1.86	2.29
Poly Fat (g)	0.92	1.13
Trans Fatty Acid (g)	0.02	0.03
Cholesterol (mg)	73.87	90.69
Water (g)	36.94	45.36
VITAMINS		
Vitamin A - IU (IU)	167.43	205.57
Vitamin A - RAE (RAE)	12.01	14.75
Carotenoid RE (RE)	15.27	18.74
Retinol RE (RE)	4.38	5.37
Beta-Carotene (mcg)	80.41	98.72
Vitamin B1 (mg)	0.05	0.07
Vitamin B2 (mg)	0.11	0.13
Vitamin B3 (mg)	3.43	4.21
Vitamin B3 - Niacin Equiv (mg)	5.90	7.25
Vitamin B6 (mg)	0.26	0.32
Vitamin B12 (mcg)	0.22	0.27
Biotin (mcg)	-	-
Vitamin C (mg)	0.08	0.10
Vitamin D - IU (IU)	3.83	4.70
Vitamin D - mcg (mcg)	0.11	0.13
Vitamin E - Alpha-Toco (mg)	0.21	0.26
Folate (mcg)	3.12	3.83
Folate, DFE (mcg)	3.12	3.83
Vitamin K (mcg)	2.67	3.28
Pantothenic Acid (mg)	0.72	0.89

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	8.35	10.25
Chromium (mcg)	0.03	0.03
Copper (mg)	0.04	0.04
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.74	0.91
Magnesium (mg)	14.53	17.83
Manganese (mg)	0.04	0.05
Molybdenum (mcg)	-	-
Phosphorus (mg)	121.53	149.20
Potassium (mg)	165.65	203.38
Selenium (mcg)	14.38	17.66
Sodium (mg)	322.47	395.91
Zinc (mg)	1.01	1.24
POLYFATS		
Omega 3 Fatty Acid (g)	0.05	0.06
Omega 6 Fatty Acid (g)	0.85	1.04
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	39.68	48.71

NUTRITIONAL INFO



PULLED PORK (MEAT MARKET)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.80	100.00
Calories (kcal)	602.63	265.72
Calories from Fat (kcal)	358.54	158.09
Calories from SatFat (kcal)	133.45	58.84
Protein (g)	56.51	24.92
Carbohydrates (g)	0.34	0.15
Dietary Fiber (g)	0.08	0.03
Soluble Fiber (g)	0	0
Total Sugars (g)	0.01	0
Monosaccharides (g)	0	0
Disaccharides (g)	0.01	0
Other Carbs (g)	0.26	0.11
Fat (g)	39.84	17.57
Saturated Fat (g)	14.83	6.54
Mono Fat (g)	17.98	7.93
Poly Fat (g)	4.67	2.06
Trans Fatty Acid (g)	0.35	0.15
Cholesterol (mg)	220.64	97.29
Water (g)	123.76	54.57
VITAMINS		
Vitamin A - IU (IU)	19.11	8.43
Vitamin A - RAE (RAE)	4.56	2.01
Carotenoid RE (RE)	0.11	0.05
Retinol RE (RE)	4.50	1.99
Beta-Carotene (mcg)	0.62	0.28
Vitamin B1 (mg)	1.13	0.50
Vitamin B2 (mg)	0.82	0.36
Vitamin B3 (mg)	8.72	3.85
Vitamin B3 - Niacin Equiv (mg)	18.55	8.18
Vitamin B6 (mg)	1.01	0.45
Vitamin B12 (mcg)	2.09	0.92
Biotin (mcg)	4.50	1.99
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	105.82	46.66
Vitamin D - mcg (mcg)	2.70	1.19
Vitamin E - Alpha-Toco (mg)	0.27	0.12
Folate (mcg)	0.17	0.08
Folate, DFE (mcg)	0.17	0.08
Vitamin K (mcg)	0.33	0.15
Pantothenic Acid (mg)	2.91	1.28

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	59.94	26.43
Chromium (mcg)	0.04	0.02
Copper (mg)	0.30	0.13
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	3.98	1.75
Magnesium (mg)	52.37	23.09
Manganese (mg)	0.06	0.03
Molybdenum (mcg)	7.66	3.38
Phosphorus (mg)	469.85	207.17
Potassium (mg)	693.01	305.57
Selenium (mcg)	95.54	42.13
Sodium (mg)	576.71	254.29
Zinc (mg)	10.91	4.81
POLYFATS		
Omega 3 Fatty Acid (g)	0.18	0.08
Omega 6 Fatty Acid (g)	4.30	1.90
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	230.55	101.65

NUTRITIONAL INFO



PULLED PORK (SANDWICH)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	213.10	100.00
Calories (kcal)	571.51	268.19
Calories from Fat (kcal)	283.45	133.02
Calories from SatFat (kcal)	103.51	48.57
Protein (g)	46.63	21.88
Carbohydrates (g)	21.82	10.24
Dietary Fiber (g)	0.96	0.45
Soluble Fiber (g)	0.26	0.12
Total Sugars (g)	2.75	1.29
Monosaccharides (g)	1.88	0.88
Disaccharides (g)	0.87	0.41
Other Carbs (g)	18.12	8.50
Fat (g)	31.49	14.78
Saturated Fat (g)	11.50	5.40
Mono Fat (g)	13.88	6.51
Poly Fat (g)	4.19	1.96
Trans Fatty Acid (g)	0.26	0.12
Cholesterol (mg)	165.48	77.66
Water (g)	107.52	50.46
VITAMINS		
Vitamin A - IU (IU)	14.76	6.93
Vitamin A - RAE (RAE)	3.44	1.61
Carotenoid RE (RE)	0.13	0.06
Retinol RE (RE)	3.38	1.58
Beta-Carotene (mcg)	0.47	0.22
Vitamin B1 (mg)	1.12	0.53
Vitamin B2 (mg)	0.71	0.33
Vitamin B3 (mg)	8.59	4.03
Vitamin B3 - Niacin Equiv (mg)	15.96	7.49
Vitamin B6 (mg)	0.79	0.37
Vitamin B12 (mcg)	1.66	0.78
Biotin (mcg)	3.81	1.79
Vitamin C (mg)	0.56	0.26
Vitamin D - IU (IU)	79.36	37.24
Vitamin D - mcg (mcg)	2.03	0.95
Vitamin E - Alpha-Toco (mg)	0.24	0.11
Folate (mcg)	47.86	22.46
Folate, DFE (mcg)	73.66	34.57
Vitamin K (mcg)	1.58	0.74
Pantothenic Acid (mg)	2.18	1.02

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	119.35	56.01
Chromium (mcg)	0.03	0.02
Copper (mg)	0.28	0.13
Fluoride (mg)	0	0
Iodine (mcg)	7.32	3.44
Iron (mg)	4.46	2.09
Magnesium (mg)	49.60	23.27
Manganese (mg)	0.28	0.13
Molybdenum (mcg)	5.74	2.69
Phosphorus (mg)	398.40	186.96
Potassium (mg)	574.37	269.53
Selenium (mcg)	81.46	38.23
Sodium (mg)	647.53	303.87
Zinc (mg)	8.55	4.01
POLYFATS		
Omega 3 Fatty Acid (g)	0.21	0.10
Omega 6 Fatty Acid (g)	3.84	1.80
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	179.19	84.09

NUTRITIONAL INFO



PULLED PORK (SLIDER)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	81.45	100.00
Calories (kcal)	236.61	290.51
Calories from Fat (kcal)	85.38	104.83
Calories from SatFat (kcal)	30.86	37.89
Protein (g)	11.29	13.86
Carbohydrates (g)	26.07	32.00
Dietary Fiber (g)	0.21	0.26
Soluble Fiber (g)	0	0
Total Sugars (g)	1.20	1.48
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	24.65	30.27
Fat (g)	9.49	11.65
Saturated Fat (g)	3.43	4.21
Mono Fat (g)	2.70	3.32
Poly Fat (g)	0.70	0.86
Trans Fatty Acid (g)	0.05	0.06
Cholesterol (mg)	46.16	56.68
Water (g)	18.59	22.83
VITAMINS		
Vitamin A - IU (IU)	2.87	3.52
Vitamin A - RAE (RAE)	0.68	0.84
Carotenoid RE (RE)	0.02	0.02
Retinol RE (RE)	0.68	0.83
Beta-Carotene (mcg)	0.09	0.12
Vitamin B1 (mg)	0.17	0.21
Vitamin B2 (mg)	0.12	0.15
Vitamin B3 (mg)	1.31	1.61
Vitamin B3 - Niacin Equiv (mg)	2.79	3.42
Vitamin B6 (mg)	0.15	0.19
Vitamin B12 (mcg)	0.31	0.39
Biotin (mcg)	0.68	0.83
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	15.90	19.52
Vitamin D - mcg (mcg)	0.41	0.50
Vitamin E - Alpha-Toco (mg)	0.04	0.05
Folate (mcg)	0.03	0.03
Folate, DFE (mcg)	0.03	0.03
Vitamin K (mcg)	0.05	0.06
Pantothenic Acid (mg)	0.44	0.54

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	9.00	11.05
Chromium (mcg)	0.01	0.01
Copper (mg)	0.04	0.05
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.60	0.73
Magnesium (mg)	7.87	9.66
Manganese (mg)	0.01	0.01
Molybdenum (mcg)	1.15	1.41
Phosphorus (mg)	70.58	86.65
Potassium (mg)	104.10	127.81
Selenium (mcg)	14.35	17.62
Sodium (mg)	146.71	180.13
Zinc (mg)	1.64	2.01
POLYFATS		
Omega 3 Fatty Acid (g)	0.03	0.03
Omega 6 Fatty Acid (g)	0.65	0.79
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	34.63	42.52

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



CLASSIC SAUSAGE (MEAT MARKET)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	227	100.00
Calories (kcal)	507	223.38
Calories from Fat (kcal)	358	157.5
Protein (g)	34	14.99
Carbohydrates (g)	1	0.46
Dietary Fiber (g)	<1	<1
Total Sugars (g)	<1	<1
Fat (g)	40	17.5
Saturated Fat (g)	13	5.77
Mono Fat (g)	17	7.34
Poly Fat (g)	8	3.5
Trans Fatty Acid (g)	<1	<1
Cholesterol (mg)	158	69.51

NUTRIENTS	Per Serving	Per 100g
VITAMINS		
Vitamin D - mcg (mcg)	1	0.66
MINERALS		
Calcium (mg)	26	11.59
Iron (mg)	3	1.2
Potassium (mg)	685	301.96
Sodium (mg)	1615	711.67

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



JALAPEÑO & CHEESE SAUSAGE (MEAT MARKET)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	227	100.00
Calories (kcal)	637	280.48
Calories from Fat (kcal)	490	216.05
Protein (g)	32	14.26
Carbohydrates (g)	3	1.42
Dietary Fiber (g)	1	0.29
Total Sugars (g)	1	0.56
Fat (g)	55	24.01
Saturated Fat (g)	21	9.36
Mono Fat (g)	22	9.89
Poly Fat (g)	7	3.3
Trans Fatty Acid (g)	1	0.24
Cholesterol (mg)	139	61.38

NUTRIENTS	Per Serving	Per 100g
VITAMINS		
Vitamin D - mcg (mcg)	2	0.68
MINERALS		
Calcium (mg)	215	94.68
Iron (mg)	2	0.96
Potassium (mg)	638	281.2
Sodium (mg)	1512	666.23

NUTRITIONAL INFO



SMOKED CHEESEBURGER W/BUN

NUTRIENTS	Per Serving
BASIC COMPONENTS	
Gram Weight (g)	243.78
Calories (kcal)	678.53
Calories from Fat (kcal)	299.85
Calories from SatFat (kcal)	117.55
Protein (g)	48.75
Carbohydrates (g)	41.14
Total Dietary Fiber (g)	>0.26
Soluble Fiber (g)	>0
Dietary Fiber (2016) (g)	1.26
Soluble Fiber (2016) (g)	>0
Total Sugars (g)	7.19
Added Sugars (g)	6
Monosaccharides (g)	>0.01
Disaccharides (g)	>0.00
Other Carbs (g)	>0.69
Fat (g)	33.32
Saturated Fat (g)	13.06
Mono Fat (g)	>11.62
Poly Fat (g)	>0.77
Trans Fatty Acid (g)	>1.14
Cholesterol (mg)	148.24
Water (g)	>85.47
VITAMINS	
Vitamin A - IU (IU)	>73.87
Vitamin A - RAE (RAE)	>6.09
Carotenoid RE (RE)	>3.02
Retinol RE (RE)	>4.58
Beta-Carotene (mcg)	>11.10
Vitamin B1 Thiamin (mg)	>0.07
Vitamin B2 Riboflavin (mg)	>0.29
Vitamin B3 Niacin (mg)	-
Vitamin B3 - Niacin Equiv (mg)	-
Vitamin B6 (mg)	>0.66
Vitamin B12 (mcg)	>4.25
Biotin (mcg)	-
Vitamin C (mg)	>0.23
Vitamin D - IU (IU)	>3.04
Vitamin D - mcg (mcg)	>2.80
Vitamin E - Alpha-Toco (mg)	>0.20
Folate (mcg)	>77.08
Folate, DFE (mcg)	>137.08
Vitamin K (mcg)	>3.97
Pantothenic Acid (mg)	>1.24

NUTRIENTS	Per Serving
MINERALS	
Calcium (mg)	139.07
Chromium (mcg)	>3.73
Copper (mg)	>0.15
Fluoride (mg)	>34.044
Iodine (mcg)	>60.69
Iron (mg)	6.93
Magnesium (mg)	>36.89
Manganese (mg)	>0.14
Molybdenum (mcg)	-
Phosphorus (mg)	>346.46
Potassium (mg)	>628.28
Selenium (mcg)	>32.91
Sodium (mg)	989.26
Zinc (mg)	>9.75
POLYFATS	
Omega 3 Fatty Acid (g)	>0.02
Omega 6 Fatty Acid (g)	>0.72
OTHER NUTRIENTS	
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	-

NUTRITIONAL INFO



SMOKED SALMON

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	234.50	100.00
Calories (kcal)	372.96	159.05
Calories from Fat (kcal)	180.32	76.90
Calories from SatFat (kcal)	52.85	22.54
Protein (g)	45.06	19.21
Carbohydrates (g)	0	0
Dietary Fiber (g)	0	0
Soluble Fiber (g)	0	0
Total Sugars (g)	0	0
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	0	0
Fat (g)	20.14	8.59
Saturated Fat (g)	5.87	2.50
Mono Fat (g)	6.26	2.67
Poly Fat (g)	5.97	2.55
Trans Fatty Acid (g)	0.23	0.10
Cholesterol (mg)	140.00	59.70
Water (g)	156.48	66.73
VITAMINS		
Vitamin A - IU (IU)	268.15	114.35
Vitamin A - RAE (RAE)	75.78	32.32
Carotenoid RE (RE)	1.85	0.79
Retinol RE (RE)	74.86	31.92
Beta-Carotene (mcg)	11.22	4.78
Vitamin B1 (mg)	0.51	0.22
Vitamin B2 (mg)	0.86	0.37
Vitamin B3 (mg)	17.83	7.60
Vitamin B3 - Niacin Equiv (mg)	26.23	11.19
Vitamin B6 (mg)	1.86	0.79
Vitamin B12 (mcg)	7.22	3.08
Biotin (mcg)	11.34	4.84
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	4.26	1.82
Vitamin D - mcg (mcg)	0.11	0.05
Vitamin E - Alpha-Toco (mg)	0.16	0.07
Folate (mcg)	56.91	24.27
Folate, DFE (mcg)	56.91	24.27
Vitamin K (mcg)	0.50	0.21
Pantothenic Acid (mg)	3.78	1.61

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	28.92	12.33
Chromium (mcg)	0.09	0.04
Copper (mg)	0.57	0.24
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	1.82	0.77
Magnesium (mg)	65.91	28.11
Manganese (mg)	0.04	0.02
Molybdenum (mcg)	102.06	43.52
Phosphorus (mg)	455.30	194.16
Potassium (mg)	1113.01	474.64
Selenium (mcg)	82.85	35.33
Sodium (mg)	310.48	132.40
Zinc (mg)	1.46	0.62
POLYFATS		
Omega 3 Fatty Acid (g)	4.79	2.04
Omega 6 Fatty Acid (g)	1.19	0.51
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	1.33	0.57

NUTRITIONAL INFO



TURKEY (MEAT MARKET 8 OZ.PORZION)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.80	100.00
Calories (kcal)	398.35	175.64
Calories from Fat (kcal)	120.78	53.26
Calories from SatFat (kcal)	29.39	12.96
Protein (g)	63.70	28.09
Carbohydrates (g)	1.51	0.66
Dietary Fiber (g)	0.42	0.18
Soluble Fiber (g)	0	0
Total Sugars (g)	0.10	0.04
Monosaccharides (g)	0.03	0.01
Disaccharides (g)	0.06	0.03
Other Carbs (g)	0.96	0.43
Fat (g)	13.42	5.92
Saturated Fat (g)	3.27	1.44
Mono Fat (g)	3.89	1.71
Poly Fat (g)	5.24	2.31
Trans Fatty Acid (g)	0.12	0.05
Cholesterol (mg)	222.97	98.31
Water (g)	147.03	64.83
VITAMINS		
Vitamin A - IU (IU)	161.19	71.07
Vitamin A - RAE (RAE)	16.10	7.10
Carotenoid RE (RE)	12.77	5.63
Retinol RE (RE)	9.71	4.28
Beta-Carotene (mcg)	67.70	29.85
Vitamin B1 (mg)	0.11	0.05
Vitamin B2 (mg)	0.62	0.27
Vitamin B3 (mg)	20.75	9.15
Vitamin B3 - Niacin Equiv (mg)	32.06	14.14
Vitamin B6 (mg)	1.43	0.63
Vitamin B12 (mcg)	2.06	0.91
Biotin (mcg)	-	-
Vitamin C (mg)	0.15	0.07
Vitamin D - IU (IU)	22.26	9.82
Vitamin D - mcg (mcg)	0.67	0.29
Vitamin E - Alpha-Toco (mg)	0.44	0.19
Folate (mcg)	20.90	9.21
Folate, DFE (mcg)	20.90	9.21
Vitamin K (mcg)	12.74	5.62
Pantothenic Acid (mg)	2.11	0.93

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	35.56	15.68
Chromium (mcg)	0.12	0.05
Copper (mg)	0.22	0.10
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	2.46	1.09
Magnesium (mg)	65.90	29.05
Manganese (mg)	0.13	0.06
Molybdenum (mcg)	7.41	3.27
Phosphorus (mg)	491.66	216.79
Potassium (mg)	549.96	242.49
Selenium (mcg)	67.38	29.71
Sodium (mg)	263.26	116.08
Zinc (mg)	5.53	2.44
POLYFATS		
Omega 3 Fatty Acid (g)	0.50	0.22
Omega 6 Fatty Acid (g)	4.67	2.06
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	197.00	86.86

NUTRITIONAL INFO



TURKEY (SANDWICH 60Z. PORTION)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	213.10	100.00
Calories (kcal)	418.30	196.30
Calories from Fat (kcal)	105.14	49.34
Calories from SatFat (kcal)	25.47	11.95
Protein (g)	52.02	24.41
Carbohydrates (g)	22.69	10.65
Dietary Fiber (g)	1.22	0.57
Soluble Fiber (g)	0.26	0.12
Total Sugars (g)	2.82	1.32
Monosaccharides (g)	1.90	0.89
Disaccharides (g)	0.91	0.43
Other Carbs (g)	18.65	8.75
Fat (g)	11.68	5.48
Saturated Fat (g)	2.83	1.33
Mono Fat (g)	3.30	1.55
Poly Fat (g)	4.62	2.17
Trans Fatty Acid (g)	0.09	0.04
Cholesterol (mg)	167.22	78.47
Water (g)	124.97	58.65
VITAMINS		
Vitamin A - IU (IU)	121.32	56.93
Vitamin A - RAE (RAE)	12.10	5.68
Carotenoid RE (RE)	9.62	4.51
Retinol RE (RE)	7.29	3.42
Beta-Carotene (mcg)	50.78	23.83
Vitamin B1 (mg)	0.36	0.17
Vitamin B2 (mg)	0.55	0.26
Vitamin B3 (mg)	17.61	8.27
Vitamin B3 - Niacin Equiv (mg)	26.09	12.25
Vitamin B6 (mg)	1.10	0.52
Vitamin B12 (mcg)	1.63	0.76
Biotin (mcg)	0.44	0.21
Vitamin C (mg)	0.67	0.31
Vitamin D - IU (IU)	16.70	7.84
Vitamin D - mcg (mcg)	0.50	0.23
Vitamin E - Alpha-Toco (mg)	0.36	0.17
Folate (mcg)	63.40	29.75
Folate, DFE (mcg)	89.20	41.86
Vitamin K (mcg)	10.89	5.11
Pantothenic Acid (mg)	1.58	0.74

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	101.06	47.43
Chromium (mcg)	0.09	0.04
Copper (mg)	0.22	0.10
Fluoride (mg)	0	0
Iodine (mcg)	7.32	3.44
Iron (mg)	3.32	1.56
Magnesium (mg)	59.74	28.03
Manganese (mg)	0.34	0.16
Molybdenum (mcg)	5.56	2.61
Phosphorus (mg)	414.76	194.63
Potassium (mg)	467.08	219.19
Selenium (mcg)	60.34	28.32
Sodium (mg)	412.45	193.55
Zinc (mg)	4.52	2.12
POLYFATS		
Omega 3 Fatty Acid (g)	0.45	0.21
Omega 6 Fatty Acid (g)	4.12	1.93
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	154.03	72.28

NUTRITIONAL INFO



TURKEY (SLIDER)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	81.45	100.00
Calories (kcal)	179.59	220.49
Calories from Fat (kcal)	43.70	53.65
Calories from SatFat (kcal)	7.35	9.02
Protein (g)	17.93	22.01
Carbohydrates (g)	15.38	18.88
Dietary Fiber (g)	0.10	0.13
Soluble Fiber (g)	0	0
Total Sugars (g)	0.03	0.03
Monosaccharides (g)	0.01	0.01
Disaccharides (g)	0.01	0.02
Other Carbs (g)	15.24	18.71
Fat (g)	4.86	5.96
Saturated Fat (g)	0.82	1.00
Mono Fat (g)	0.97	1.19
Poly Fat (g)	1.31	1.61
Trans Fatty Acid (g)	0.03	0.04
Cholesterol (mg)	55.74	68.44
Water (g)	36.76	45.13
VITAMINS		
Vitamin A - IU (IU)	40.30	49.47
Vitamin A - RAE (RAE)	4.02	4.94
Carotenoid RE (RE)	3.19	3.92
Retinol RE (RE)	2.43	2.98
Beta-Carotene (mcg)	16.93	20.78
Vitamin B1 (mg)	0.03	0.03
Vitamin B2 (mg)	0.15	0.19
Vitamin B3 (mg)	5.19	6.37
Vitamin B3 - Niacin Equiv (mg)	8.02	9.84
Vitamin B6 (mg)	0.36	0.44
Vitamin B12 (mcg)	0.51	0.63
Biotin (mcg)	-	-
Vitamin C (mg)	0.04	0.05
Vitamin D - IU (IU)	5.57	6.83
Vitamin D - mcg (mcg)	0.17	0.20
Vitamin E - Alpha-Toco (mg)	0.11	0.14
Folate (mcg)	5.22	6.41
Folate, DFE (mcg)	5.22	6.41
Vitamin K (mcg)	3.18	3.91
Pantothenic Acid (mg)	0.53	0.65

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	8.89	10.92
Chromium (mcg)	0.03	0.04
Copper (mg)	0.05	0.07
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.62	0.76
Magnesium (mg)	16.47	20.23
Manganese (mg)	0.03	0.04
Molybdenum (mcg)	1.85	2.28
Phosphorus (mg)	122.92	150.91
Potassium (mg)	137.49	168.80
Selenium (mcg)	16.85	20.68
Sodium (mg)	65.82	80.81
Zinc (mg)	1.38	1.70
POLYFATS		
Omega 3 Fatty Acid (g)	0.13	0.15
Omega 6 Fatty Acid (g)	1.17	1.43
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	49.25	60.47

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



SIDES

NUTRITIONAL INFO



BAKED BEANS WITH BRISKET

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	184.27	100.00
Calories (kcal)	199.35	108.18
Calories from Fat (kcal)	21.44	11.64
Calories from SatFat (kcal)	6.21	3.37
Protein (g)	9.23	5.01
Carbohydrates (g)	35.42	19.22
Dietary Fiber (g)	7.07	3.84
Soluble Fiber (g)	0.01	0.01
Total Sugars (g)	17.75	9.64
Monosaccharides (g)	4.09	2.22
Disaccharides (g)	2.96	1.61
Other Carbs (g)	10.59	5.75
Fat (g)	2.38	1.29
Saturated Fat (g)	0.69	0.37
Mono Fat (g)	1.11	0.60
Poly Fat (g)	0.38	0.21
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	8.32	4.51
Water (g)	128.89	69.94
VITAMINS		
Vitamin A - IU (IU)	397.36	215.64
Vitamin A - RAE (RAE)	19.91	10.80
Carotenoid RE (RE)	39.74	21.57
Retinol RE (RE)	0.04	0.02
Beta-Carotene (mcg)	211.52	114.79
Vitamin B1 (mg)	0.16	0.09
Vitamin B2 (mg)	0.13	0.07
Vitamin B3 (mg)	1.34	0.73
Vitamin B3 - Niacin Equiv (mg)	2.93	1.59
Vitamin B6 (mg)	0.21	0.11
Vitamin B12 (mcg)	0.17	0.09
Biotin (mcg)	-	-
Vitamin C (mg)	2.89	1.57
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.75	0.41
Folate (mcg)	48.55	26.35
Folate, DFE (mcg)	48.55	26.35
Vitamin K (mcg)	6.96	3.78
Pantothenic Acid (mg)	0.28	0.15

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	67.15	36.44
Chromium (mcg)	1.43	0.78
Copper (mg)	0.25	0.14
Fluoride (mg)	0.01	0
Iodine (mcg)	-	-
Iron (mg)	2.40	1.30
Magnesium (mg)	55.04	29.87
Manganese (mg)	0.34	0.18
Molybdenum (mcg)	94.48	51.27
Phosphorus (mg)	140.08	76.02
Potassium (mg)	519.83	282.10
Selenium (mcg)	4.59	2.49
Sodium (mg)	670.41	363.82
Zinc (mg)	1.22	0.66
POLYFATS		
Omega 3 Fatty Acid (g)	0.08	0.05
Omega 6 Fatty Acid (g)	0.26	0.14
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	56.78	30.82

NUTRITIONAL INFO



COLD SLAW

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	127.57	100.00
Calories (kcal)	156.08	122.34
Calories from Fat (kcal)	85.53	67.04
Calories from SatFat (kcal)	12.61	9.88
Protein (g)	1.44	1.13
Carbohydrates (g)	17.78	13.94
Dietary Fiber (g)	2.27	1.78
Soluble Fiber (g)	0.11	0.08
Total Sugars (g)	9.80	7.69
Monosaccharides (g)	2.50	1.96
Disaccharides (g)	5.39	4.22
Other Carbs (g)	5.71	4.47
Fat (g)	9.50	7.45
Saturated Fat (g)	1.40	1.10
Mono Fat (g)	2.59	2.03
Poly Fat (g)	5.05	3.96
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	7.23	5.67
Water (g)	96.48	75.63
VITAMINS		
Vitamin A - IU (IU)	1627.46	1275.71
Vitamin A - RAE (RAE)	84.17	65.98
Carotenoid RE (RE)	161.64	126.70
Retinol RE (RE)	3.35	2.63
Beta-Carotene (mcg)	798.51	625.92
Vitamin B1 (mg)	0.06	0.05
Vitamin B2 (mg)	0.05	0.04
Vitamin B3 (mg)	0.31	0.24
Vitamin B3 - Niacin Equiv (mg)	0.52	0.41
Vitamin B6 (mg)	0.12	0.10
Vitamin B12 (mcg)	0.06	0.05
Biotin (mcg)	1.88	1.48
Vitamin C (mg)	29.27	22.95
Vitamin D - IU (IU)	1.11	0.87
Vitamin D - mcg (mcg)	0.03	0.02
Vitamin E - Alpha-Toco (mg)	0.75	0.59
Folate (mcg)	35.87	28.11
Folate, DFE (mcg)	35.87	28.11
Vitamin K (mcg)	70.44	55.22
Pantothenic Acid (mg)	0.25	0.20

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	48.37	37.91
Chromium (mcg)	0.06	0.05
Copper (mg)	0.03	0.03
Fluoride (mg)	0	0
Iodine (mcg)	0.13	0.11
Iron (mg)	0.77	0.60
Magnesium (mg)	13.79	10.81
Manganese (mg)	0.20	0.16
Molybdenum (mcg)	4.02	3.15
Phosphorus (mg)	34.92	27.37
Potassium (mg)	189.44	148.49
Selenium (mcg)	0.92	0.72
Sodium (mg)	261.24	204.77
Zinc (mg)	0.25	0.20
POLYFATS		
Omega 3 Fatty Acid (g)	0.56	0.44
Omega 6 Fatty Acid (g)	4.49	3.52
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	14.08	11.04

NUTRITIONAL INFO



CORNBREAD

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	70.87	100.00
Calories (kcal)	205.46	289.90
Calories from Fat (kcal)	76.49	107.93
Calories from SatFat (kcal)	45.31	63.94
Protein (g)	3.56	5.02
Carbohydrates (g)	28.70	40.50
Dietary Fiber (g)	0.82	1.16
Soluble Fiber (g)	0.24	0.33
Total Sugars (g)	11.43	16.13
Monosaccharides (g)	0.15	0.22
Disaccharides (g)	10.34	14.59
Other Carbs (g)	16.45	23.21
Fat (g)	8.62	12.17
Saturated Fat (g)	5.03	7.10
Mono Fat (g)	2.29	3.23
Poly Fat (g)	0.57	0.81
Trans Fatty Acid (g)	0.28	0.40
Cholesterol (mg)	48.63	68.61
Water (g)	29.08	41.03
VITAMINS		
Vitamin A - IU (IU)	319.82	451.25
Vitamin A - RAE (RAE)	81.23	114.61
Carotenoid RE (RE)	6.06	8.54
Retinol RE (RE)	78.20	110.34
Beta-Carotene (mcg)	28.59	40.34
Vitamin B1 (mg)	0.15	0.22
Vitamin B2 (mg)	0.17	0.23
Vitamin B3 (mg)	1.24	1.74
Vitamin B3 - Niacin Equiv (mg)	1.87	2.64
Vitamin B6 (mg)	0.05	0.07
Vitamin B12 (mcg)	0.17	0.24
Biotin (mcg)	2.04	2.88
Vitamin C (mg)	0.14	0.20
Vitamin D - IU (IU)	20.99	29.62
Vitamin D - mcg (mcg)	0.52	0.74
Vitamin E - Alpha-Toco (mg)	0.31	0.44
Folate (mcg)	48.64	68.62
Folate, DFE (mcg)	74.01	104.42
Vitamin K (mcg)	0.72	1.02
Pantothenic Acid (mg)	0.27	0.38

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	29.67	41.87
Chromium (mcg)	0.19	0.26
Copper (mg)	0.04	0.05
Fluoride (mg)	0	0
Iodine (mcg)	4.01	5.66
Iron (mg)	1.13	1.59
Magnesium (mg)	10.02	14.14
Manganese (mg)	0.10	0.13
Molybdenum (mcg)	1.29	1.81
Phosphorus (mg)	58.19	82.10
Potassium (mg)	74.58	105.23
Selenium (mcg)	7.65	10.80
Sodium (mg)	228.22	322.01
Zinc (mg)	0.35	0.49
POLYFATS		
Omega 3 Fatty Acid (g)	0.05	0.08
Omega 6 Fatty Acid (g)	0.51	0.72
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	29.48	41.59

NUTRITIONAL INFO



FRESH CUT FRIES

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.65	100.00
Calories (kcal)	376.60	166.22
Calories from Fat (kcal)	252.52	98.39
Calories from SatFat (kcal)	78.18	30.46
Protein (g)	4.65	1.81
Carbohydrates (g)	39.94	15.56
Dietary Fiber (g)	3.48	1.36
Soluble Fiber (g)	0	0
Total Sugars (g)	1.78	0.69
Monosaccharides (g)	0	0
Disaccharides (g)	0.01	0
Other Carbs (g)	0.24	0.09
Fat (g)	28.56	11.13
Saturated Fat (g)	8.69	3.38
Mono Fat (g)	14.46	5.63
Poly Fat (g)	4.13	1.61
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	180.10	70.17
VITAMINS		
Vitamin A - IU (IU)	1.00	0.39
Vitamin A - RAE (RAE)	0.05	0.02
Carotenoid RE (RE)	0.10	0.04
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	0.57	0.22
Vitamin B1 (mg)	0.18	0.07
Vitamin B2 (mg)	0.07	0.03
Vitamin B3 (mg)	2.39	0.93
Vitamin B3 - Niacin Equiv (mg)	3.61	1.41
Vitamin B6 (mg)	0.67	0.26
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	42.75	16.66
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.03	0.01
Folate (mcg)	36.45	14.20
Folate, DFE (mcg)	36.45	14.20
Vitamin K (mcg)	4.61	1.80
Pantothenic Acid (mg)	0.68	0.26

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	28.49	11.10
Chromium (mcg)	0.04	0.02
Copper (mg)	0.25	0.10
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	1.81	0.70
Magnesium (mg)	52.69	20.53
Manganese (mg)	0.37	0.15
Molybdenum (mcg)	-	-
Phosphorus (mg)	130.68	50.92
Potassium (mg)	960.55	374.27
Selenium (mcg)	0.76	0.29
Sodium (mg)	419.41	163.42
Zinc (mg)	0.67	0.26
POLYFATS		
Omega 3 Fatty Acid (g)	0.17	0.07
Omega 6 Fatty Acid (g)	3.86	1.50
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	0.20	0.08

NUTRITIONAL INFO



GREEN BEANS & BACON

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	170.10	100.00
Calories (kcal)	132.17	77.70
Calories from Fat (kcal)	66.96	39.37
Calories from SatFat (kcal)	21.92	12.89
Protein (g)	7.89	4.64
Carbohydrates (g)	9.23	5.42
Dietary Fiber (g)	2.81	1.65
Soluble Fiber (g)	1.02	0.60
Total Sugars (g)	3.69	2.17
Monosaccharides (g)	0.57	0.33
Disaccharides (g)	2.10	1.24
Other Carbs (g)	2.73	1.60
Fat (g)	7.44	4.37
Saturated Fat (g)	2.44	1.43
Mono Fat (g)	3.23	1.90
Poly Fat (g)	0.87	0.51
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	19.15	11.26
Water (g)	141.90	83.43
VITAMINS		
Vitamin A - IU (IU)	487.79	286.77
Vitamin A - RAE (RAE)	25.98	15.27
Carotenoid RE (RE)	48.14	28.30
Retinol RE (RE)	1.91	1.13
Beta-Carotene (mcg)	287.17	168.82
Vitamin B1 (mg)	0.11	0.06
Vitamin B2 (mg)	0.13	0.07
Vitamin B3 (mg)	2.27	1.34
Vitamin B3 - Niacin Equiv (mg)	3.45	2.03
Vitamin B6 (mg)	0.13	0.08
Vitamin B12 (mcg)	0.21	0.13
Biotin (mcg)	0.61	0.36
Vitamin C (mg)	4.72	2.78
Vitamin D - IU (IU)	7.31	4.30
Vitamin D - mcg (mcg)	0.17	0.10
Vitamin E - Alpha-Toco (mg)	0.10	0.06
Folate (mcg)	22.79	13.40
Folate, DFE (mcg)	22.79	13.40
Vitamin K (mcg)	10.70	6.29
Pantothenic Acid (mg)	0.27	0.16

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	42.87	25.20
Chromium (mcg)	1.38	0.81
Copper (mg)	0.09	0.05
Fluoride (mg)	0.05	0.03
Iodine (mcg)	0.35	0.20
Iron (mg)	0.85	0.50
Magnesium (mg)	23.88	14.04
Manganese (mg)	0.27	0.16
Molybdenum (mcg)	0.87	0.51
Phosphorus (mg)	122.20	71.84
Potassium (mg)	257.98	151.67
Selenium (mcg)	11.24	6.61
Sodium (mg)	1015.83	597.21
Zinc (mg)	0.84	0.50
POLYFATS		
Omega 3 Fatty Acid (g)	0.08	0.04
Omega 6 Fatty Acid (g)	0.08	0.04
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	33.75	19.84

NUTRITIONAL INFO



MAGGIE'S MAC-N-CHEESE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	170.10	100.00
Calories (kcal)	304.33	178.92
Calories from Fat (kcal)	177.66	104.45
Calories from SatFat (kcal)	99.40	58.43
Protein (g)	15.32	9.01
Carbohydrates (g)	17.36	10.21
Dietary Fiber (g)	1.43	0.84
Soluble Fiber (g)	0.09	0.05
Total Sugars (g)	3.98	2.34
Monosaccharides (g)	0.15	0.09
Disaccharides (g)	2.28	1.34
Other Carbs (g)	11.93	7.01
Fat (g)	19.83	11.66
Saturated Fat (g)	11.04	6.49
Mono Fat (g)	4.02	2.36
Poly Fat (g)	1.04	0.61
Trans Fatty Acid (g)	0.24	0.14
Cholesterol (mg)	49.66	29.20
Water (g)	90.49	53.20
VITAMINS		
Vitamin A - IU (IU)	800.63	470.69
Vitamin A - RAE (RAE)	125.45	73.75
Carotenoid RE (RE)	13.65	8.02
Retinol RE (RE)	118.63	69.74
Beta-Carotene (mcg)	32.89	19.34
Vitamin B1 (mg)	0.14	0.08
Vitamin B2 (mg)	0.45	0.26
Vitamin B3 (mg)	0.63	0.37
Vitamin B3 - Niacin Equiv (mg)	4.49	2.64
Vitamin B6 (mg)	0.06	0.04
Vitamin B12 (mcg)	0.83	0.49
Biotin (mcg)	1.71	1.00
Vitamin C (mg)	1.94	1.14
Vitamin D - IU (IU)	36.18	21.27
Vitamin D - mcg (mcg)	0.91	0.54
Vitamin E - Alpha-Toco (mg)	0.31	0.18
Folate (mcg)	38.83	22.83
Folate, DFE (mcg)	45.31	26.64
Vitamin K (mcg)	2.80	1.65
Pantothenic Acid (mg)	0.43	0.25

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	413.74	243.23
Chromium (mcg)	0.12	0.07
Copper (mg)	0.06	0.03
Fluoride (mg)	0.02	0.01
Iodine (mcg)	19.71	11.59
Iron (mg)	1.11	0.65
Magnesium (mg)	17.83	10.48
Manganese (mg)	0.14	0.08
Molybdenum (mcg)	2.17	1.27
Phosphorus (mg)	355.56	209.03
Potassium (mg)	170.22	100.07
Selenium (mcg)	14.87	8.74
Sodium (mg)	997.84	586.63
Zinc (mg)	1.72	1.01
POLYFATS		
Omega 3 Fatty Acid (g)	0.21	0.12
Omega 6 Fatty Acid (g)	0.83	0.49
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	13.76	8.09

NUTRITIONAL INFO



SALAD (ENTREE)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	181.57	100.00
Calories (kcal)	34.10	18.78
Calories from Fat (kcal)	3.02	1.66
Calories from SatFat (kcal)	0.43	0.23
Protein (g)	1.86	1.03
Carbohydrates (g)	7.43	4.09
Dietary Fiber (g)	2.91	1.60
Soluble Fiber (g)	0.17	0.09
Total Sugars (g)	3.86	2.13
Monosaccharides (g)	3.19	1.76
Disaccharides (g)	0.67	0.37
Other Carbs (g)	0.66	0.36
Fat (g)	0.34	0.18
Saturated Fat (g)	0.05	0.03
Mono Fat (g)	0.02	0.01
Poly Fat (g)	0.17	0.09
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	171.04	94.20
VITAMINS		
Vitamin A - IU (IU)	6653.88	3664.68
Vitamin A - RAE (RAE)	332.69	183.23
Carotenoid RE (RE)	665.39	366.47
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	3740.35	2060.02
Vitamin B1 (mg)	0.09	0.05
Vitamin B2 (mg)	0.07	0.04
Vitamin B3 (mg)	0.56	0.31
Vitamin B3 - Niacin Equiv (mg)	0.82	0.45
Vitamin B6 (mg)	0.14	0.08
Vitamin B12 (mcg)	0	0
Biotin (mcg)	3.80	2.09
Vitamin C (mg)	13.92	7.67
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.41	0.22
Folate (mcg)	91.99	50.66
Folate, DFE (mcg)	91.99	50.66
Vitamin K (mcg)	77.12	42.47
Pantothenic Acid (mg)	0.24	0.13

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	44.13	24.30
Chromium (mcg)	1.76	0.97
Copper (mg)	0.07	0.04
Fluoride (mg)	0	0
Iodine (mcg)	4.30	2.37
Iron (mg)	0.98	0.54
Magnesium (mg)	19.77	10.89
Manganese (mg)	0.25	0.14
Molybdenum (mcg)	9.33	5.14
Phosphorus (mg)	46.39	25.55
Potassium (mg)	367.68	202.50
Selenium (mcg)	0.73	0.40
Sodium (mg)	26.91	14.82
Zinc (mg)	0.35	0.19
POLYFATS		
Omega 3 Fatty Acid (g)	0.09	0.05
Omega 6 Fatty Acid (g)	0.07	0.04
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	16.53	9.10

NUTRITIONAL INFO



SALAD (SIDE)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	70.94	100.00
Calories (kcal)	14.05	19.81
Calories from Fat (kcal)	1.16	1.63
Calories from SatFat (kcal)	0.17	0.23
Protein (g)	0.73	1.03
Carbohydrates (g)	3.10	4.37
Dietary Fiber (g)	1.16	1.64
Soluble Fiber (g)	0.08	0.12
Total Sugars (g)	1.61	2.27
Monosaccharides (g)	1.28	1.81
Disaccharides (g)	0.33	0.46
Other Carbs (g)	0.33	0.46
Fat (g)	0.13	0.18
Saturated Fat (g)	0.02	0.03
Mono Fat (g)	0.01	0.01
Poly Fat (g)	0.06	0.09
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	66.62	93.90
VITAMINS		
Vitamin A - IU (IU)	2628.93	3705.88
Vitamin A - RAE (RAE)	131.45	185.29
Carotenoid RE (RE)	262.89	370.59
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	1451.64	2046.31
Vitamin B1 (mg)	0.04	0.05
Vitamin B2 (mg)	0.03	0.04
Vitamin B3 (mg)	0.24	0.34
Vitamin B3 - Niacin Equiv (mg)	0.34	0.48
Vitamin B6 (mg)	0.06	0.09
Vitamin B12 (mcg)	0	0
Biotin (mcg)	1.52	2.14
Vitamin C (mg)	6.32	8.91
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.17	0.24
Folate (mcg)	32.44	45.73
Folate, DFE (mcg)	32.44	45.73
Vitamin K (mcg)	28.06	39.56
Pantothenic Acid (mg)	0.10	0.14

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	17.40	24.52
Chromium (mcg)	0.62	0.87
Copper (mg)	0.03	0.04
Fluoride (mg)	0	0
Iodine (mcg)	1.50	2.11
Iron (mg)	0.37	0.52
Magnesium (mg)	7.99	11.26
Manganese (mg)	0.10	0.14
Molybdenum (mcg)	3.48	4.90
Phosphorus (mg)	18.50	26.07
Potassium (mg)	148.13	208.81
Selenium (mcg)	0.32	0.46
Sodium (mg)	11.62	16.37
Zinc (mg)	0.14	0.20
POLYFATS		
Omega 3 Fatty Acid (g)	0.03	0.05
Omega 6 Fatty Acid (g)	0.03	0.04
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	6.70	9.44

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



SAUCES

NUTRITIONAL INFO



ALABAMA WHITE SAUCE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	161.26	568.81
Calories from Fat (kcal)	155.79	549.51
Calories from SatFat (kcal)	24.37	85.97
Protein (g)	0.25	0.88
Carbohydrates (g)	1.24	4.38
Dietary Fiber (g)	0.07	0.25
Soluble Fiber (g)	0	0
Total Sugars (g)	0.54	1.91
Monosaccharides (g)	0.02	0.08
Disaccharides (g)	0.48	1.70
Other Carbs (g)	0.63	2.23
Fat (g)	17.31	61.06
Saturated Fat (g)	2.71	9.55
Mono Fat (g)	3.89	13.74
Poly Fat (g)	10.33	36.44
Trans Fatty Acid (g)	0.04	0.15
Cholesterol (mg)	9.70	34.22
Water (g)	5.36	18.91
VITAMINS		
Vitamin A - IU (IU)	41.60	146.74
Vitamin A - RAE (RAE)	5.03	17.73
Carotenoid RE (RE)	3.12	11.01
Retinol RE (RE)	3.47	12.22
Beta-Carotene (mcg)	15.38	54.23
Vitamin B1 (mg)	0	0.01
Vitamin B2 (mg)	0.01	0.02
Vitamin B3 (mg)	0.01	0.03
Vitamin B3 - Niacin Equiv (mg)	0.07	0.24
Vitamin B6 (mg)	0	0.01
Vitamin B12 (mcg)	0.03	0.10
Biotin (mcg)	-	-
Vitamin C (mg)	0.14	0.51
Vitamin D - IU (IU)	1.62	5.70
Vitamin D - mcg (mcg)	0.05	0.16
Vitamin E - Alpha-Toco (mg)	0.78	2.74
Folate (mcg)	1.47	5.19
Folate, DFE (mcg)	1.47	5.19
Vitamin K (mcg)	37.97	133.93
Pantothenic Acid (mg)	0.04	0.15

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	2.86	10.10
Chromium (mcg)	0.07	0.26
Copper (mg)	0.01	0.02
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.07	0.25
Magnesium (mg)	0.70	2.47
Manganese (mg)	0.02	0.08
Molybdenum (mcg)	-	-
Phosphorus (mg)	5.40	19.06
Potassium (mg)	8.94	31.52
Selenium (mcg)	0.56	1.97
Sodium (mg)	285.44	1006.84
Zinc (mg)	0.04	0.15
POLYFATS		
Omega 3 Fatty Acid (g)	1.26	4.45
Omega 6 Fatty Acid (g)	9.06	31.96
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	7.98	28.13

NUTRITIONAL INFO



BAJA BOLD SAUCE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.50	100.00
Calories (kcal)	33.54	117.70
Calories from Fat (kcal)	0.78	2.74
Calories from SatFat (kcal)	0.13	0.44
Protein (g)	0.33	1.15
Carbohydrates (g)	8.06	28.28
Dietary Fiber (g)	0.17	0.60
Soluble Fiber (g)	0.01	0.05
Total Sugars (g)	6.09	21.37
Monosaccharides (g)	3.84	13.47
Disaccharides (g)	0.60	2.10
Other Carbs (g)	1.71	5.98
Fat (g)	0.09	0.30
Saturated Fat (g)	0.01	0.05
Mono Fat (g)	0.02	0.06
Poly Fat (g)	0.04	0.13
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	14.15	49.66
VITAMINS		
Vitamin A - IU (IU)	173.88	610.12
Vitamin A - RAE (RAE)	8.69	30.51
Carotenoid RE (RE)	17.39	61.01
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	99.19	348.04
Vitamin B1 (mg)	0	0.01
Vitamin B2 (mg)	0.04	0.13
Vitamin B3 (mg)	0.31	1.09
Vitamin B3 - Niacin Equiv (mg)	0.33	1.16
Vitamin B6 (mg)	0.04	0.14
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	0.98	3.45
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.35	1.23
Folate (mcg)	2.11	7.41
Folate, DFE (mcg)	2.11	7.41
Vitamin K (mcg)	0.71	2.48
Pantothenic Acid (mg)	0.01	0.04

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	4.74	16.62
Chromium (mcg)	1.20	4.22
Copper (mg)	0.03	0.10
Fluoride (mg)	0	0.01
Iodine (mcg)	-	-
Iron (mg)	0.15	0.51
Magnesium (mg)	3.61	12.66
Manganese (mg)	0.03	0.10
Molybdenum (mcg)	-	-
Phosphorus (mg)	7.22	25.34
Potassium (mg)	70.32	246.74
Selenium (mcg)	0.13	0.45
Sodium (mg)	353.57	1240.59
Zinc (mg)	0.06	0.22
POLYFATS		
Omega 3 Fatty Acid (g)	0	0.01
Omega 6 Fatty Acid (g)	0.03	0.12
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	2.77	9.73

NUTRITIONAL INFO



BAY-B-QUE BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	46.42	163.72
Calories from Fat (kcal)	0.21	0.74
Calories from SatFat (kcal)	0.04	0.15
Protein (g)	0.16	0.57
Carbohydrates (g)	11.86	41.83
Dietary Fiber (g)	0.04	0.14
Soluble Fiber (g)	0.01	0.03
Total Sugars (g)	10.93	38.55
Monosaccharides (g)	2.43	8.58
Disaccharides (g)	0.37	1.32
Other Carbs (g)	0.89	3.14
Fat (g)	0.02	0.08
Saturated Fat (g)	0	0.02
Mono Fat (g)	0.01	0.02
Poly Fat (g)	0.01	0.05
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	11.82	41.69
VITAMINS		
Vitamin A - IU (IU)	69.20	244.10
Vitamin A - RAE (RAE)	3.50	12.34
Carotenoid RE (RE)	6.92	24.42
Retinol RE (RE)	0.03	0.13
Beta-Carotene (mcg)	41.39	145.98
Vitamin B1 (mg)	0	0.01
Vitamin B2 (mg)	0.03	0.09
Vitamin B3 (mg)	0.21	0.74
Vitamin B3 - Niacin Equiv (mg)	0.22	0.78
Vitamin B6 (mg)	0.02	0.07
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	1.01	3.55
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.19	0.68
Folate (mcg)	1.46	5.14
Folate, DFE (mcg)	1.46	5.14
Vitamin K (mcg)	0.40	1.41
Pantothenic Acid (mg)	0.01	0.02

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	5.99	21.12
Chromium (mcg)	0.75	2.65
Copper (mg)	0.02	0.09
Fluoride (mg)	0	0.01
Iodine (mcg)	-	-
Iron (mg)	0.25	0.87
Magnesium (mg)	2.41	8.52
Manganese (mg)	0.01	0.05
Molybdenum (mcg)	-	-
Phosphorus (mg)	5.83	20.52
Potassium (mg)	70.01	246.96
Selenium (mcg)	0.06	0.20
Sodium (mg)	395.48	1294.98
Zinc (mg)	0.04	0.13
POLYFATS		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.01	0.05
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	1.71	6.05

NUTRITIONAL INFO



GATOR BITE BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	58.06	100.00
Calories (kcal)	93.33	160.75
Calories from Fat (kcal)	0.36	0.63
Calories from SatFat (kcal)	0.05	0.09
Protein (g)	0.11	0.18
Carbohydrates (g)	23.26	40.06
Dietary Fiber (g)	0.17	0.29
Soluble Fiber (g)	0	0
Total Sugars (g)	20.75	35.74
Monosaccharides (g)	12.62	21.73
Disaccharides (g)	0.37	0.63
Other Carbs (g)	2.34	4.03
Fat (g)	0.04	0.07
Saturated Fat (g)	0.01	0.01
Mono Fat (g)	0.01	0.01
Poly Fat (g)	0.02	0.04
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	24.32	41.90
VITAMINS		
Vitamin A - IU (IU)	170.48	293.64
Vitamin A - RAE (RAE)	0.99	1.71
Carotenoid RE (RE)	1.99	3.43
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	11.19	19.28
Vitamin B1 (mg)	0	0.01
Vitamin B2 (mg)	0.01	0.03
Vitamin B3 (mg)	0.05	0.09
Vitamin B3 - Niacin Equiv (mg)	0.07	0.13
Vitamin B6 (mg)	0.02	0.04
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	9.28	15.98
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.01	0.03
Folate (mcg)	1.02	1.76
Folate, DFE (mcg)	1.02	1.76
Vitamin K (mcg)	0.29	0.50
Pantothenic Acid (mg)	0.02	0.04

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	2.77	4.77
Chromium (mcg)	-	-
Copper (mg)	0.01	0.02
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.12	0.21
Magnesium (mg)	0.91	1.57
Manganese (mg)	0.02	0.03
Molybdenum (mcg)	-	-
Phosphorus (mg)	1.92	3.30
Potassium (mg)	27.91	48.08
Selenium (mcg)	0.0136	0.22
Sodium (mg)	695.37	1197.75
Zinc (mg)	0.05	0.08
POLYFATS		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.02	0.04
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	0.37	0.64

NUTRITIONAL INFO



GEORGIA MUSTARD BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	33.95	119.76
Calories from Fat (kcal)	4.58	16.14
Calories from SatFat (kcal)	0.30	1.06
Protein (g)	0.56	1.99
Carbohydrates (g)	7.38	26.04
Dietary Fiber (g)	0.45	1.59
Soluble Fiber (g)	0	0
Total Sugars (g)	5.42	19.10
Monosaccharides (g)	0.08	0.28
Disaccharides (g)	5.26	18.56
Other Carbs (g)	1.52	5.35
Fat (g)	0.51	1.79
Saturated Fat (g)	0.03	0.12
Mono Fat (g)	0.33	1.17
Poly Fat (g)	0.12	0.43
Trans Fatty Acid (g)	0	0.01
Cholesterol (mg)	0	0
Water (g)	11.30	39.84
VITAMINS		
Vitamin A - IU (IU)	12.46	43.97
Vitamin A - RAE (RAE)	0.63	2.22
Carotenoid RE (RE)	1.25	4.40
Retinol RE (RE)	0.01	0.02
Beta-Carotene (mcg)	5.64	19.88
Vitamin B1 (mg)	0.04	0.15
Vitamin B2 (mg)	0.01	0.02
Vitamin B3 (mg)	0.07	0.26
Vitamin B3 - Niacin Equiv (mg)	0.09	0.33
Vitamin B6 (mg)	0.01	0.03
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	0.42	1.48
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.05	0.17
Folate (mcg)	1.00	3.53
Folate, DFE (mcg)	1.00	3.53
Vitamin K (mcg)	0.49	1.73
Pantothenic Acid (mg)	0.04	0.14

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	8.73	30.79
Chromium (mcg)	0.65	2.31
Copper (mg)	0.01	0.05
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.24	0.85
Magnesium (mg)	6.50	22.92
Manganese (mg)	0.07	0.25
Molybdenum (mcg)	-	-
Phosphorus (mg)	13.89	49.00
Potassium (mg)	26.86	94.75
Selenium (mcg)	4.15	14.65
Sodium (mg)	389.80	1374.96
Zinc (mg)	0.08	0.30
POLYFATS		
Omega 3 Fatty Acid (g)	0.06	0.20
Omega 6 Fatty Acid (g)	0.06	0.20
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	2.86	10.09

NUTRITIONAL INFO



KC CLASSIC BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	35.25	124.35
Calories from Fat (kcal)	1.14	4.03
Calories from SatFat (kcal)	0.14	0.50
Protein (g)	0.35	1.24
Carbohydrates (g)	8.39	29.59
Dietary Fiber (g)	0.19	0.67
Soluble Fiber (g)	0.01	0.05
Total Sugars (g)	6.49	22.89
Monosaccharides (g)	3.79	13.35
Disaccharides (g)	2.69	9.50
Other Carbs (g)	1.70	6.01
Fat (g)	0.13	0.45
Saturated Fat (g)	0.02	0.06
Mono Fat (g)	0.03	0.12
Poly Fat (g)	0.04	0.14
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	13.96	49.22
VITAMINS		
Vitamin A - IU (IU)	169.59	598.19
Vitamin A - RAE (RAE)	8.48	29.91
Carotenoid RE (RE)	16.96	59.82
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	96.49	340.34
Vitamin B1 (mg)	0	0.01
Vitamin B2 (mg)	0.04	0.13
Vitamin B3 (mg)	0.31	1.10
Vitamin B3 - Niacin Equiv (mg)	0.33	1.17
Vitamin B6 (mg)	0.04	0.14
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	0.94	3.31
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.35	1.25
Folate (mcg)	2.05	7.23
Folate, DFE (mcg)	2.05	7.23
Vitamin K (mcg)	0.72	2.54
Pantothenic Acid (mg)	0.01	0.04

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	7.22	25.46
Chromium (mcg)	1.19	4.19
Copper (mg)	0.03	0.11
Fluoride (mg)	0	0.01
Iodine (mcg)	-	-
Iron (mg)	0.22	0.76
Magnesium (mg)	3.99	14.08
Manganese (mg)	0.04	0.13
Molybdenum (mcg)	-	-
Phosphorus (mg)	7.64	26.95
Potassium (mg)	71.00	250.45
Selenium (mcg)	0.16	0.56
Sodium (mg)	476.02	1679.08
Zinc (mg)	0.07	0.24
POLYFATS		
Omega 3 Fatty Acid (g)	0	0.01
Omega 6 Fatty Acid (g)	0.04	0.14
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	2.77	9.79

NUTRITIONAL INFO



MEMPHIS BELLE BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	43.35	152.92
Calories from Fat (kcal)	0.22	0.77
Calories from SatFat (kcal)	0.04	0.15
Protein (g)	0.11	0.40
Carbohydrates (g)	9.35	32.99
Dietary Fiber (g)	0.03	0.10
Soluble Fiber (g)	0.01	0.02
Total Sugars (g)	8.46	29.85
Monosaccharides (g)	1.70	5.99
Disaccharides (g)	0.26	0.92
Other Carbs (g)	0.86	3.05
Fat (g)	0.02	0.09
Saturated Fat (g)	0	0.02
Mono Fat (g)	0.01	0.02
Poly Fat (g)	0.01	0.05
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	12.01	42.36
VITAMINS		
Vitamin A - IU (IU)	50.31	177.46
Vitamin A - RAE (RAE)	2.57	9.06
Carotenoid RE (RE)	5.04	17.76
Retinol RE (RE)	0.05	0.18
Beta-Carotene (mcg)	29.98	105.75
Vitamin B1 (mg)	0.02	0.03
Vitamin B2 (mg)	0.02	0.08
Vitamin B3 (mg)	0.24	0.85
Vitamin B3 - Niacin Equiv (mg)	0.25	0.87
Vitamin B6 (mg)	0.07	0.24
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	1.03	3.65
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.14	0.48
Folate (mcg)	1.22	4.31
Folate, DFE (mcg)	1.22	4.31
Vitamin K (mcg)	0.30	1.07
Pantothenic Acid (mg)	0.07	0.24

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	23.37	82.43
Chromium (mcg)	0.52	1.85
Copper (mg)	0.06	0.22
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.69	2.42
Magnesium (mg)	21.42	75.57
Manganese (mg)	0.13	0.46
Molybdenum (mcg)	-	-
Phosphorus (mg)	8.08	28.49
Potassium (mg)	186.68	658.49
Selenium (mcg)	1.48	5.22
Sodium (mg)	195.00	687.83
Zinc (mg)	0.05	0.19
POLYFATS		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.01	0.05
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	2.33	8.23

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



NC VINEGAR SAUCE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.50	100.00
Calories (kcal)	15.42	54.10
Calories from Fat (kcal)	0.16	0.58
Calories from SatFat (kcal)	0.04	0.14
Protein (g)	0.03	0.11
Carbohydrates (g)	2.92	10.24
Dietary Fiber (g)	0.08	0.28
Soluble Fiber (g)	0	0
Total Sugars (g)	2.60	9.12
Monosaccharides (g)	0.10	0.35
Disaccharides (g)	0	0
Other Carbs (g)	0.19	0.65
Fat (g)	0.02	0.06
Saturated Fat (g)	0	0.02
Mono Fat (g)	0	0.01
Poly Fat (g)	0.01	0.03
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	23.27	81.65
VITAMINS		
Vitamin A - IU (IU)	29.78	104.48
Vitamin A - RAE (RAE)	1.49	5.22
Carotenoid RE (RE)	2.98	10.45
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	15.65	54.93
Vitamin B1 (mg)	0	0
Vitamin B2 (mg)	0	0
Vitamin B3 (mg)	0.01	0.03
Vitamin B3 - Niacin Equiv (mg)	0.01	0.03
Vitamin B6 (mg)	0	0.01
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	0.08	0.28
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.02	0.08
Folate (mcg)	0.11	0.37
Folate, DFE (mcg)	0.11	0.37
Vitamin K (mcg)	0.23	0.82
Pantothenic Acid (mg)	0	0.01

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	2.88	10.09
Chromium (mcg)	0.67	2.36
Copper (mg)	0.01	0.02
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.09	0.30
Magnesium (mg)	1.65	5.80
Manganese (mg)	0.08	0.29
Molybdenum (mcg)	-	-
Phosphorus (mg)	2.58	9.05
Potassium (mg)	21.11	74.06
Selenium (mcg)	0.04	0.14
Sodium (mg)	363.68	1276.08
Zinc (mg)	0.02	0.05
POLYFATS		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.01	0.02
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	0.05	0.17

NUTRITIONAL INFO



SMOKY MOUNTAIN SAUCE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	48.13	169.75
Calories from Fat (kcal)	0.47	1.67
Calories from SatFat (kcal)	0.06	0.20
Protein (g)	0.20	0.72
Carbohydrates (g)	12.12	42.77
Dietary Fiber (g)	0.06	0.22
Soluble Fiber (g)	0.01	0.03
Total Sugars (g)	11.01	38.82
Monosaccharides (g)	2.54	8.95
Disaccharides (g)	0.40	1.39
Other Carbs (g)	1.05	3.69
Fat (g)	0.05	0.19
Saturated Fat (g)	0.01	0.02
Mono Fat (g)	0.01	0.03
Poly Fat (g)	0.02	0.06
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	10.81	38.12
VITAMINS		
Vitamin A - IU (IU)	69.47	245.03
Vitamin A - RAE (RAE)	3.47	12.25
Carotenoid RE (RE)	6.95	24.50
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	41.70	147.07
Vitamin B1 (mg)	0	0.02
Vitamin B2 (mg)	0.02	0.08
Vitamin B3 (mg)	0.25	0.88
Vitamin B3 - Niacin Equiv (mg)	0.26	0.93
Vitamin B6 (mg)	0.06	0.22
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	0.71	2.49
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.20	0.70
Folate (mcg)	1.30	4.59
Folate, DFE (mcg)	1.30	4.59
Vitamin K (mcg)	0.39	1.36
Pantothenic Acid (mg)	0.06	0.20

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	15.18	53.55
Chromium (mcg)	0.78	2.77
Copper (mg)	0.05	0.17
Fluoride (mg)	0	0.01
Iodine (mcg)	-	-
Iron (mg)	0.35	1.25
Magnesium (mg)	16.69	58.88
Manganese (mg)	0.11	0.38
Molybdenum (mcg)	-	-
Phosphorus (mg)	6.12	21.59
Potassium (mg)	131.83	465.00
Selenium (mcg)	1.13	3.99
Sodium (mg)	129.22	455.82
Zinc (mg)	0.05	0.19
POLYFATS		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.02	0.06
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	2.55	8.98

NUTRITIONAL INFO



ST. LOUIS RED BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	36.29	128.01
Calories from Fat (kcal)	0.23	0.80
Calories from SatFat (kcal)	0.05	0.16
Protein (g)	0.19	0.66
Carbohydrates (g)	9.12	32.17
Dietary Fiber (g)	0.05	0.18
Soluble Fiber (g)	0.01	0.03
Total Sugars (g)	7.19	25.37
Monosaccharides (g)	2.53	8.93
Disaccharides (g)	0.39	1.38
Other Carbs (g)	1.88	6.62
Fat (g)	0.03	0.09
Saturated Fat (g)	0.01	0.02
Mono Fat (g)	0.01	0.02
Poly Fat (g)	0.01	0.05
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	14.64	51.65
VITAMINS		
Vitamin A - IU (IU)	74.39	262.39
Vitamin A - RAE (RAE)	Vitamin A - RAE (RAE) 3.79	13.37
Carotenoid RE (RE)	7.45	26.26
Retinol RE (RE)	0.07	0.24
Beta-Carotene (mcg)	44.36	156.48
Vitamin B1 (mg)	0.01	0.02
Vitamin B2 (mg)	0.03	0.11
Vitamin B3 (mg)	0.24	0.85
Vitamin B3 - Niacin Equiv (mg)	0.25	0.90
Vitamin B6 (mg)	0.02	0.08
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	1.43	5.06
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.20	0.71
Folate (mcg)	1.81	6.38
Folate, DFE (mcg)	1.81	6.38
Vitamin K (mcg)	0.45	1.57
Pantothenic Acid (mg)	0.01	0.03

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	9.55	33.69
Chromium (mcg)	0.79	2.77
Copper (mg)	0.03	0.11
Fluoride (mg)	0	0.01
Iodine (mcg)	-	-
Iron (mg)	0.42	1.49
Magnesium (mg)	2.99	10.55
Manganese (mg)	0.01	0.05
Molybdenum (mcg)	-	-
Phosphorus (mg)	8.31	29.33
Potassium (mg)	98.01	345.73
Selenium (mcg)	0.10	0.35
Sodium (mg)	275.42	971.50
Zinc (mg)	0.05	0.17
POLYFATS		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.01	0.05
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	1.94	6.85

NUTRITIONAL INFO



TEXAS TWANG BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.25	100.00
Calories (kcal)	32.16	113.85
Calories from Fat (kcal)	0.56	1.99
Calories from SatFat (kcal)	0.05	0.18
Protein (g)	0.13	0.45
Carbohydrates (g)	7.27	25.75
Dietary Fiber (g)	0.08	0.29
Soluble Fiber (g)	0.01	0.04
Total Sugars (g)	6.35	22.47
Monosaccharides (g)	2.57	9.08
Disaccharides (g)	0.30	1.06
Other Carbs (g)	0.50	1.75
Fat (g)	0.06	0.22
Saturated Fat (g)	0.01	0.02
Mono Fat (g)	0.01	0.02
Poly Fat (g)	0.01	0.05
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	19.90	70.46
VITAMINS		
Vitamin A - IU (IU)	179.12	634.04
Vitamin A - RAE (RAE)	3.36	11.89
Carotenoid RE (RE)	4.28	15.15
Retinol RE (RE)	0.01	0.04
Beta-Carotene (mcg)	40.07	141.82
Vitamin B1 (mg)	0	0.02
Vitamin B2 (mg)	0.02	0.06
Vitamin B3 (mg)	0.14	0.48
Vitamin B3 - Niacin Equiv (mg)	0.15	0.52
Vitamin B6 (mg)	0.02	0.09
Vitamin B12 (mcg)	0	0
Biotin (mcg)	0.03	0.09
Vitamin C (mg)	2.08	7.35
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.12	0.43
Folate (mcg)	1.00	3.53
Folate, DFE (mcg)	1.00	3.53
Vitamin K (mcg)	0.30	1.05
Pantothenic Acid (mg)	0.01	0.05

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	5.17	18.31
Chromium (mcg)	0.48	1.71
Copper (mg)	0.02	0.09
Fluoride (mg)	0	0.01
Iodine (mcg)	-	-
Iron (mg)	0.17	0.60
Magnesium (mg)	4.09	14.49
Manganese (mg)	0.03	0.11
Molybdenum (mcg)	-	-
Phosphorus (mg)	4.44	15.71
Potassium (mg)	60.04	212.54
Selenium (mcg)	0.21	0.74
Sodium (mg)	249.14	881.91
Zinc (mg)	0.04	0.13
POLYFATS		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.01	0.04
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	1.26	4.47

NUTRITIONAL INFO



TUPELO HONEY HEAT BBQ SAUCE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	49.75	175.50
Calories from Fat (kcal)	0.51	1.78
Calories from SatFat (kcal)	0.08	0.28
Protein (g)	0.19	0.69
Carbohydrates (g)	13.02	45.93
Dietary Fiber (g)	0.11	0.40
Soluble Fiber (g)	0.01	0.02
Total Sugars (g)	12.20	43.02
Monosaccharides (g)	10.96	38.67
Disaccharides (g)	0.51	1.80
Other Carbs (g)	0.69	2.44
Fat (g)	0.06	0.20
Saturated Fat (g)	0.01	0.03
Mono Fat (g)	0.01	0.03
Poly Fat (g)	0.03	0.09
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Water (g)	12.46	43.94
VITAMINS		
Vitamin A - IU (IU)	81.90	288.89
Vitamin A - RAE (RAE)	4.10	14.44
Carotenoid RE (RE)	8.19	28.89
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	46.35	163.50
Vitamin B1 (mg)	0	0.01
Vitamin B2 (mg)	0.02	0.08
Vitamin B3 (mg)	0.15	0.54
Vitamin B3 - Niacin Equiv (mg)	0.17	0.62
Vitamin B6 (mg)	0.03	0.10
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	4.47	15.78
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.15	0.53
Folate (mcg)	1.40	4.93
Folate, DFE (mcg)	1.40	4.93
Vitamin K (mcg)	0.42	1.49
Pantothenic Acid (mg)	0.02	0.07

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	3.04	10.73
Chromium (mcg)	0.47	1.67
Copper (mg)	0.02	0.06
Fluoride (mg)	0	0.01
Iodine (mcg)	-	-
Iron (mg)	0.14	0.48
Magnesium (mg)	1.95	6.89
Manganese (mg)	0.02	0.08
Molybdenum (mcg)	-	-
Phosphorus (mg)	3.96	13.98
Potassium (mg)	41.96	148.02
Selenium (mcg)	0.15	0.52
Sodium (mg)	332.57	1172.84
Zinc (mg)	0.06	0.20
POLYFATS		
Omega 3 Fatty Acid (g)	0	0
Omega 6 Fatty Acid (g)	0.03	0.09
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	1.37	4.82

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



OTHER

NUTRITIONAL INFO



DOUBLE CHIP BROWNIES

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	176.33	100.00
Calories (kcal)	649.92	368.58
Calories from Fat (kcal)	245.44	139.20
Calories from SatFat (kcal)	143.42	81.34
Protein (g)	7.49	4.25
Carbohydrates (g)	103.73	58.83
Dietary Fiber (g)	5.41	3.07
Soluble Fiber (g)	0.21	0.12
Total Sugars (g)	80.24	45.51
Monosaccharides (g)	0.07	0.04
Disaccharides (g)	62.87	35.66
Other Carbs (g)	17.94	10.17
Fat (g)	27.54	15.62
Saturated Fat (g)	15.94	9.04
Mono Fat (g)	7.82	4.44
Poly Fat (g)	1.32	0.75
Trans Fatty Acid (g)	0.63	0.36
Cholesterol (mg)	110.46	62.64
Water (g)	35.41	20.08
VITAMINS		
Vitamin A - IU (IU)	574.40	325.75
Vitamin A - RAE (RAE)	159.58	90.50
Carotenoid RE (RE)	5.06	2.87
Retinol RE (RE)	157.04	89.06
Beta-Carotene (mcg)	29.91	16.97
Vitamin B1 (mg)	0.19	0.11
Vitamin B2 (mg)	0.24	0.13
Vitamin B3 (mg)	1.39	0.79
Vitamin B3 - Niacin Equiv (mg)	2.86	1.62
Vitamin B6 (mg)	0.05	0.03
Vitamin B12 (mcg)	0.20	0.11
Biotin (mcg)	3.96	2.25
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	26.74	15.16
Vitamin D - mcg (mcg)	0.66	0.37
Vitamin E - Alpha-Toco (mg)	0.73	0.41
Folate (mcg)	51.60	29.26
Folate, DFE (mcg)	74.10	42.02
Vitamin K (mcg)	3.21	1.82
Pantothenic Acid (mg)	0.43	0.25

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	29.43	16.69
Chromium (mcg)	0.62	0.35
Copper (mg)	0.27	0.15
Fluoride (mg)	0.01	0.01
Iodine (mcg)	9.94	5.64
Iron (mg)	2.86	1.62
Magnesium (mg)	43.65	24.75
Manganese (mg)	0.40	0.23
Molybdenum (mcg)	3.19	1.81
Phosphorus (mg)	105.78	59.99
Potassium (mg)	169.89	96.35
Selenium (mcg)	14.71	8.34
Sodium (mg)	318.14	180.43
Zinc (mg)	0.92	0.52
POLYFATS		
Omega 3 Fatty Acid (g)	0.11	0.06
Omega 6 Fatty Acid (g)	1.21	0.68
OTHER NUTRIENTS		
Alcohol (g)	0.18	0.10
Caffeine (mg)	31.53	17.88
Choline (mg)	67.74	38.42

NUTRITIONAL INFO



ITALIAN DRESSING

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	42.52	100.00
Calories (kcal)	183.96	432.60
Calories from Fat (kcal)	174.37	410.04
Calories from SatFat (kcal)	13.08	30.75
Protein (g)	0	0.01
Carbohydrates (g)	2.24	5.27
Dietary Fiber (g)	0.01	0.02
Soluble Fiber (g)	0	0
Total Sugars (g)	1.17	2.75
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	1.06	2.49
Fat (g)	19.72	46.38
Saturated Fat (g)	1.45	3.42
Mono Fat (g)	12.48	29.35
Poly Fat (g)	5.55	13.05
Trans Fatty Acid (g)	0.08	0.18
Cholesterol (mg)	0	0
Water (g)	13.03	30.64
VITAMINS		
Vitamin A - IU (IU)	2.29	5.38
Vitamin A - RAE (RAE)	0.11	0.27
Carotenoid RE (RE)	0.23	0.54
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	1.21	2.85
Vitamin B1 (mg)	0	0
Vitamin B2 (mg)	0	0
Vitamin B3 (mg)	0	0
Vitamin B3 - Niacin Equiv (mg)	0	0
Vitamin B6 (mg)	0	0
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	0	0.01
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	3.45	8.11
Folate (mcg)	0.05	0.12
Folate, DFE (mcg)	0.05	0.12
Vitamin K (mcg)	14.26	33.53
Pantothenic Acid (mg)	0	0

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	0.73	1.72
Chromium (mcg)	-	-
Copper (mg)	0	0
Fluoride (mg)	0.01	0.02
Iodine (mcg)	-	-
Iron (mg)	0.01	0.03
Magnesium (mg)	0.22	0.52
Manganese (mg)	0	0
Molybdenum (mcg)	-	-
Phosphorus (mg)	0.05	0.12
Potassium (mg)	0.56	1.31
Selenium (mcg)	0	0
Sodium (mg)	374.83	881.44
Zinc (mg)	0	0
POLYFATS		
Omega 3 Fatty Acid (g)	1.80	4.24
Omega 6 Fatty Acid (g)	3.75	8.82
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	0.05	0.12

NUTRITIONAL INFO



RANCH DRESSING

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	42.52	100.00
Calories (kcal)	116.67	274.35
Calories from Fat (kcal)	86.80	204.12
Calories from SatFat (kcal)	14.56	34.24
Protein (g)	0.73	1.72
Carbohydrates (g)	7.45	17.51
Dietary Fiber (g)	0.03	0.07
Soluble Fiber (g)	0	0
Total Sugars (g)	2.46	5.79
Monosaccharides (g)	0	0
Disaccharides (g)	0	0.01
Other Carbs (g)	4.95	11.65
Fat (g)	9.64	22.68
Saturated Fat (g)	1.62	3.80
Mono Fat (g)	2.59	6.09
Poly Fat (g)	4.97	11.69
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	8.71	20.47
Water (g)	23.53	55.33
VITAMINS		
Vitamin A - IU (IU)	92.40	217.28
Vitamin A - RAE (RAE)	12.80	30.34
Carotenoid RE (RE)	6.07	14.27
Retinol RE (RE)	9.87	23.20
Beta-Carotene (mcg)	31.24	73.46
Vitamin B1 (mg)	0.01	0.03
Vitamin B2 (mg)	0.03	0.07
Vitamin B3 (mg)	0.02	0.04
Vitamin B3 - Niacin Equiv (mg)	0.17	0.40
Vitamin B6 (mg)	0.01	0.03
Vitamin B12 (mcg)	0.12	0.29
Biotin (mcg)	-	-
Vitamin C (mg)	0.03	0.07
Vitamin D - IU (IU)	8.53	20.06
Vitamin D - mcg (mcg)	0.21	0.50
Vitamin E - Alpha-Toco (mg)	0.58	1.37
Folate (mcg)	2.46	5.77
Folate, DFE (mcg)	2.46	5.77
Vitamin K (mcg)	11.72	27.55
Pantothenic Acid (mg)	0.12	0.29

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	20.81	48.94
Chromium (mcg)	0.01	0.02
Copper (mg)	0.01	0.02
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.07	0.17
Magnesium (mg)	2.20	5.17
Manganese (mg)	0.03	0.08
Molybdenum (mcg)	-	-
Phosphorus (mg)	19.86	46.71
Potassium (mg)	24.11	56.70
Selenium (mcg)	1.00	2.34
Sodium (mg)	286.51	673.76
Zinc (mg)	0.11	0.26
POLYFATS		
Omega 3 Fatty Acid (g)	0.56	1.32
Omega 6 Fatty Acid (g)	4.41	10.37
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	6.17	14.52

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



BLACK PLATE SPECIALS

NUTRITIONAL INFO



BAKED CHEESY POTATO

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	170.10	100
Calories (kcal)	380.21	223.52
Calories from Fat (kcal)	229.47	134.90
Calories from SatFat (kcal)	99.19	58.31
Protein (g)	9.88	5.81
Carbohydrates (g)	28.35	16.66
Dietary Fiber (g)	2.63	1.54
Soluble Fiber (g)	0.07	0.04
Total Sugars (g)	2.49	1.46
Monosaccharides (g)	0.51	0.30
Disaccharides (g)	1.35	0.79
Other Carbs (g)	23.25	13.67
Fat (g)	25.52	15.01
Saturated Fat (g)	11.02	6.48
Mono Fat (g)	6.77	3.98
Poly Fat (g)	5.72	3.36
Trans Fatty Acid (g)	0.29	0.17
Cholesterol (mg)	51.29	30.16
Water (g)	102.33	60.16
VITAMINS		
Vitamin A - IU (IU)	625.37	367.65
Vitamin A - RAE (RAE)	143.13	84.15
Carotenoid RE (RE)	18.14	10.67
Retinol RE (RE)	134.06	78.81
Beta-Carotene (mcg)	106.95	62.88
Vitamin B1 (mg)	0.10	0.06
Vitamin B2 (mg)	0.15	0.09
Vitamin B3 (mg)	1.94	1.14
Vitamin B3 - Niacin Equiv (mg)	3.93	2.31
Vitamin B6 (mg)	0.20	0.12
Vitamin B12 (mcg)	0.29	0.17
Biotin (mcg)	1.62	0.95
Vitamin C (mg)	0.83	0.49
Vitamin D - IU (IU)	14.59	8.58
Vitamin D - mcg (mcg)	0.36	0.21
Vitamin E - Alpha-Toco (mg)	1.63	0.96
Folate (mcg)	9.30	5.47
Folate, DFE (mcg)	9.30	5.47
Vitamin K (mcg)	28.43	16.71
Pantothenic Acid (mg)	1.06	0.62

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	218.71	128.58
Chromium (mcg)	0.04	0.02
Copper (mg)	0.16	0.09
Fluoride (mg)	0.01	0
Iodine (mcg)	10.93	6.43
Iron (mg)	1.07	0.63
Magnesium (mg)	32.70	19.23
Manganese (mg)	0.28	0.16
Molybdenum (mcg)	1.52	0.89
Phosphorus (mg)	235.77	138.61
Potassium (mg)	496.11	291.66
Selenium (mcg)	5.02	2.95
Sodium (mg)	795.28	467.54
Zinc (mg)	1.24	0.73
POLYFATS		
Omega 3 Fatty Acid (g)	0.65	0.38
Omega 6 Fatty Acid (g)	5.03	2.96
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	14.58	8.57

NUTRITIONAL INFO



BAKED SWEET POTATO

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	255.14	100
Calories (kcal)	470.90	184.57
Calories from Fat (kcal)	238.63	93.53
Calories from SatFat (kcal)	105.34	41.29
Protein (g)	3.32	1.30
Carbohydrates (g)	53.96	21.15
Dietary Fiber (g)	6.35	2.49
Soluble Fiber (g)	0	0
Total Sugars (g)	17.39	6.82
Monosaccharides (g)	3.51	1.38
Disaccharides (g)	5.33	2.09
Other Carbs (g)	30.23	11.85
Fat (g)	26.58	10.42
Saturated Fat (g)	11.70	4.59
Mono Fat (g)	0.84	0.33
Poly Fat (g)	2.43	0.95
Trans Fatty Acid (g)	1.52	0.60
Cholesterol (mg)	42.72	16.74
Water (g)	163.51	64.09
VITAMINS		
Vitamin A - IU (IU)	30586.04	11987.94
Vitamin A - RAE (RAE)	1500.82	588.23
Carotenoid RE (RE)	3001.64	1176.47
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	18003.08	7056.16
Vitamin B1 (mg)	0.17	0.06
Vitamin B2 (mg)	0.13	0.05
Vitamin B3 (mg)	1.18	0.46
Vitamin B3 - Niacin Equiv (mg)	2.27	0.89
Vitamin B6 (mg)	0.44	0.17
Vitamin B12 (mcg)	0	0
Biotin (mcg)	-	-
Vitamin C (mg)	5.08	1.99
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.89	0.35
Folate (mcg)	23.27	9.12
Folate, DFE (mcg)	23.27	9.12
Vitamin K (mcg)	11.10	4.35
Pantothenic Acid (mg)	1.69	0.66

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	63.47	24.88
Chromium (mcg)	-	-
Copper (mg)	0.32	0.13
Fluoride (mg)	-	-
Iodine (mcg)	-	-
Iron (mg)	1.29	0.51
Magnesium (mg)	52.89	20.73
Manganese (mg)	0.55	0.21
Molybdenum (mcg)	10.58	4.15
Phosphorus (mg)	99.44	38.98
Potassium (mg)	713.01	279.46
Selenium (mcg)	1.27	0.50
Sodium (mg)	230.29	90.26
Zinc (mg)	0.63	0.25
POLYFATS		
Omega 3 Fatty Acid (g)	0.28	0.11
Omega 6 Fatty Acid (g)	2.16	0.85
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	26.02	10.20

NUTRITIONAL INFO



BANANA PUDDIN'

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	85.05	100
Calories (kcal)	147.10	172.95
Calories from Fat (kcal)	59.57	70.04
Calories from SatFat (kcal)	40.16	47.21
Protein (g)	1.65	1.94
Carbohydrates (g)	19.63	23.08
Dietary Fiber (g)	0.09	0.10
Soluble Fiber (g)	0	0
Total Sugars (g)	18.20	21.40
Monosaccharides (g)	0.28	0.33
Disaccharides (g)	2.46	2.90
Other Carbs (g)	0.37	0.43
Fat (g)	6.62	7.78
Saturated Fat (g)	4.46	5.25
Mono Fat (g)	1.30	1.53
Poly Fat (g)	0.24	0.28
Trans Fatty Acid (g)	0.15	0.18
Cholesterol (mg)	13.72	16.13
Water (g)	56.05	65.90
VITAMINS		
Vitamin A - IU (IU)	181.80	213.76
Vitamin A - RAE (RAE)	51.09	60.07
Carotenoid RE (RE)	1.72	2.02
Retinol RE (RE)	50.23	59.06
Beta-Carotene (mcg)	8.35	9.82
Vitamin B1 (mg)	0.03	0.02
Vitamin B2 (mg)	0.10	0.12
Vitamin B3 (mg)	0.07	0.09
Vitamin B3 - Niacin Equiv (mg)	0.40	0.47
Vitamin B6 (mg)	0.04	0.04
Vitamin B12 (mcg)	0.23	0.27
Biotin (mcg)	1.36	1.60
Vitamin C (mg)	0.41	0.48
Vitamin D - IU (IU)	22.50	26.45
Vitamin D - mcg (mcg)	0.58	0.68
Vitamin E - Alpha-Toco (mg)	0.12	0.14
Folate (mcg)	3.80	4.46
Folate, DFE (mcg)	3.80	4.46
Vitamin K (mcg)	0.48	0.57
Pantothenic Acid (mg)	0.22	0.26

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	66.41	78.09
Chromium (mcg)	0.04	0.05
Copper (mg)	0.03	0.03
Fluoride (mg)	0	0
Iodine (mcg)	9.24	10.86
Iron (mg)	0.06	0.07
Magnesium (mg)	6.65	7.82
Manganese (mg)	0.01	0.01
Molybdenum (mcg)	0.78	0.92
Phosphorus (mg)	163.04	191.70
Potassium (mg)	89.58	105.33
Selenium (mcg)	2.05	2.41
Sodium (mg)	254.85	299.65
Zinc (mg)	0.23	0.27
POLYFATS		
Omega 3 Fatty Acid (g)	0.05	0.06
Omega 6 Fatty Acid (g)	0.17	0.20
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	9.55	11.23

NUTRITIONAL INFO



BLUEBERRY COBLER

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	175.78	100
Calories (kcal)	390.55	222.18
Calories from Fat (kcal)	110.32	62.76
Calories from SatFat (kcal)	66.75	37.97
Protein (g)	2.82	1.60
Carbohydrates (g)	69.67	39.64
Dietary Fiber (g)	3.14	1.79
Soluble Fiber (g)	0.02	0.01
Total Sugars (g)	58.50	33.28
Monosaccharides (g)	0.59	0.33
Disaccharides (g)	50.52	28.74
Other Carbs (g)	7.61	4.33
Fat (g)	12.46	7.09
Saturated Fat (g)	7.42	4.22
Mono Fat (g)	3.13	1.78
Poly Fat (g)	0.88	0.50
Trans Fatty Acid (g)	0.47	0.27
Cholesterol (mg)	30.48	17.34
Water (g)	81.09	46.13
VITAMINS		
Vitamin A - IU (IU)	478.10	271.98
Vitamin A - RAE (RAE)	98.66	56.13
Carotenoid RE (RE)	3.70	2.10
Retinol RE (RE)	95.11	54.11
Beta-Carotene (mcg)	46.21	26.29
Vitamin B1 (mg)	0.13	0.08
Vitamin B2 (mg)	0.23	0.13
Vitamin B3 (mg)	1.16	0.66
Vitamin B3 - Niacin Equiv (mg)	1.26	0.72
Vitamin B6 (mg)	0.08	0.04
Vitamin B12 (mcg)	0.22	0.13
Biotin (mcg)	0.15	0.08
Vitamin C (mg)	2.18	1.24
Vitamin D - IU (IU)	15.10	8.59
Vitamin D - mcg (mcg)	0.38	0.21
Vitamin E - Alpha-Toco (mg)	0.77	0.44
Folate (mcg)	33.75	19.20
Folate, DFE (mcg)	33.46	19.04
Vitamin K (mcg)	14.97	8.52
Pantothenic Acid (mg)	0.36	0.21

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	46.88	26.67
Chromium (mcg)	0.42	0.24
Copper (mg)	0.05	0.03
Fluoride (mg)	0	0
Iodine (mcg)	0.76	0.43
Iron (mg)	0.90	0.51
Magnesium (mg)	8.18	4.65
Manganese (mg)	0.22	0.12
Molybdenum (mcg)	-	-
Phosphorus (mg)	27.91	15.88
Potassium (mg)	83.17	47.31
Selenium (mcg)	3.97	2.26
Sodium (mg)	183.09	104.16
Zinc (mg)	0.30	0.17
POLYFATS		
Omega 3 Fatty Acid (g)	0.07	0.04
Omega 6 Fatty Acid (g)	0.57	0.33
OTHER NUTRIENTS		
Alcohol (g)	0	0.05
Caffeine (mg)	0	0
Choline (mg)	4.70	2.68

NUTRITIONAL INFO



BRISKET BURGER

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	302.03	100.00
Calories (kcal)	724.16	239.76
Calories from Fat (kcal)	271.46	89.88
Calories from SatFat (kcal)	104.82	34.70
Protein (g)	85.51	28.31
Carbohydrates (g)	21.56	7.14
Dietary Fiber (g)	0.90	0.30
Soluble Fiber (g)	0.26	0.09
Total Sugars (g)	2.74	0.91
Monosaccharides (g)	1.87	0.62
Disaccharides (g)	0.86	0.29
Other Carbs (g)	17.92	5.93
Fat (g)	30.16	9.99
Saturated Fat (g)	11.65	3.86
Mono Fat (g)	12.67	4.20
Poly Fat (g)	1.74	0.58
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	244.32	80.89
Water (g)	162.26	53.72
VITAMINS		
Vitamin A - IU (IU)	0.43	0.14
Vitamin A - RAE (RAE)	0.02	0.01
Carotenoid RE (RE)	0.04	0.01
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	0	0
Vitamin B1 (mg)	0.43	0.14
Vitamin B2 (mg)	0.60	0.20
Vitamin B3 (mg)	13.43	4.45
Vitamin B3 - Niacin Equiv (mg)	22.27	7.37
Vitamin B6 (mg)	0.82	0.27
Vitamin B12 (mcg)	6.58	2.18
Biotin (mcg)	0.44	0.14
Vitamin C (mg)	0.56	0.19
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	1.20	0.40
Folate (mcg)	72.99	24.17
Folate, DFE (mcg)	98.79	32.71
Vitamin K (mcg)	5.56	1.84
Pantothenic Acid (mg)	1.60	0.53

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	117.69	38.97
Chromium (mcg)	6.06	2.01
Copper (mg)	0.36	0.12
Fluoride (mg)	-	-
Iodine (mcg)	7.32	2.42
Iron (mg)	8.40	2.78
Magnesium (mg)	63.41	20.99
Manganese (mg)	0.27	0.09
Molybdenum (mcg)	-	-
Phosphorus (mg)	530.01	175.48
Potassium (mg)	697.89	231.06
Selenium (mcg)	84.18	27.87
Sodium (mg)	761.50	252.13
Zinc (mg)	18.72	6.20
POLYFATS		
Omega 3 Fatty Acid (g)	0.36	0.12
Omega 6 Fatty Acid (g)	1.38	0.46
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	315.85	104.58

NUTRITIONAL INFO



BROCCOLOI SALAD

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	144.88	100
Calories (kcal)	435.43	300.54
Calories from Fat (kcal)	266.89	184.21
Calories from SatFat (kcal)	82.02	56.61
Protein (g)	17.31	11.94
Carbohydrates (g)	26.68	18.42
Dietary Fiber (g)	1.52	1.05
Soluble Fiber (g)	0.15	0.10
Total Sugars (g)	15.14	10.45
Monosaccharides (g)	7.05	4.87
Disaccharides (g)	5.79	3.99
Other Carbs (g)	10.03	6.92
Fat (g)	29.65	20.47
Saturated Fat (g)	9.11	6.29
Mono Fat (g)	10.37	7.16
Poly Fat (g)	7.68	5.30
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	59.26	40.90
Water (g)	63.21	43.63
VITAMINS		
Vitamin A - IU (IU)	455.98	314.73
Vitamin A - RAE (RAE)	59.59	41.13
Carotenoid RE (RE)	30.84	21.28
Retinol RE (RE)	44.17	30.48
Beta-Carotene (mcg)	175.75	121.31
Vitamin B1 (mg)	0.18	0.12
Vitamin B2 (mg)	0.21	0.14
Vitamin B3 (mg)	3.94	2.72
Vitamin B3 - Niacin Equiv (mg)	6.69	4.62
Vitamin B6 (mg)	0.22	0.15
Vitamin B12 (mcg)	0.59	0.40
Biotin (mcg)	1.08	0.74
Vitamin C (mg)	33.29	22.98
Vitamin D - IU (IU)	18.35	12.67
Vitamin D - mcg (mcg)	0.44	0.31
Vitamin E - Alpha-Toco (mg)	1.13	0.78
Folate (mcg)	30.13	20.80
Folate, DFE (mcg)	30.13	20.80
Vitamin K (mcg)	52.30	36.10
Pantothenic Acid (mg)	0.75	0.52

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	135.66	93.64
Chromium (mcg)	0.06	0.04
Copper (mg)	0.12	0.08
Fluoride (mg)	0.03	0.02
Iodine (mcg)	6.33	4.37
Iron (mg)	1.14	0.79
Magnesium (mg)	27.56	19.02
Manganese (mg)	0.18	0.12
Molybdenum (mcg)	2.83	1.95
Phosphorus (mg)	291.83	201.42
Potassium (mg)	411.71	284.17
Selenium (mcg)	23.66	16.33
Sodium (mg)	840.40	590.05
Zinc (mg)	1.83	1.26
POLYFATS		
Omega 3 Fatty Acid (g)	0.80	0.55
Omega 6 Fatty Acid (g)	6.82	4.70
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	55.70	38.44

NUTRITIONAL INFO



CARAMEL APPLE COBBLER

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	154.92	100
Calories (kcal)	334.94	216.20
Calories from Fat (kcal)	78.25	50.51
Calories from SatFat (kcal)	47.77	30.84
Protein (g)	3.31	2.14
Carbohydrates (g)	63.01	40.67
Dietary Fiber (g)	1.95	1.26
Soluble Fiber (g)	0.01	0.01
Total Sugars (g)	37.83	24.42
Monosaccharides (g)	0.11	0.07
Disaccharides (g)	31.58	20.38
Other Carbs (g)	14.42	9.31
Fat (g)	8.83	5.70
Saturated Fat (g)	5.31	3.43
Mono Fat (g)	2.19	1.41
Poly Fat (g)	0.53	0.34
Trans Fatty Acid (g)	0.33	0.21
Cholesterol (mg)	22.30	14.39
Water (g)	73.49	47.43
VITAMINS		
Vitamin A - IU (IU)	362.55	234.02
Vitamin A - RAE (RAE)	72.44	46.76
Carotenoid RE (RE)	6.25	4.03
Retinol RE (RE)	69.32	44.74
Beta-Carotene (mcg)	20.56	13.27
Vitamin B1 (mg)	0.19	0.12
Vitamin B2 (mg)	0.20	0.13
Vitamin B3 (mg)	1.56	1.00
Vitamin B3 - Niacin Equiv (mg)	2.09	1.35
Vitamin B6 (mg)	0.05	0.03
Vitamin B12 (mcg)	0.13	0.08
Biotin (mcg)	0.22	0.14
Vitamin C (mg)	0.13	0.08
Vitamin D - IU (IU)	9.75	6.30
Vitamin D - mcg (mcg)	0.24	0.16
Vitamin E - Alpha-Toco (mg)	0.34	0.22
Folate (mcg)	43.56	28.12
Folate, DFE (mcg)	59.22	38.22
Vitamin K (mcg)	1.04	0.67
Pantothenic Acid (mg)	0.24	0.16

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	22.77	14.70
Chromium (mcg)	0.26	0.16
Copper (mg)	0.09	0.06
Fluoride (mg)	0	0
Iodine (mcg)	0.18	0.12
Iron (mg)	1.24	0.80
Magnesium (mg)	8.54	5.51
Manganese (mg)	0.44	0.28
Molybdenum (mcg)	-	-
Phosphorus (mg)	29.75	19.21
Potassium (mg)	102.41	66.11
Selenium (mcg)	8.42	5.44
Sodium (mg)	93.85	60.58
Zinc (mg)	0.29	0.19
POLYFATS		
Omega 3 Fatty Acid (g)	0.06	0.04
Omega 6 Fatty Acid (g)	0.47	0.30
OTHER NUTRIENTS		
Alcohol (g)	0.02	0.01
Caffeine (mg)	0	0
Choline (mg)	4.29	2.77

NUTRITIONAL INFO



CARAMEL BREAD PUDDING

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	113.40	100
Calories (kcal)	370.46	326.69
Calories from Fat (kcal)	205.08	180.85
Calories from SatFat (kcal)	122.22	107.78
Protein (g)	4.95	4.36
Carbohydrates (g)	37.76	33.30
Dietary Fiber (g)	0.73	0.64
Soluble Fiber (g)	0	0
Total Sugars (g)	24.82	21.89
Monosaccharides (g)	1.01	0.89
Disaccharides (g)	22.02	19.42
Other Carbs (g)	12.21	10.77
Fat (g)	22.85	20.15
Saturated Fat (g)	13.58	11.98
Mono Fat (g)	6.52	5.75
Poly Fat (g)	1.43	1.26
Trans Fatty Acid (g)	0.67	0.59
Cholesterol (mg)	118.99	104.93
Water (g)	46.82	41.29
VITAMINS		
Vitamin A - IU (IU)	863.82	761.75
Vitamin A - RAE (RAE)	241.99	213.39
Carotenoid RE (RE)	6.87	6.05
Retinol RE (RE)	238.55	210.37
Beta-Carotene (mcg)	40.54	35.75
Vitamin B1 (mg)	0.16	0.14
Vitamin B2 (mg)	0.18	0.14
Vitamin B3 (mg)	1.29	1.14
Vitamin B3 - Niacin Equiv (mg)	1.84	1.63
Vitamin B6 (mg)	0.06	0.05
Vitamin B12 (mcg)	0.20	0.18
Biotin (mcg)	3.37	2.97
Vitamin C (mg)	0.29	0.25
Vitamin D - IU (IU)	25.23	22.25
Vitamin D - mcg (mcg)	0.64	0.56
Vitamin E - Alpha-Toco (mg)	0.78	0.69
Folate (mcg)	37.01	32.64
Folate, DFE (mcg)	52.79	46.55
Vitamin K (mcg)	1.89	1.67
Pantothenic Acid (mg)	0.45	0.40

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	107.33	94.65
Chromium (mcg)	0.21	0.18
Copper (mg)	0.05	0.04
Fluoride (mg)	0	0
Iodine (mcg)	15.16	13.37
Iron (mg)	1.19	1.05
Magnesium (mg)	11.58	10.21
Manganese (mg)	0.16	0.14
Molybdenum (mcg)	2.07	1.83
Phosphorus (mg)	81.74	72.08
Potassium (mg)	84.27	74.32
Selenium (mcg)	9.94	8.77
Sodium (mg)	193.79	170.89
Zinc (mg)	0.49	0.44
POLYFATS		
Omega 3 Fatty Acid (g)	0.33	0.29
Omega 6 Fatty Acid (g)	1.10	0.97
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	48.41	42.69

NUTRITIONAL INFO



CARROT CAKE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	131.56	100
Calories (kcal)	469.91	357.17
Calories from Fat (kcal)	243.08	184.76
Calories from SatFat (kcal)	18.69	14.21
Protein (g)	4.43	3.37
Carbohydrates (g)	52.88	40.19
Dietary Fiber (g)	1.57	1.19
Soluble Fiber (g)	0.54	0.41
Total Sugars (g)	35.29	26.83
Monosaccharides (g)	0.32	0.25
Disaccharides (g)	34.52	26.24
Other Carbs (g)	16.01	12.17
Fat (g)	27.49	20.90
Saturated Fat (g)	2.08	1.58
Mono Fat (g)	6.21	4.72
Poly Fat (g)	17.84	13.56
Trans Fatty Acid (g)	0.70	0.53
Cholesterol (mg)	0	0
Water (g)	27.01	20.53
VITAMINS		
Vitamin A - IU (IU)	4845.48	3683.02
Vitamin A - RAE (RAE)	229.77	174.65
Carotenoid RE (RE)	459.55	349.30
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	2278.87	1732.16
Vitamin B1 (mg)	0.23	0.18
Vitamin B2 (mg)	0.41	0.31
Vitamin B3 (mg)	1.51	1.15
Vitamin B3 - Niacin Equiv (mg)	1.98	1.51
Vitamin B6 (mg)	0.07	0.06
Vitamin B12 (mcg)	0.40	0.30
Biotin (mcg)	1.59	1.21
Vitamin C (mg)	1.64	1.25
Vitamin D - IU (IU)	13.33	10.13
Vitamin D - mcg (mcg)	0.33	0.25
Vitamin E - Alpha-Toco (mg)	2.71	2.06
Folate (mcg)	63.41	48.20
Folate, DFE (mcg)	65.91	50.10
Vitamin K (mcg)	57.57	43.76
Pantothenic Acid (mg)	0.50	0.38

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	23.79	18.08
Chromium (mcg)	0.28	0.22
Copper (mg)	0.05	0.04
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	1.47	1.12
Magnesium (mg)	8.27	6.29
Manganese (mg)	0.26	0.20
Molybdenum (mcg)	1.38	1.05
Phosphorus (mg)	32.52	24.72
Potassium (mg)	145.22	110.38
Selenium (mcg)	7.31	5.55
Sodium (mg)	461.69	350.93
Zinc (mg)	0.42	0.32
POLYFATS		
Omega 3 Fatty Acid (g)	2.02	1.54
Omega 6 Fatty Acid (g)	15.82	12.02
OTHER NUTRIENTS		
Alcohol (g)	0.12	0.09
Caffeine (mg)	0	0
Choline (mg)	4.64	3.53

NUTRITIONAL INFO



CHOCOLATE CARAMEL CHEESECAKE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	125.19	100
Calories (kcal)	433.54	346.29
Calories from Fat (kcal)	237.81	189.95
Calories from SatFat (kcal)	147.61	117.90
Protein (g)	3.60	2.88
Carbohydrates (g)	46.02	36.76
Dietary Fiber (g)	0.60	0.48
Soluble Fiber (g)	0	0
Total Sugars (g)	39.10	31.23
Monosaccharides (g)	0	0
Disaccharides (g)	25.92	20.71
Other Carbs (g)	4.50	3.60
Fat (g)	26.51	21.18
Saturated Fat (g)	16.40	13.10
Mono Fat (g)	6.21	4.96
Poly Fat (g)	0.97	0.7
Trans Fatty Acid (g)	0.74	0.59
Cholesterol (mg)	71.93	57.45
Water (g)	47.64	38.05
VITAMINS		
Vitamin A - IU (IU)	856.98	684.51
Vitamin A - RAE (RAE)	234.84	187.58
Carotenoid RE (RE)	8.61	6.88
Retinol RE (RE)	230.53	184.14
Beta-Carotene (mcg)	53.14	42.45
Vitamin B1 (mg)	0.03	0.03
Vitamin B2 (mg)	0.10	0.08
Vitamin B3 (mg)	0.36	0.29
Vitamin B3 - Niacin Equiv (mg)	0.94	0.75
Vitamin B6 (mg)	0.03	0.02
Vitamin B12 (mcg)	0.17	0.13
Biotin (mcg)	1.01	0.81
Vitamin C (mg)	0.32	0.25
Vitamin D - IU (IU)	19.62	15.67
Vitamin D - mcg (mcg)	0.49	0.39
Vitamin E - Alpha-Toco (mg)	0.37	0.30
Folate (mcg)	9.36	7.47
Folate, DFE (mcg)	6.58	5.25
Vitamin K (mcg)	2.01	1.61
Pantothenic Acid (mg)	0.30	0.24

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	65.60	52.40
Chromium (mcg)	0.13	0.10
Copper (mg)	0.05	0.04
Fluoride (mg)	0	0
Iodine (mcg)	2.47	1.97
Iron (mg)	0.61	0.48
Magnesium (mg)	14.50	11.58
Manganese (mg)	0.06	0.05
Molybdenum (mcg)	0.94	0.75
Phosphorus (mg)	80.67	64.44
Potassium (mg)	107.74	86.06
Selenium (mcg)	1.77	1.42
Sodium (mg)	237.88	190.00
Zinc (mg)	0.47	0.38
POLYFATS		
Omega 3 Fatty Acid (g)	0.14	0.11
Omega 6 Fatty Acid (g)	0.72	0.58
OTHER NUTRIENTS		
Alcohol (g)	0.25	0.20
Caffeine (mg)	2.33	1.86
Choline (mg)	15.51	12.39

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



CHOPPED BRISKET (SANDWICH)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	241.45	100.00
Calories (kcal)	590.73	244.66
Calories from Fat (kcal)	219.02	90.71
Calories from SatFat (kcal)	84.41	34.96
Protein (g)	40.19	16.65
Carbohydrates (g)	46.83	19.40
Dietary Fiber (g)	1.38	0.57
Soluble Fiber (g)	0.27	0.11
Total Sugars (g)	24.26	10.05
Monosaccharides (g)	6.20	2.57
Disaccharides (g)	1.55	0.64
Other Carbs (g)	21.18	8.77
Fat (g)	24.34	10.08
Saturated Fat (g)	9.38	3.88
Mono Fat (g)	10.15	4.20
Poly Fat (g)	1.57	0.65
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	130.10	53.89
Water (g)	109.83	45.49
VITAMINS		
Vitamin A - IU (IU)	135.24	56.01
Vitamin A - RAE (RAE)	6.90	2.86
Carotenoid RE (RE)	13.54	5.61
Retinol RE (RE)	0.13	0.05
Beta-Carotene (mcg)	80.13	33.19
Vitamin B1 (mg)	0.37	0.15
Vitamin B2 (mg)	0.36	0.15
Vitamin B3 (mg)	7.70	3.19
Vitamin B3 - Niacin Equiv (mg)	11.45	4.74
Vitamin B6 (mg)	0.57	0.24
Vitamin B12 (mcg)	2.69	1.11
Biotin (mcg)	0.44	0.18
Vitamin C (mg)	3.20	1.32
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	1.02	0.42
Folate (mcg)	62.54	25.90
Folate, DFE (mcg)	88.34	36.59
Vitamin K (mcg)	6.42	2.66
Pantothenic Acid (mg)	0.90	0.37

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	159.82	66.19
Chromium (mcg)	4.42	1.83
Copper (mg)	0.35	0.15
Fluoride (mg)	0	0
Iodine (mcg)	7.32	3.03
Iron (mg)	6.38	2.64
Magnesium (mg)	90.98	37.68
Manganese (mg)	0.76	0.31
Molybdenum (mcg)	-	-
Phosphorus (mg)	287.27	118.98
Potassium (mg)	841.90	348.69
Selenium (mcg)	47.11	562.00
Sodium (mg)	1356.92	562.00
Zinc (mg)	8.76	3.63
POLYFATS		
Omega 3 Fatty Acid (g)	0.32	0.13
Omega 6 Fatty Acid (g)	1.25	0.52
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	147.75	61.20

NUTRITIONAL INFO



COOKIES & CREAM PUDDING PIE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	156.12	100
Calories (kcal)	234.56	150.24
Calories from Fat (kcal)	85.17	54.55
Calories from SatFat (kcal)	63.94	40.95
Protein (g)	4.93	3.16
Carbohydrates (g)	30.79	19.72
Dietary Fiber (g)	0.21	0.14
Soluble Fiber (g)	0	0
Total Sugars (g)	25.54	16.36
Monosaccharides (g)	0.03	0.02
Disaccharides (g)	19.90	12.74
Other Carbs (g)	2.52	1.61
Fat (g)	9.46	6.06
Saturated Fat (g)	7.10	4.55
Mono Fat (g)	1.44	0.92
Poly Fat (g)	0.22	0.14
Trans Fatty Acid (g)	0.20	0.13
Cholesterol (mg)	19.56	12.53
Water (g)	109.61	70.21
VITAMINS		
Vitamin A - IU (IU)	298.16	190.98
Vitamin A - RAE (RAE)	86.84	55.62
Carotenoid RE (RE)	1.05	0.67
Retinol RE (RE)	86.32	55.29
Beta-Carotene (mcg)	6.05	3.87
Vitamin B1 (mg)	0.04	0.03
Vitamin B2 (mg)	0.22	0.14
Vitamin B3 (mg)	0.12	0.08
Vitamin B3 - Niacin Equiv (mg)	1.03	0.66
Vitamin B6 (mg)	0.04	0.03
Vitamin B12 (mcg)	0.67	0.43
Biotin (mcg)	1.46	0.94
Vitamin C (mg)	0.17	0.11
Vitamin D - IU (IU)	47.09	30.17
Vitamin D - mcg (mcg)	1.15	0.74
Vitamin E - Alpha-Toco (mg)	0.09	0.06
Folate (mcg)	8.80	5.64
Folate, DFE (mcg)	8.80	5.64
Vitamin K (mcg)	0.44	0.28
Pantothenic Acid (mg)	0.52	0.33

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	144.84	92.77
Chromium (mcg)	0.08	0.05
Copper (mg)	0.03	0.02
Fluoride (mg)	0	0
Iodine (mcg)	17.57	11.25
Iron (mg)	0.20	0.13
Magnesium (mg)	14.23	9.12
Manganese (mg)	0.04	0.02
Molybdenum (mcg)	1.46	0.94
Phosphorus (mg)	121.36	77.73
Potassium (mg)	191.23	122.49
Selenium (mcg)	3.39	2.17
Sodium (mg)	171.11	109.60
Zinc (mg)	0.60	0.38
POLYFATS		
Omega 3 Fatty Acid (g)	0.03	0.02
Omega 6 Fatty Acid (g)	0.17	0.11
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0.42	0.27
Choline (mg)	17.43	11.16

NUTRITIONAL INFO



CORN CASSEROLE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	192.97	100
Calories (kcal)	429.22	222.42
Calories from Fat (kcal)	186.75	96.77
Calories from SatFat (kcal)	78.45	40.65
Protein (g)	8.99	4.66
Carbohydrates (g)	52.28	27.09
Dietary Fiber (g)	2.20	1.14
Soluble Fiber (g)	0.37	0.19
Total Sugars (g)	14.49	7.51
Monosaccharides (g)	0.86	0.44
Disaccharides (g)	10.08	5.22
Other Carbs (g)	35.60	18.45
Fat (g)	20.90	10.83
Saturated Fat (g)	8.72	4.52
Mono Fat (g)	5.37	2.78
Poly Fat (g)	5.24	2.71
Trans Fatty Acid (g)	0.38	0.20
Cholesterol (mg)	38.94	20.18
Water (g)	69.78	36.16
VITAMINS		
Vitamin A - IU (IU)	487.19	252.46
Vitamin A - RAE (RAE)	114.61	59.39
Carotenoid RE (RE)	12.53	6.49
Retinol RE (RE)	108.34	56.14
Beta-Carotene (mcg)	57.71	29.91
Vitamin B1 (mg)	0.29	0.15
Vitamin B2 (mg)	0.28	0.15
Vitamin B3 (mg)	2.31	1.19
Vitamin B3 - Niacin Equiv (mg)	3.90	2.02
Vitamin B6 (mg)	0.10	0.05
Vitamin B12 (mcg)	0.26	0.05
Biotin (mcg)	2.25	1.17
Vitamin C (mg)	3.87	2.01
Vitamin D - IU (IU)	16.37	8.48
Vitamin D - mcg (mcg)	0.41	0.21
Vitamin E - Alpha-Toco (mg)	0.87	0.45
Folate (mcg)	81.55	42.26
Folate, DFE (mcg)	120.87	62.64
Vitamin K (mcg)	13.49	6.99
Pantothenic Acid (mg)	0.38	0.19

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	138.41	71.72
Chromium (mcg)	0.12	0.06
Copper (mg)	0.07	0.04
Fluoride (mg)	0.01	0
Iodine (mcg)	8.94	4.63
Iron (mg)	1.89	0.98
Magnesium (mg)	22.69	11.76
Manganese (mg)	0.27	0.14
Molybdenum (mcg)	1.84	0.95
Phosphorus (mg)	157.26	81.49
Potassium (mg)	166.83	86.45
Selenium (mcg)	12.99	6.73
Sodium (mg)	639.25	331.26
Zinc (mg)	0.95	0.49
POLYFATS		
Omega 3 Fatty Acid (g)	0.61	0.31
Omega 6 Fatty Acid (g)	4.62	2.40
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	18.83	9.76

NUTRITIONAL INFO



FIREHOUSE CHILI

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	295.07	100
Calories (kcal)	353.16	119.69
Calories from Fat (kcal)	142.21	48.20
Calories from SatFat (kcal)	47.82	16.21
Protein (g)	53.82	18.24
Carbohydrates (g)	23.37	7.92
Dietary Fiber (g)	7.92	2.32
Soluble Fiber (g)	0.81	0.27
Total Sugars (g)	6.53	2.21
Monosaccharides (g)	3.84	1.30
Disaccharides (g)	0.99	0.34
Other Carbs (g)	9.41	3.19
Fat (g)	15.80	5.36
Saturated Fat (g)	5.31	1.80
Mono Fat (g)	6.58	2.23
Poly Fat (g)	1.95	0.66
Trans Fatty Acid (g)	0.44	0.15
Cholesterol (mg)	74.67	25.30
Water (g)	200.27	67.87
VITAMINS		
Vitamin A - IU (IU)	725.00	245.70
Vitamin A - RAE (RAE)	38.45	13.03
Carotenoid RE (RE)	71.62	24.27
Retinol RE (RE)	2.64	0.90
Beta-Carotene (mcg)	390.64	132.39
Vitamin B1 (mg)	0.26	0.09
Vitamin B2 (mg)	0.28	0.10
Vitamin B3 (mg)	6.61	2.24
Vitamin B3 - Niacin Equiv (mg)	10.12	3.43
Vitamin B6 (mg)	0.57	0.19
Vitamin B12 (mcg)	2.00	0.68
Biotin (mcg)	0.74	0.25
Vitamin C (mg)	20.78	7.04
Vitamin D - IU (IU)	11.09	3.76
Vitamin D - mcg (mcg)	0.28	0.10
Vitamin E - Alpha-Toco (mg)	2.09	0.71
Folate (mcg)	47.62	16.14
Folate, DFE (mcg)	47.77	16.19
Vitamin K (mcg)	13.66	4.63
Pantothenic Acid (mg)	1.07	0.36

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	88.96	30.15
Chromium (mcg)	1.38	0.47
Copper (mg)	0.38	0.13
Fluoride (mg)	0.01	0
Iodine (mcg)	0.28	0.09
Iron (mg)	4.74	1.61
Magnesium (mg)	64.14	21.74
Manganese (mg)	0.43	0.15
Molybdenum (mcg)	33.25	11.27
Phosphorus (mg)	317.88	107.73
Potassium (mg)	890.08	301.65
Selenium (mcg)	24.12	8.17
Sodium (mg)	1047.00	354.83
Zinc (mg)	5.27	1.78
POLYFATS		
Omega 3 Fatty Acid (g)	0.18	0.06
Omega 6 Fatty Acid (g)	1.31	0.44
OTHER NUTRIENTS		
Alcohol (g)	0.56	0.19
Caffeine (mg)	0	0
Choline (mg)	104.61	35.45

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



GRANNY'S SWEET POTATO MASH

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	170.10	100
Calories (kcal)	192.71	113.29
Calories from Fat (kcal)	39.89	23.45
Calories from SatFat (kcal)	23.56	13.85
Protein (g)	2.81	1.65
Carbohydrates (g)	36.28	21.33
Dietary Fiber (g)	3.67	2.16
Soluble Fiber (g)	0	0
Total Sugars (g)	18.73	11.01
Monosaccharides (g)	1.43	0.84
Disaccharides (g)	15.26	8.97
Other Carbs (g)	13.87	8.16
Fat (g)	4.50	2.64
Saturated Fat (g)	2.62	1.54
Mono Fat (g)	1.17	0.69
Poly Fat (g)	0.33	0.19
Trans Fatty Acid (g)	0.16	0.09
Cholesterol (mg)	28.31	16.65
Water (g)	125.21	73.61
VITAMINS		
Vitamin A - IU (IU)	22999.82	13521.59
Vitamin A - RAE (RAE)	1184.30	696.25
Carotenoid RE (RE)	2286.25	1344.09
Retinol RE (RE)	41.17	24.21
Beta-Carotene (mcg)	13717.27	8064.38
Vitamin B1 (mg)	0.09	0.05
Vitamin B2 (mg)	0.10	0.06
Vitamin B3 (mg)	0.80	0.47
Vitamin B3 - Niacin Equiv (mg)	1.65	0.97
Vitamin B6 (mg)	0.25	0.15
Vitamin B12 (mcg)	0.08	0.05
Biotin (mcg)	7.31	4.30
Vitamin C (mg)	18.60	10.94
Vitamin D - IU (IU)	9.12	5.36
Vitamin D - mcg (mcg)	0.22	0.13
Vitamin E - Alpha-Toco (mg)	1.52	0.90
Folate (mcg)	11.46	6.74
Folate, DFE (mcg)	11.40	6.70
Vitamin K (mcg)	3.41	2.00
Pantothenic Acid (mg)	0.94	0.55

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	49.80	29.28
Chromium (mcg)	0.12	0.07
Copper (mg)	0.14	0.08
Fluoride (mg)	0	0
Iodine (mcg)	6.65	3.91
Iron (mg)	1.15	0.68
Magnesium (mg)	27.54	16.19
Manganese (mg)	0.40	0.23
Molybdenum (mcg)	0.92	0.54
Phosphorus (mg)	62.04	36.47
Potassium (mg)	349.68	205.58
Selenium (mcg)	2.00	1.18
Sodium (mg)	128.56	75.58
Zinc (mg)	0.39	0.23
POLYFATS		
Omega 3 Fatty Acid (g)	0.02	0.01
Omega 6 Fatty Acid (g)	0.30	0.18
OTHER NUTRIENTS		
Alcohol (g)	0.06	0.03
Caffeine (mg)	0	0
Choline (mg)	31.63	18.59

NUTRITIONAL INFO



HAWAIIAN RIBEYE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	295.50	100
Calories (kcal)	955.12	312.23
Calories from Fat (kcal)	662.61	224.24
Calories from SatFat (kcal)	286.70	97.02
Protein (g)	46.77	15.83
Carbohydrates (g)	24.74	15.83
Dietary Fiber (g)	1.22	0.1
Soluble Fiber (g)	0.04	0.01
Total Sugars (g)	18.40	6.23
Monosaccharides (g)	0.12	0.04
Disaccharides (g)	0.13	0.04
Other Carbs (g)	4.94	1.67
Fat (g)	73.73	24.95
Saturated Fat (g)	31.86	10.78
Mono Fat (g)	31.00	10.49
Poly Fat (g)	2.61	0.8
Trans Fatty Acid (g)	0.24	0.08
Cholesterol (mg)	186.30	63.05
Water (g)	127.91	43.29
VITAMINS		
Vitamin A - IU (IU)	510.55	172.78
Vitamin A - RAE (RAE)	67.03	22.68
Carotenoid RE (RE)	34.43	11.65
Retinol RE (RE)	49.82	16.86
Beta-Carotene (mcg)	169.61	57.40
Vitamin B1 (mg)	0.17	0.06
Vitamin B2 (mg)	0.38	0.13
Vitamin B3 (mg)	6.92	2.34
Vitamin B3 - Niacin Equiv (mg)	15.49	5.24
Vitamin B6 (mg)	0.59	0.20
Vitamin B12 (mcg)	5.14	1.74
Biotin (mcg)	0.17	0.06
Vitamin C (mg)	2.87	0.97
Vitamin D - IU (IU)	4.45	1.51
Vitamin D - mcg (mcg)	0.11	0.04
Vitamin E - Alpha-Toco (mg)	0.25	0.08
Folate (mcg)	17.38	5.88
Folate, DFE (mcg)	17.38	5.88
Vitamin K (mcg)	5.79	1.96
Pantothenic Acid (mg)	0.81	0.27

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	44.51	15.06
Chromium (mcg)	5.33	1.80
Copper (mg)	0.24	0.08
Fluoride (mg)	0.02	0.01
Iodine (mcg)	0.04	0.01
Iron (mg)	4.88	1.65
Magnesium (mg)	50.17	16.98
Manganese (mg)	0.60	0.20
Molybdenum (mcg)	-	-
Phosphorus (mg)	371.30	125.65
Potassium (mg)	719.51	243.69
Selenium (mcg)	57.88	19.59
Sodium (mg)	3720.25	1258.99
Zinc (mg)	10.95	3.71
POLYFATS		
Omega 3 Fatty Acid (g)	0.67	0.23
Omega 6 Fatty Acid (g)	1.90	0.64
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	4.66	1.58

NUTRITIONAL INFO



KICKIN' COLLARD GREENS

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	189.39	100
Calories (kcal)	66.74	35.24
Calories from Fat (kcal)	24.58	12.98
Calories from SatFat (kcal)	13.62	7.19
Protein (g)	3.39	1.79
Carbohydrates (g)	9.14	4.83
Dietary Fiber (g)	3.15	1.66
Soluble Fiber (g)	1.16	0.61
Total Sugars (g)	1.60	0.84
Monosaccharides (g)	0.17	0.09
Disaccharides (g)	0.06	0.03
Other Carbs (g)	4.31	2.28
Fat (g)	2.77	1.46
Saturated Fat (g)	1.51	0.80
Mono Fat (g)	0.60	0.32
Poly Fat (g)	0.09	0.05
Trans Fatty Acid (g)	0.09	0.05
Cholesterol (mg)	6.34	3.35
Water (g)	171.11	90.35
VITAMINS		
Vitamin A - IU (IU)	11578.57	6113.53
Vitamin A - RAE (RAE)	594.78	314.04
Carotenoid RE (RE)	1151.51	608.00
Retinol RE (RE)	19.02	10.04
Beta-Carotene (mcg)	6711.70	3543.81
Vitamin B1 (mg)	0.05	0.03
Vitamin B2 (mg)	0.12	0.06
Vitamin B3 (mg)	0.64	0.34
Vitamin B3 - Niacin Equiv (mg)	1.28	0.68
Vitamin B6 (mg)	0.12	0.07
Vitamin B12 (mcg)	0	0
Biotin (mcg)	0.19	0.10
Vitamin C (mg)	31.97	16.88
Vitamin D - IU (IU)	1.70	0.90
Vitamin D - mcg (mcg)	0.04	0.02
Vitamin E - Alpha-Toco (mg)	1.31	0.69
Folate (mcg)	75.97	40.11
Folate, DFE (mcg)	75.97	40.11
Vitamin K (mcg)	612.72	323.52
Pantothenic Acid (mg)	0.13	0.07

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	215.67	113.88
Chromium (mcg)	0.05	0.03
Copper (mg)	0.06	0.03
Fluoride (mg)	0.04	0.02
Iodine (mcg)	0.11	0.06
Iron (mg)	1.33	0.70
Magnesium (mg)	30.85	16.29
Manganese (mg)	0.66	0.35
Molybdenum (mcg)	0.27	0.14
Phosphorus (mg)	30.13	15.91
Potassium (mg)	261.45	138.05
Selenium (mcg)	1.61	0.85
Sodium (mg)	979.52	517.19
Zinc (mg)	0.29	0.15
POLYFATS		
Omega 3 Fatty Acid (g)	0.01	0
Omega 6 Fatty Acid (g)	0.08	0.04
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	45.41	23.97

NUTRITIONAL INFO



MEAT LOAF

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	296.63	100
Calories (kcal)	472.87	208.50
Calories from Fat (kcal)	282.90	124.74
Calories from SatFat (kcal)	113.27	49.94
Protein (g)	29.25	12.90
Carbohydrates (g)	17.07	7.53
Dietary Fiber (g)	1.50	0.66
Soluble Fiber (g)	0.04	0.02
Total Sugars (g)	2.24	0.99
Monosaccharides (g)	1.65	0.73
Disaccharides (g)	0.54	0.24
Other Carbs (g)	12.60	5.55
Fat (g)	31.43	13.86
Saturated Fat (g)	12.59	5.55
Mono Fat (g)	9.16	4.04
Poly Fat (g)	1.43	0.63
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	145.69	64.24
Water (g)	146.01	64.38
VITAMINS		
Vitamin A - IU (IU)	151.25	66.69
Vitamin A - RAE (RAE)	21.33	9.41
Carotenoid RE (RE)	9.63	4.25
Retinol RE (RE)	16.52	7.28
Beta-Carotene (mcg)	51.42	22.67
Vitamin B1 (mg)	0.26	0.12
Vitamin B2 (mg)	0.41	0.18
Vitamin B3 (mg)	6.31	2.78
Vitamin B3 - Niacin Equiv (mg)	7.15	3.15
Vitamin B6 (mg)	0.38	0.17
Vitamin B12 (mcg)	2.38	1.05
Biotin (mcg)	2.84	1.25
Vitamin C (mg)	7.95	3.51
Vitamin D - IU (IU)	8.46	3.73
Vitamin D - mcg (mcg)	0.21	0.09
Vitamin E - Alpha-Toco (mg)	0.25	0.11
Folate (mcg)	38.02	16.76
Folate, DFE (mcg)	48.35	21.32
Vitamin K (mcg)	4.14	1.83
Pantothenic Acid (mg)	0.72	0.32

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	58.96	26.00
Chromium (mcg)	0.14	0.06
Copper (mg)	0.17	0.07
Fluoride (mg)	0	0
Iodine (mcg)	5.90	2.60
Iron (mg)	3.41	1.50
Magnesium (mg)	33.71	14.86
Manganese (mg)	0.34	0.15
Molybdenum (mcg)	2.60	1.15
Phosphorus (mg)	206.86	91.21
Potassium (mg)	408.72	180.21
Selenium (mcg)	22.10	9.74
Sodium (mg)	1255.48	553.57
Zinc (mg)	4.78	2.11
POLYFATS		
Omega 3 Fatty Acid (g)	0.13	0.06
Omega 6 Fatty Acid (g)	0.70	0.31
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	35.25	15.54

NUTRITIONAL INFO



MISSISSIPPI MUD PIE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	178.09	100
Calories (kcal)	367.08	206.12
Calories from Fat (kcal)	181.87	102.12
Calories from SatFat (kcal)	123.48	69.33
Protein (g)	4.78	2.68
Carbohydrates (g)	43.07	24.18
Dietary Fiber (g)	0.68	0.38
Soluble Fiber (g)	0	0
Total Sugars (g)	38.95	21.87
Monosaccharides (g)	0.03	0.02
Disaccharides (g)	25.78	14.48
Other Carbs (g)	3.44	1.93
Fat (g)	20.21	11.35
Saturated Fat (g)	13.72	7.70
Mono Fat (g)	4.01	2.25
Poly Fat (g)	0.63	0.35
Trans Fatty Acid (g)	0.45	0.25
Cholesterol (mg)	49.11	27.57
Water (g)	101.41	56.94
VITAMINS		
Vitamin A - IU (IU)	642.31	360.66
Vitamin A - RAE (RAE)	179.03	100.52
Carotenoid RE (RE)	5.32	2.99
Retinol RE (RE)	176.36	99.03
Beta-Carotene (mcg)	32.70	18.36
Vitamin B1 (mg)	0.04	0.02
Vitamin B2 (mg)	0.20	0.11
Vitamin B3 (mg)	0.17	0.10
Vitamin B3 - Niacin Equiv (mg)	1.00	0.56
Vitamin B6 (mg)	0.04	0.02
Vitamin B12 (mcg)	0.48	0.27
Biotin (mcg)	2.06	1.16
Vitamin C (mg)	0.22	0.12
Vitamin D - IU (IU)	46.70	26.22
Vitamin D - mcg (mcg)	1.15	0.64
Vitamin E - Alpha-Toco (mg)	0.24	0.14
Folate (mcg)	7.71	4.33
Folate, DFE (mcg)	7.91	4.44
Vitamin K (mcg)	1.44	0.81
Pantothenic Acid (mg)	0.44	0.25

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	133.18	74.78
Chromium (mcg)	0.10	0.06
Copper (mg)	0.07	0.04
Fluoride (mg)	0	0
Iodine (mcg)	20.17	11.33
Iron (mg)	0.37	0.21
Magnesium (mg)	19.50	10.95
Manganese (mg)	0.08	0.05
Molybdenum (mcg)	1.98	1.11
Phosphorus (mg)	114.73	64.42
Potassium (mg)	183.70	103.15
Selenium (mcg)	3.12	1.75
Sodium (mg)	312.66	175.56
Zinc (mg)	0.62	0.35
POLYFATS		
Omega 3 Fatty Acid (g)	0.12	0.07
Omega 6 Fatty Acid (g)	0.46	0.26
OTHER NUTRIENTS		
Alcohol (g)	0.04	0.02
Caffeine (mg)	2.04	1.14
Choline (mg)	21.35	11.99

NUTRITIONAL INFO



PEACH COBLER

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	154.92	100
Calories (kcal)	331.54	214.01
Calories from Fat (kcal)	100.32	64.75
Calories from SatFat (kcal)	61.12	39.45
Protein (g)	3.45	2.23
Carbohydrates (g)	56.40	36.41
Dietary Fiber (g)	1.45	0.93
Soluble Fiber (g)	0.32	0.21
Total Sugars (g)	44.77	28.90
Monosaccharides (g)	0.03	0.02
Disaccharides (g)	33.53	21.65
Other Carbs (g)	10.17	6.57
Fat (g)	11.33	7.31
Saturated Fat (g)	6.79	4.38
Mono Fat (g)	3.01	1.94
Poly Fat (g)	0.67	0.43
Trans Fatty Acid (g)	0.42	0.27
Cholesterol (mg)	60.57	39.10
Water (g)	83.08	53.63
VITAMINS		
Vitamin A - IU (IU)	678.86	438.20
Vitamin A - RAE (RAE)	116.39	75.13
Carotenoid RE (RE)	34.88	22.52
Retinol RE (RE)	98.94	63.87
Beta-Carotene (mcg)	176.31	113.81
Vitamin B1 (mg)	0.13	0.08
Vitamin B2 (mg)	0.14	0.09
Vitamin B3 (mg)	1.55	1.00
Vitamin B3 - Niacin Equiv (mg)	2.17	1.40
Vitamin B6 (mg)	0.04	0.02
Vitamin B12 (mcg)	0.10	0.07
Biotin (mcg)	2.11	1.36
Vitamin C (mg)	2.98	1.93
Vitamin D - IU (IU)	14.94	9.64
Vitamin D - mcg (mcg)	0.37	0.24
Vitamin E - Alpha-Toco (mg)	0.84	0.54
Folate (mcg)	33.33	21.51
Folate, DFE (mcg)	48.43	31.26
Vitamin K (mcg)	2.37	1.53
Pantothenic Acid (mg)	0.26	0.17

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	15.96	10.30
Chromium (mcg)	0.36	0.23
Copper (mg)	0.08	0.05
Fluoride (mg)	0	0
Iodine (mcg)	4.77	3.08
Iron (mg)	1.04	0.67
Magnesium (mg)	10.69	6.90
Manganese (mg)	0.16	0.10
Molybdenum (mcg)	1.53	0.99
Phosphorus (mg)	49.03	31.65
Potassium (mg)	136.68	88.23
Selenium (mcg)	8.93	5.76
Sodium (mg)	106.69	68.87
Zinc (mg)	0.34	0.22
POLYFATS		
Omega 3 Fatty Acid (g)	0.06	0.04
Omega 6 Fatty Acid (g)	0.61	0.39
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	33.70	21.75

NUTRITIONAL INFO



PORK RIBEYE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	245.70	100
Calories (kcal)	364.70	148.44
Calories from Fat (kcal)	76.25	31.04
Calories from SatFat (kcal)	25.38	10.33
Protein (g)	60.25	24.52
Carbohydrates (g)	9.75	3.97
Dietary Fiber (g)	1.75	0.71
Soluble Fiber (g)	0.02	0.01
Total Sugars (g)	6.01	2.44
Monosaccharides (g)	0.29	0.12
Disaccharides (g)	0.05	0.02
Other Carbs (g)	1.99	0.81
Fat (g)	8.47	3.45
Saturated Fat (g)	2.82	1.15
Mono Fat (g)	3.11	1.27
Poly Fat (g)	1.41	0.58
Trans Fatty Acid (g)	0.07	0.03
Cholesterol (mg)	165.56	67.38
Water (g)	158.21	64.39
VITAMINS		
Vitamin A - IU (IU)	1503.12	611.78
Vitamin A - RAE (RAE)	75.16	30.59
Carotenoid RE (RE)	150.31	61.18
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	798.30	324.91
Vitamin B1 (mg)	2.17	0.89
Vitamin B2 (mg)	0.92	0.37
Vitamin B3 (mg)	17.20	7.00
Vitamin B3 - Niacin Equiv (mg)	27.59	11.23
Vitamin B6 (mg)	1.78	0.72
Vitamin B12 (mcg)	1.29	0.53
Biotin (mcg)	6.80	2.77
Vitamin C (mg)	0.64	0.26
Vitamin D - IU (IU)	22.68	9.23
Vitamin D - mcg (mcg)	0.45	0.18
Vitamin E - Alpha-Toco (mg)	1.10	0.45
Folate (mcg)	3.43	1.39
Folate, DFE (mcg)	3.43	1.39
Vitamin K (mcg)	5.99	2.44
Pantothenic Acid (mg)	2.41	0.98

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	34.22	13.93
Chromium (mcg)	0.34	0.14
Copper (mg)	0.31	0.13
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	3.55	1.45
Magnesium (mg)	76.66	31.20
Manganese (mg)	0.38	0.15
Molybdenum (mcg)	7.71	3.14
Phosphorus (mg)	625.19	254.46
Potassium (mg)	1075.83	437.87
Selenium (mcg)	87.23	35.50
Sodium (mg)	2743.25	1116.52
Zinc (mg)	5.69	2.32
POLYFATS		
Omega 3 Fatty Acid (g)	0.05	0.02
Omega 6 Fatty Acid (g)	1.33	0.54
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	204.48	83.23

NUTRITIONAL INFO



POTATO SALAD

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	157.74	100
Calories (kcal)	198.93	126.11
Calories from Fat (kcal)	80.06	50.76
Calories from SatFat (kcal)	11.95	7.57
Protein (g)	2.65	1.68
Carbohydrates (g)	26.80	16.99
Dietary Fiber (g)	2.77	1.76
Soluble Fiber (g)	0.53	0.33
Total Sugars (g)	3.90	2.47
Monosaccharides (g)	1.09	0.69
Disaccharides (g)	0.29	0.18
Other Carbs (g)	20.13	12.76
Fat (g)	8.90	5.64
Saturated Fat (g)	1.33	0.84
Mono Fat (g)	2.37	1.50
Poly Fat (g)	4.78	3.03
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	6.79	4.31
Water (g)	109.16	69.20
VITAMINS		
Vitamin A - IU (IU)	217.39	137.82
Vitamin A - RAE (RAE)	13.48	8.55
Carotenoid RE (RE)	20.69	13.12
Retinol RE (RE)	3.14	1.99
Beta-Carotene (mcg)	113.00	71.64
Vitamin B1 (mg)	0.10	0.06
Vitamin B2 (mg)	0.05	0.03
Vitamin B3 (mg)	1.14	0.72
Vitamin B3 - Niacin Equiv (mg)	1.61	1.02
Vitamin B6 (mg)	0.34	0.22
Vitamin B12 (mcg)	0.05	0.03
Biotin (mcg)	0.32	0.20
Vitamin C (mg)	20.92	13.26
Vitamin D - IU (IU)	1.05	0.66
Vitamin D - mcg (mcg)	0.03	0.02
Vitamin E - Alpha-Toco (mg)	0.65	0.41
Folate (mcg)	24.03	15.23
Folate, DFE (mcg)	24.03	15.23
Vitamin K (mcg)	17.07	10.82
Pantothenic Acid (mg)	0.42	0.26

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	25.64	16.25
Chromium (mcg)	0.11	0.07
Copper (mg)	0.13	0.08
Fluoride (mg)	0	0
Iodine (mcg)	0.18	0.11
Iron (mg)	1.01	0.64
Magnesium (mg)	27.54	17.46
Manganese (mg)	0.26	0.17
Molybdenum (mcg)	1.01	0.64
Phosphorus (mg)	74.13	46.99
Potassium (mg)	488.83	309.89
Selenium (mcg)	1.03	0.65
Sodium (mg)	969.50	614.61
Zinc (mg)	0.41	0.26
POLYFATS		
Omega 3 Fatty Acid (g)	0.53	0.34
Omega 6 Fatty Acid (g)	4.24	2.69
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	17.93	11.37

NUTRITIONAL INFO



PRIME RIB

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.80	100
Calories (kcal)	805.75	355.28
Calories from Fat (kcal)	608.24	268.19
Calories from SatFat (kcal)	251.95	111.09
Protein (g)	45.40	20.02
Carbohydrates (g)	0.86	0.38
Dietary Fiber (g)	0.16	0.07
Soluble Fiber (g)	0.01	0
Total Sugars (g)	0.17	0.07
Monosaccharides (g)	0.10	0.04
Disaccharides (g)	0.07	0.03
Other Carbs (g)	0.37	0.16
Fat (g)	67.58	29.80
Saturated Fat (g)	27.99	12.34
Mono Fat (g)	29.41	12.97
Poly Fat (g)	2.35	1.04
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	170.34	75.11
Water (g)	110.31	48.64
VITAMINS		
Vitamin A - IU (IU)	281.05	123.92
Vitamin A - RAE (RAE)	14.05	6.20
Carotenoid RE (RE)	28.10	12.39
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	137.57	60.66
Vitamin B1 (mg)	0.14	0.06
Vitamin B2 (mg)	0.36	0.16
Vitamin B3 (mg)	6.83	3.01
Vitamin B3 - Niacin Equiv (mg)	15.28	6.74
Vitamin B6 (mg)	0.53	0.23
Vitamin B12 (mcg)	5.13	2.26
Biotin (mcg)	0.17	0.07
Vitamin C (mg)	0.18	0.08
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.02	0.01
Folate (mcg)	14.75	6.50
Folate, DFE (mcg)	14.75	6.50
Vitamin K (mcg)	0.59	0.26
Pantothenic Acid (mg)	0.73	0.32

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	24.99	11.02
Chromium (mcg)	4.75	2.09
Copper (mg)	0.17	0.08
Fluoride (mg)	0.02	0.01
Iodine (mcg)	0.04	0.02
Iron (mg)	4.40	1.94
Magnesium (mg)	41.22	18.17
Manganese (mg)	0.06	0.03
Molybdenum (mcg)	-	-
Phosphorus (mg)	353.11	155.69
Potassium (mg)	623.63	274.97
Selenium (mcg)	56.96	25.12
Sodium (mg)	693.45	305.76
Zinc (mg)	10.81	4.77
POLYFATS		
Omega 3 Fatty Acid (g)	0.64	0.28
Omega 6 Fatty Acid (g)	1.67	0.73
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	0.51	0.22

NUTRITIONAL INFO



RICKY BOBBY CHICKEN

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	337.90	100
Calories (kcal)	741.89	219.56
Calories from Fat (kcal)	301.80	89.32
Calories from SatFat (kcal)	83.98	24.86
Protein (g)	46.48	13.76
Carbohydrates (g)	59.67	17.66
Dietary Fiber (g)	3.28	0.97
Soluble Fiber (g)	0.15	0.05
Total Sugars (g)	3.31	0.98
Monosaccharides (g)	0.23	0.07
Disaccharides (g)	0.19	0.06
Other Carbs (g)	53.08	15.71
Fat (g)	33.53	9.92
Saturated Fat (g)	9.33	2.76
Mono Fat (g)	13.53	4.01
Poly Fat (g)	7.31	2.16
Trans Fatty Acid (g)	0.06	0.02
Cholesterol (mg)	200.40	59.31
Water (g)	186.52	55.20
VITAMINS		
Vitamin A - IU (IU)	843.82	249.73
Vitamin A - RAE (RAE)	123.31	36.49
Carotenoid RE (RE)	64.87	19.20
Retinol RE (RE)	87.47	25.89
Beta-Carotene (mcg)	350.03	103.59
Vitamin B1 (mg)	0.34	0.10
Vitamin B2 (mg)	0.61	0.18
Vitamin B3 (mg)	13.33	3.95
Vitamin B3 - Niacin Equiv (mg)	20.59	6.09
Vitamin B6 (mg)	0.87	0.26
Vitamin B12 (mcg)	1.36	0.40
Biotin (mcg)	0.88	0.26
Vitamin C (mg)	5.97	1.77
Vitamin D - IU (IU)	46.50	13.76
Vitamin D - mcg (mcg)	1.16	0.34
Vitamin E - Alpha-Toco (mg)	0.69	0.20
Folate (mcg)	65.46	19.37
Folate, DFE (mcg)	87.70	25.95
Vitamin K (mcg)	13.41	3.97
Pantothenic Acid (mg)	2.60	0.77

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	72.37	21.42
Chromium (mcg)	0.31	0.09
Copper (mg)	0.21	0.06
Fluoride (mg)	0	0
Iodine (mcg)	5.00	1.48
Iron (mg)	4.92	1.45
Magnesium (mg)	62.05	18.36
Manganese (mg)	0.36	0.11
Molybdenum (mcg)	0.41	0.12
Phosphorus (mg)	407.04	120.46
Potassium (mg)	624.18	184.72
Selenium (mcg)	39.61	11.72
Sodium (mg)	2746.00	812.68
Zinc (mg)	4.45	1.32
POLYFATS		
Omega 3 Fatty Acid (g)	0.14	0.04
Omega 6 Fatty Acid (g)	2.26	0.67
OTHER NUTRIENTS		
Alcohol (g)	0	0.05
Caffeine (mg)	0	0
Choline (mg)	67.76	20.05

NUTRITIONAL INFO



SEASONED SEARED RIBEYE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.80	100
Calories (kcal)	906.95	399.89
Calories from Fat (kcal)	687.61	303.18
Calories from SatFat (kcal)	284.83	125.59
Protein (g)	51.17	22.56
Carbohydrates (g)	0.03	0.01
Dietary Fiber (g)	0.01	0.01
Soluble Fiber (g)	0	0
Total Sugars (g)	0	0
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	0.02	0.01
Fat (g)	76.40	33.69
Saturated Fat (g)	31.65	13.95
Mono Fat (g)	33.30	14.68
Poly Fat (g)	2.65	1.17
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	192.69	84.96
Water (g)	98.39	43.38
VITAMINS		
Vitamin A - IU (IU)	10.66	4.70
Vitamin A - RAE (RAE)	0.53	0.23
Carotenoid RE (RE)	1.07	0.47
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	5.66	2.50
Vitamin B1 (mg)	0.16	0.07
Vitamin B2 (mg)	0.41	0.18
Vitamin B3 (mg)	7.71	3.40
Vitamin B3 - Niacin Equiv (mg)	17.27	7.61
Vitamin B6 (mg)	0.59	0.26
Vitamin B12 (mcg)	5.80	2.56
Biotin (mcg)	-	-
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.01	0
Folate (mcg)	15.89	7.01
Folate, DFE (mcg)	15.89	7.01
Vitamin K (mcg)	0.04	0.02
Pantothenic Acid (mg)	0.82	0.36

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	25.12	11.08
Chromium (mcg)	5.33	2.35
Copper (mg)	0.19	0.08
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	4.93	2.17
Magnesium (mg)	45.43	20.03
Manganese (mg)	0.03	0.01
Molybdenum (mcg)	-	-
Phosphorus (mg)	396.89	175.00
Potassium (mg)	690.09	304.28
Selenium (mcg)	64.39	28.39
Sodium (mg)	165.20	72.84
Zinc (mg)	12.22	5.39
POLYFATS		
Omega 3 Fatty Acid (g)	0.73	0.32
Omega 6 Fatty Acid (g)	1.88	0.83
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	0.02	0.01

NUTRITIONAL INFO



SHRIMP ON THE BBQ

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	225.15	100
Calories (kcal)	333.61	148.17
Calories from Fat (kcal)	85.00	37.75
Calories from SatFat (kcal)	31.99	14.21
Protein (g)	27.61	12.26
Carbohydrates (g)	34.38	15.27
Dietary Fiber (g)	2.00	0.89
Soluble Fiber (g)	0	0
Total Sugars (g)	3.00	1.33
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	29.38	13.05
Fat (g)	9.50	4.22
Saturated Fat (g)	3.55	1.58
Mono Fat (g)	0.89	0.40
Poly Fat (g)	0.31	0.14
Trans Fatty Acid (g)	0.13	0.06
Cholesterol (mg)	198.38	88.11
Water (g)	126.09	56.00
VITAMINS		
Vitamin A - IU (IU)	363.66	161.52
Vitamin A - RAE (RAE)	106.69	47.39
Carotenoid RE (RE)	0.95	0.42
Retinol RE (RE)	106.22	47.18
Beta-Carotene (mcg)	5.79	2.57
Vitamin B1 (mg)	0.26	0.12
Vitamin B2 (mg)	0.16	0.07
Vitamin B3 (mg)	4.69	2.08
Vitamin B3 - Niacin Equiv (mg)	8.37	3.72
Vitamin B6 (mg)	0.24	0.11
Vitamin B12 (mcg)	1.68	0.75
Biotin (mcg)	-	-
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	5.22	2.32
Vitamin D - mcg (mcg)	0.21	0.09
Vitamin E - Alpha-Toco (mg)	2.08	0.92
Folate (mcg)	68.84	30.57
Folate, DFE (mcg)	28.84	12.81
Vitamin K (mcg)	0.71	0.32
Pantothenic Acid (mg)	0.47	0.21

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	162.53	72.18
Chromium (mcg)	0.04	0.02
Copper (mg)	0.28	0.12
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	1.76	0.78
Magnesium (mg)	33.34	14.81
Manganese (mg)	0.04	0.02
Molybdenum (mcg)	-	-
Phosphorus (mg)	369.80	164.24
Potassium (mg)	171.73	76.27
Selenium (mcg)	44.79	19.89
Sodium (mg)	1479.42	657.07
Zinc (mg)	1.47	0.65
POLYFATS		
Omega 3 Fatty Acid (g)	0.11	0.05
Omega 6 Fatty Acid (g)	0.19	0.08
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	123.01	54.63

NUTRITIONAL INFO



SMASHED POTATOES

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	113.40	100
Calories (kcal)	138.39	122.04
Calories from Fat (kcal)	62.78	55.37
Calories from SatFat (kcal)	38.94	34.34
Protein (g)	2.44	2.15
Carbohydrates (g)	17.09	15.07
Dietary Fiber (g)	2.10	1.86
Soluble Fiber (g)	0.49	0.43
Total Sugars (g)	1.10	0.97
Monosaccharides (g)	0.57	0.50
Disaccharides (g)	0.52	0.46
Other Carbs (g)	13.86	12.22
Fat (g)	7.04	6.21
Saturated Fat (g)	4.33	3.82
Mono Fat (g)	1.85	1.63
Poly Fat (g)	0.31	0.27
Trans Fatty Acid (g)	0.25	0.22
Cholesterol (mg)	21.19	18.69
Water (g)	84.60	74.61
VITAMINS		
Vitamin A - IU (IU)	249.50	220.02
Vitamin A - RAE (RAE)	68.36	60.28
Carotenoid RE (RE)	2.56	2.25
Retinol RE (RE)	67.08	59.16
Beta-Carotene (mcg)	15.38	13.56
Vitamin B1 (mg)	0.08	0.07
Vitamin B2 (mg)	0.05	0.05
Vitamin B3 (mg)	1.01	0.89
Vitamin B3 - Niacin Equiv (mg)	1.44	1.27
Vitamin B6 (mg)	0.28	0.25
Vitamin B12 (mcg)	0.05	0.05
Biotin (mcg)	0.23	0.20
Vitamin C (mg)	18.57	16.38
Vitamin D - IU (IU)	7.52	6.63
Vitamin D - mcg (mcg)	0.19	0.16
Vitamin E - Alpha-Toco (mg)	0.18	0.16
Folate (mcg)	16.09	14.19
Folate, DFE (mcg)	16.09	14.19
Vitamin K (mcg)	2.46	2.17
Pantothenic Acid (mg)	0.34	0.30

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	25.95	22.89
Chromium (mcg)	0.08	0.07
Copper (mg)	0.10	0.09
Fluoride (mg)	0	0
Iodine (mcg)	1.96	1.73
Iron (mg)	0.77	0.68
Magnesium (mg)	23.16	20.42
Manganese (mg)	0.15	0.14
Molybdenum (mcg)	0.17	0.15
Phosphorus (mg)	66.73	58.84
Potassium (mg)	414.28	365.33
Selenium (mcg)	0.59	0.52
Sodium (mg)	440.17	388.17
Zinc (mg)	0.34	0.30
POLYFATS		
Omega 3 Fatty Acid (g)	0.06	0.05
Omega 6 Fatty Acid (g)	0.24	0.21
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	14.94	13.18

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



SMOKED JUICY LUCY BURGER

NUTRIENTS	Per Serving
BASIC COMPONENTS	
Gram Weight (g)	374.68
Calories (kcal)	1250.72
Calories from Fat (kcal)	837.11
Calories from SatFat (kcal)	366.12
Protein (g)	56.82
Carbohydrates (g)	41.67
Total Dietary Fiber (g)	>0.44
Soluble Fiber (g)	>0
Dietary Fiber (2016) (g)	1.44
Soluble Fiber (2016) (g)	>0
Total Sugars (g)	7.02
Added Sugars (g)	6
Monosaccharides (g)	>0.01
Disaccharides (g)	>0.00
Other Carbs (g)	>0.71
Fat (g)	93.01
Saturated Fat (g)	40.68
Mono Fat (g)	>31.12
Poly Fat (g)	>2.26
Trans Fatty Acid (g)	>2.23
Cholesterol (mg)	240.89
Water (g)	143.00
VITAMINS	
Vitamin A - IU (IU)	>530.16
Vitamin A - RAE (RAE)	>9.96
Carotenoid RE (RE)	>4.81
Retinol RE (RE)	>7.56
Beta-Carotene (mcg)	>17.28
Vitamin B1 Thiamin (mg)	>0.10
Vitamin B2 Riboflavin (mg)	>0.31
Vitamin B3 Niacin (mg)	>8.73
Vitamin B3 - Niacin Equiv (mg)	>12.05
Vitamin B6 (mg)	>0.69
Vitamin B12 (mcg)	>4.47
Biotin (mcg)	-
Vitamin C (mg)	>0.01
Vitamin D - IU (IU)	>14.76
Vitamin D - mcg (mcg)	>3.23
Vitamin E - Alpha-Toco (mg)	>0.35
Folate (mcg)	>73.60
Folate, DFE (mcg)	>133.60
Vitamin K (mcg)	>7.41
Pantothenic Acid (mg)	>1.07

NUTRIENTS	Per Serving
MINERALS	
Calcium (mg)	472.66
Chromium (mcg)	>0.26
Copper (mg)	>0.16
Fluoride (mg)	>42.34
Iodine (mcg)	-
Iron (mg)	7.41
Magnesium (mg)	>37.83
Manganese (mg)	>0.22
Molybdenum (mcg)	>1.61
Phosphorus (mg)	>332.22
Potassium (mg)	>607.16
Selenium (mcg)	>32.40
Sodium (mg)	1594.7
Zinc (mg)	>8.51
POLYFATS	
Omega 3 Fatty Acid (g)	>0.62
Omega 6 Fatty Acid (g)	>1.64
OTHER NUTRIENTS	
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	>133.43

NUTRITIONAL INFO



SMOKED PASTRAMI

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.80	100
Calories (kcal)	449.24	198.08
Calories from Fat (kcal)	300.34	132.43
Calories from SatFat (kcal)	95.19	41.97
Protein (g)	32.92	14.52
Carbohydrates (g)	1.51	0.66
Dietary Fiber (g)	0.22	0.10
Soluble Fiber (g)	0	0
Total Sugars (g)	0.55	0.24
Monosaccharides (g)	0.04	0.02
Disaccharides (g)	0.50	0.22
Other Carbs (g)	0.42	0.19
Fat (g)	33.37	14.71
Saturated Fat (g)	10.58	4.66
Mono Fat (g)	16.07	7.08
Poly Fat (g)	1.22	0.54
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	120.59	53.17
Water (g)	148.73	65.58
VITAMINS		
Vitamin A - IU (IU)	157.78	69.57
Vitamin A - RAE (RAE)	7.89	3.48
Carotenoid RE (RE)	15.78	6.96
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	83.60	36.86
Vitamin B1 (mg)	0.10	0.04
Vitamin B2 (mg)	0.36	0.16
Vitamin B3 (mg)	8.22	3.62
Vitamin B3 - Niacin Equiv (mg)	13.16	5.80
Vitamin B6 (mg)	0.66	0.29
Vitamin B12 (mcg)	3.97	1.75
Biotin (mcg)	-	-
Vitamin C (mg)	60.41	26.64
Vitamin D - IU (IU)	0	0
Vitamin D - mcg (mcg)	0	0
Vitamin E - Alpha-Toco (mg)	0.11	0.05
Folate (mcg)	11.78	5.19
Folate, DFE (mcg)	11.78	5.19
Vitamin K (mcg)	0.66	0.29
Pantothenic Acid (mg)	1.29	0.57

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	18.75	8.27
Chromium (mcg)	0.04	0.02
Copper (mg)	0.25	0.11
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	3.88	1.71
Magnesium (mg)	32.97	14.54
Manganese (mg)	0.09	0.04
Molybdenum (mcg)	7.59	3.35
Phosphorus (mg)	264.74	116.73
Potassium (mg)	678.50	299.17
Selenium (mcg)	42.76	18.85
Sodium (mg)	2745.18	1210.42
Zinc (mg)	6.40	2.82
POLYFATS		
Omega 3 Fatty Acid (g)	0.34	0.15
Omega 6 Fatty Acid (g)	0.88	0.39
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	0.51	0.23

NUTRITIONAL INFO



SMOKED STEAK

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.80	100
Calories (kcal)	685.87	302.42
Calories from Fat (kcal)	543.53	239.66
Calories from SatFat (kcal)	292.36	128.91
Protein (g)	36.10	15.92
Carbohydrates (g)	0.09	0.04
Dietary Fiber (g)	0.02	0.01
Soluble Fiber (g)	0	0
Total Sugars (g)	0.03	0.01
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	0.04	0.02
Fat (g)	61.05	26.92
Saturated Fat (g)	32.48	14.32
Mono Fat (g)	22.36	9.86
Poly Fat (g)	2.17	0.95
Trans Fatty Acid (g)	2.95	1.30
Cholesterol (mg)	220.68	97.30
Water (g)	127.74	56.32
VITAMINS		
Vitamin A - IU (IU)	1158.74	510.92
Vitamin A - RAE (RAE)	317.34	139.92
Carotenoid RE (RE)	12.06	5.32
Retinol RE (RE)	311.31	137.26
Beta-Carotene (mcg)	73.06	32.22
Vitamin B1 (mg)	0.15	0.07
Vitamin B2 (mg)	0.42	0.18
Vitamin B3 (mg)	6.46	2.85
Vitamin B3 - Niacin Equiv (mg)	13.17	5.81
Vitamin B6 (mg)	0.72	0.32
Vitamin B12 (mcg)	4.92	2.17
Biotin (mcg)	-	-
Vitamin C (mg)	0	0
Vitamin D - IU (IU)	36.25	15.98
Vitamin D - mcg (mcg)	0.86	0.38
Vitamin E - Alpha-Toco (mg)	1.05	0.46
Folate (mcg)	6.82	3.01
Folate, DFE (mcg)	6.82	3.01
Vitamin K (mcg)	6.04	2.66
Pantothenic Acid (mg)	0.05	0.02

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	22.19	9.78
Chromium (mcg)	0.56	0.25
Copper (mg)	0.24	0.10
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	4.37	1.93
Magnesium (mg)	40.95	18.06
Manganese (mg)	0.01	0
Molybdenum (mcg)	-	-
Phosphorus (mg)	357.28	157.53
Potassium (mg)	601.38	265.16
Selenium (mcg)	50.67	22.34
Sodium (mg)	516.20	227.61
Zinc (mg)	12.89	5.69
POLYFATS		
Omega 3 Fatty Acid (g)	0.20	0.09
Omega 6 Fatty Acid (g)	1.97	0.87
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	8.54	3.77

NUTRITIONAL INFO



SPARE RIBS (SINGLE BONE SERVING)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	59.53	100.00
Calories (kcal)	164.35	276.05
Calories from Fat (kcal)	123.81	207.96
Calories from SatFat (kcal)	39.77	66.80
Protein (g)	9.13	15.34
Carbohydrates (g)	0.43	0.72
Dietary Fiber (g)	0.10	0.17
Soluble Fiber (g)	0	0
Total Sugars (g)	0.16	0.27
Monosaccharides (g)	0.01	0.03
Disaccharides (g)	0.01	0.01
Other Carbs (g)	0.16	0.26
Fat (g)	13.76	23.11
Saturated Fat (g)	4.42	7.42
Mono Fat (g)	5.02	8.43
Poly Fat (g)	2.33	3.92
Trans Fatty Acid (g)	0.13	0.22
Cholesterol (mg)	46.88	78.75
Water (g)	35.06	58.89
VITAMINS		
Vitamin A - IU (IU)	69.28	116.37
Vitamin A - RAE (RAE)	3.46	5.82
Carotenoid RE (RE)	6.93	11.64
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	36.17	60.75
Vitamin B1 (mg)	0.19	0.32
Vitamin B2 (mg)	0.15	0.25
Vitamin B3 (mg)	2.76	4.63
Vitamin B3 - Niacin Equiv (mg)	4.34	7.29
Vitamin B6 (mg)	0.34	0.58
Vitamin B12 (mcg)	0.22	0.37
Biotin (mcg)	-	-
Vitamin C (mg)	0.05	0.08
Vitamin D - IU (IU)	53.33	89.58
Vitamin D - mcg (mcg)	1.35	2.26
Vitamin E - Alpha-Toco (mg)	0.28	0.47
Folate (mcg)	0.19	0.32
Folate, DFE (mcg)	0.19	0.32
Vitamin K (mcg)	0.21	0.35
Pantothenic Acid (mg)	0.37	0.62

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	10.48	17.60
Chromium (mcg)	0.01	0.01
Copper (mg)	0.05	0.08
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	0.63	1.05
Magnesium (mg)	10.15	17.05
Manganese (mg)	0.02	0.03
Molybdenum (mcg)	-	-
Phosphorus (mg)	84.28	141.57
Potassium (mg)	149.09	250.42
Selenium (mcg)	12.96	21.77
Sodium (mg)	176.76	296.90
Zinc (mg)	1.48	2.49
POLYFATS		
Omega 3 Fatty Acid (g)	0.05	0.08
Omega 6 Fatty Acid (g)	2.24	3.76
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	35.21	59.14

NUTRITIONAL INFO



SPARE RIBS (5 BONE SERVING)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	297.67	100.00
Calories (kcal)	821.73	276.05
Calories from Fat (kcal)	619.04	207.96
Calories from SatFat (kcal)	198.83	66.80
Protein (g)	45.66	15.34
Carbohydrates (g)	2.13	0.72
Dietary Fiber (g)	0.51	0.17
Soluble Fiber (g)	0	0
Total Sugars (g)	0.79	0.27
Monosaccharides (g)	0.07	0.03
Disaccharides (g)	0.03	0.01
Other Carbs (g)	0.78	0.26
Fat (g)	68.78	23.11
Saturated Fat (g)	22.09	7.42
Mono Fat (g)	25.10	8.43
Poly Fat (g)	11.67	3.92
Trans Fatty Acid (g)	0.65	0.22
Cholesterol (mg)	234.42	78.75
Water (g)	175.28	58.89
VITAMINS		
Vitamin A - IU (IU)	346.41	116.37
Vitamin A - RAE (RAE)	17.32	5.82
Carotenoid RE (RE)	34.64	11.64
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	180.83	60.75
Vitamin B1 (mg)	0.94	0.32
Vitamin B2 (mg)	0.75	0.25
Vitamin B3 (mg)	13.78	4.63
Vitamin B3 - Niacin Equiv (mg)	21.69	7.29
Vitamin B6 (mg)	1.71	0.58
Vitamin B12 (mcg)	1.11	0.37
Biotin (mcg)	-	-
Vitamin C (mg)	0.24	0.08
Vitamin D - IU (IU)	266.65	89.58
Vitamin D - mcg (mcg)	6.74	2.26
Vitamin E - Alpha-Toco (mg)	1.40	0.47
Folate (mcg)	0.96	0.32
Folate, DFE (mcg)	0.96	0.32
Vitamin K (mcg)	1.04	0.35
Pantothenic Acid (mg)	1.85	0.62

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	52.38	17.60
Chromium (mcg)	0.04	0.01
Copper (mg)	0.25	0.08
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	3.13	1.05
Magnesium (mg)	50.74	17.05
Manganese (mg)	0.09	0.03
Molybdenum (mcg)	-	-
Phosphorus (mg)	421.41	141.57
Potassium (mg)	745.44	250.42
Selenium (mcg)	64.79	21.77
Sodium (mg)	883.78	296.90
Zinc (mg)	7.41	2.49
POLYFATS		
Omega 3 Fatty Acid (g)	0.24	0.08
Omega 6 Fatty Acid (g)	11.19	3.76
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	176.05	59.14

NUTRITIONAL INFO



SPARE RIBS (10 BONE SERVING)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	595.34	100.00
Calories (kcal)	1643.46	276.05
Calories from Fat (kcal)	1238.08	207.96
Calories from SatFat (kcal)	397.67	66.80
Protein (g)	91.33	15.34
Carbohydrates (g)	4.27	0.72
Dietary Fiber (g)	1.01	0.17
Soluble Fiber (g)	0	0
Total Sugars (g)	1.58	0.27
Monosaccharides (g)	0.15	0.03
Disaccharides (g)	0.06	0.01
Other Carbs (g)	1.56	0.26
Fat (g)	137.56	23.11
Saturated Fat (g)	44.19	7.42
Mono Fat (g)	50.21	8.43
Poly Fat (g)	23.34	3.92
Trans Fatty Acid (g)	1.30	0.22
Cholesterol (mg)	468.83	78.75
Water (g)	350.57	58.89
VITAMINS		
Vitamin A - IU (IU)	692.82	116.37
Vitamin A - RAE (RAE)	34.64	5.82
Carotenoid RE (RE)	69.28	11.64
Retinol RE (RE)	0	0
Beta-Carotene (mcg)	361.67	60.75
Vitamin B1 (mg)	1.89	0.32
Vitamin B2 (mg)	1.49	0.25
Vitamin B3 (mg)	27.55	4.63
Vitamin B3 - Niacin Equiv (mg)	43.38	7.29
Vitamin B6 (mg)	3.43	0.58
Vitamin B12 (mcg)	2.23	0.37
Biotin (mcg)	-	-
Vitamin C (mg)	0.47	0.08
Vitamin D - IU (IU)	533.29	89.58
Vitamin D - mcg (mcg)	13.48	2.26
Vitamin E - Alpha-Toco (mg)	2.79	0.47
Folate (mcg)	1.93	0.32
Folate, DFE (mcg)	1.93	0.32
Vitamin K (mcg)	2.09	0.35
Pantothenic Acid (mg)	3.70	0.62

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	104.75	17.60
Chromium (mcg)	0.08	0.01
Copper (mg)	0.50	0.08
Fluoride (mg)	0	0
Iodine (mcg)	-	-
Iron (mg)	6.26	1.05
Magnesium (mg)	101.48	17.05
Manganese (mg)	0.17	0.03
Molybdenum (mcg)	-	-
Phosphorus (mg)	842.83	141.57
Potassium (mg)	1490.88	250.42
Selenium (mcg)	129.58	21.77
Sodium (mg)	1767.57	296.90
Zinc (mg)	14.83	2.49
POLYFATS		
Omega 3 Fatty Acid (g)	0.49	0.08
Omega 6 Fatty Acid (g)	22.39	3.76
OTHER NUTRIENTS		
Alcohol (g)	0	0
Caffeine (mg)	0	0
Choline (mg)	352.11	59.14

NUTRITIONAL INFO



STRAWBERRY SHORTCAKE

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	85.05	100
Calories (kcal)	153.80	180.83
Calories from Fat (kcal)	42.41	49.87
Calories from SatFat (kcal)	25.00	29.40
Protein (g)	1.49	1.75
Carbohydrates (g)	27.37	32.18
Dietary Fiber (g)	0.75	0.88
Soluble Fiber (g)	0.18	0.21
Total Sugars (g)	22.89	26.91
Monosaccharides (g)	1.44	1.69
Disaccharides (g)	19.05	22.40
Other Carbs (g)	3.73	4.38
Fat (g)	4.76	5.60
Saturated Fat (g)	2.78	3.27
Mono Fat (g)	1.28	1.50
Poly Fat (g)	0.30	0.35
Trans Fatty Acid (g)	0.16	0.19
Cholesterol (mg)	25.75	30.28
Water (g)	51.10	60.08
VITAMINS		
Vitamin A - IU (IU)	169.37	199.14
Vitamin A - RAE (RAE)	46.11	54.21
Carotenoid RE (RE)	1.86	2.19
Retinol RE (RE)	45.18	53.12
Beta-Carotene (mcg)	11.09	13.04
Vitamin B1 (mg)	0.04	0.05
Vitamin B2 (mg)	0.05	0.06
Vitamin B3 (mg)	0.35	0.41
Vitamin B3 - Niacin Equiv (mg)	0.60	0.70
Vitamin B6 (mg)	0.02	0.03
Vitamin B12 (mcg)	0.05	0.05
Biotin (mcg)	1.16	1.36
Vitamin C (mg)	18.99	22.33
Vitamin D - IU (IU)	6.03	7.09
Vitamin D - mcg (mcg)	0.15	0.18
Vitamin E - Alpha-Toco (mg)	0.24	0.28
Folate (mcg)	16.41	19.29
Folate, DFE (mcg)	20.29	23.86
Vitamin K (mcg)	1.10	1.29
Pantothenic Acid (mg)	0.13	0.16

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	12.83	15.08
Chromium (mcg)	0.15	0.17
Copper (mg)	0.03	0.03
Fluoride (mg)	0.01	0.02
Iodine (mcg)	5.12	6.02
Iron (mg)	0.38	0.45
Magnesium (mg)	6.02	7.08
Manganese (mg)	0.15	0.18
Molybdenum (mcg)	0.64	0.75
Phosphorus (mg)	23.25	27.34
Potassium (mg)	64.28	75.58
Selenium (mcg)	2.65	3.12
Sodium (mg)	48.60	57.14
Zinc (mg)	0.14	0.16
POLYFATS		
Omega 3 Fatty Acid (g)	0.05	0.06
Omega 6 Fatty Acid (g)	0.24	0.28
OTHER NUTRIENTS		
Alcohol (g)	0.01	0.02
Caffeine (mg)	0	0
Choline (mg)	14.10	16.58

NUTRITIONAL INFO



SWEET POTATO PIE

NUTRIENTS	Per Serving
BASIC COMPONENTS	
Gram Weight (g)	210.7
Calories (kcal)	404.73
Calories from Fat (kcal)	102.38
Calories from SatFat (kcal)	>60.19
Protein (g)	6.06
Carbohydrates (g)	71.08
Total Dietary Fiber (g)	2.75
Soluble Fiber (g)	>0
Dietary Fiber (2016) (g)	2.75
Soluble Fiber (2016) (g)	>0
Total Sugars (g)	55.13
Added Sugars (g)	>45.83
Monosaccharides (g)	>0.84
Disaccharides (g)	>49.97
Other Carbs (g)	>13.17
Fat (g)	11.44
Saturated Fat (g)	>6.69
Mono Fat (g)	2.68
Poly Fat (g)	>0.53
Trans Fatty Acid (g)	0.38
Cholesterol (mg)	31.06
Water (g)	>119.75
VITAMINS	
Vitamin A - IU (IU)	>15450.65
Vitamin A - RAE (RAE)	864.43
Carotenoid RE (RE)	>1508.63
Retinol RE (RE)	>110.12
Beta-Carotene (mcg)	>9032.62
Vitamin B1 Thiamin (mg)	>0.10
Vitamin B2 Riboflavin (mg)	>0.18
Vitamin B3 Niacin (mg)	>1.22
Vitamin B3 - Niacin Equiv (mg)	>2.14
Vitamin B6 (mg)	>0.24
Vitamin B12 (mcg)	>0.19
Biotin (mcg)	>4.25
Vitamin C (mg)	15.48
Vitamin D - IU (IU)	>27.86
Vitamin D - mcg (mcg)	>0.71
Vitamin E - Alpha-Toco (mg)	>0.84
Folate (mcg)	>7.37
Folate, DFE (mcg)	>7.37
Vitamin K (mcg)	>2.79
Pantothenic Acid (mg)	>0.91

NUTRIENTS	Per Serving
MINERALS	
Calcium (mg)	>85.79
Chromium (mcg)	>0.28
Copper (mg)	>0.14
Fluoride (mg)	>0.00
Iodine (mcg)	>12.77
Iron (mg)	>0.81
Magnesium (mg)	>26.45
Manganese (mg)	>0.44
Molybdenum (mcg)	>0.70
Phosphorus (mg)	>82.51
Potassium (mg)	>484.06
Selenium (mcg)	>2.24
Sodium (mg)	242.21
Zinc (mg)	>0.44
POLYFATS	
Omega 3 Fatty Acid (g)	>0.07
Omega 6 Fatty Acid (g)	>0.45
OTHER NUTRIENTS	
Alcohol (g)	0.31
Caffeine (mg)	0
Choline (mg)	>18.80