

Arroz Con Leche 2 MP

Number of Servings: 79.98 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.2
Calories (kcal)	188.04	Folate (mcg)	4.31
Calories from Fat (kcal)	73.08	Folate, DFE (mcg DFE)	4.31
Calories from SatFat (kcal)	45.26	Vitamin K (mcg)	0.77
Protein (g)	3.36	Pantothenic Acid (mg)	0.35
Carbohydrates (g)	26.19	Calcium (mg)	94.85
Total Dietary Fiber (g)	0.08	Chromium (mcg)	0.11
Total Soluble Fiber (g)	0	Copper (mg)	0.02
Dietary Fiber (2016) (g)	0.08	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	19.23
Total Sugars (g)	19.05	Iron (mg)	0.35
Added Sugar (g)	15.09	Magnesium (mg)	8.52
Monosaccharides (g)	0	Manganese (mg)	0.03
Disaccharides (g)	19.04	Molybdenum (mcg)	1.46
Other Carbs (g)	7.07	Phosphorus (mg)	70.82
Fat (g)	8.12	Potassium (mg)	112.69
Saturated Fat (g)	5.03	Selenium (mcg)	3.28
Mono Fat (g)	2.04	Sodium (mg)	35.94
Poly Fat (g)	0.39	Zinc (mg)	0.31
Trans Fatty Acid (g)	0.27	Omega 3 Fatty Acid (g)	0.08
Cholesterol (mg)	25.29	Omega 6 Fatty Acid (g)	0.3
Water (g)	75.08	Alcohol (g)	0
Vitamin A - IU (IU)	352.84	Caffeine (mg)	0
Vitamin A - RAE (mcg)	99.07	Choline (mg)	13.16
Carotenoid RE (RE)	3.42		
Retinol RE (RE)	97.36		
Beta-Carotene (mcg)	16.74		
Vitamin B1 (mg)	0.04		
Vitamin B2 (mg)	0.16		
Vitamin B3 (mg)	0.08		
Vitamin B3 - Niacin Equiv (mg)	0.71		
Vitamin B6 (mg)	0.03		
Vitamin B12 (mcg)	0.35		
Biotin (mcg)	1.61		
Vitamin C (mg)	0.1		
Vitamin D - IU (IU)	47.36		
Vitamin D - mcg (mcg)	1.21		

Banana Cream Pie

Number of Servings: 154.29 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.39
Calories (kcal)	259.61	Folate (mcg)	9.62
Calories from Fat (kcal)	122.41	Folate, DFE (mcg DFE)	9.62
Calories from SatFat (kcal)	77.78	Vitamin K (mcg)	1.39
Protein (g)	1.49	Pantothenic Acid (mg)	0.32
Carbohydrates (g)	34.58	Calcium (mg)	26.73
Total Dietary Fiber (g)	1	Chromium (mcg)	0.32
Total Soluble Fiber (g)	0	Copper (mg)	0.03
Dietary Fiber (2016) (g)	1	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	8.66
Total Sugars (g)	28.75	Iron (mg)	0.14
Added Sugar (g)	22.99	Magnesium (mg)	13.08
Monosaccharides (g)	3.81	Manganese (mg)	0.11
Disaccharides (g)	5.86	Molybdenum (mcg)	
Other Carbs (g)	4.83	Phosphorus (mg)	30.26
Fat (g)	13.6	Potassium (mg)	174.89
Saturated Fat (g)	8.64	Selenium (mcg)	1.53
Mono Fat (g)	3.41	Sodium (mg)	14.29
Poly Fat (g)	0.61	Zinc (mg)	0.15
Trans Fatty Acid (g)	0.46	Omega 3 Fatty Acid (g)	0.07
Cholesterol (mg)	42.19	Omega 6 Fatty Acid (g)	0.52
Water (g)	52.42	Alcohol (g)	0
Vitamin A - IU (IU)	573.4	Caffeine (mg)	0
Vitamin A - RAE (mcg)	154.67	Choline (mg)	10.14
Carotenoid RE (RE)	6.94		
Retinol RE (RE)	151.19		
Beta-Carotene (mcg)	36.85		
Vitamin B1 (mg)	0.02		
Vitamin B2 (mg)	0.1		
Vitamin B3 (mg)	0.28		
Vitamin B3 - Niacin Equiv (mg)	0.75		
Vitamin B6 (mg)	0.15		
Vitamin B12 (mcg)	0.06		
Biotin (mcg)	1.52		
Vitamin C (mg)	4.47		
Vitamin D - IU (IU)	23.52		
Vitamin D - mcg (mcg)	0.6		

Banana Foster MP

Number of Servings: 146.29 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.14
Calories (kcal)	170.05	Folate (mcg)	9.86
Calories from Fat (kcal)	36.45	Folate, DFE (mcg DFE)	9.86
Calories from SatFat (kcal)	22.44	Vitamin K (mcg)	0.58
Protein (g)	1.67	Pantothenic Acid (mg)	0.3
Carbohydrates (g)	32.86	Calcium (mg)	43.53
Total Dietary Fiber (g)	1.05	Chromium (mcg)	0.33
Total Soluble Fiber (g)	0	Copper (mg)	0.04
Dietary Fiber (2016) (g)	1.05	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	11.53
Total Sugars (g)	26.79	Iron (mg)	0.12
Added Sugar (g)	20.12	Magnesium (mg)	14.67
Monosaccharides (g)	3.96	Manganese (mg)	0.11
Disaccharides (g)	2.7	Molybdenum (mcg)	0.53
Other Carbs (g)	5.02	Phosphorus (mg)	41.33
Fat (g)	4.05	Potassium (mg)	194.5
Saturated Fat (g)	2.49	Selenium (mcg)	1.8
Mono Fat (g)	1.03	Sodium (mg)	21.63
Poly Fat (g)	0.22	Zinc (mg)	0.2
Trans Fatty Acid (g)	0.14	Omega 3 Fatty Acid (g)	0.04
Cholesterol (mg)	12.38	Omega 6 Fatty Acid (g)	0.17
Water (g)	62.85	Alcohol (g)	0
Vitamin A - IU (IU)	188.73	Caffeine (mg)	0
Vitamin A - RAE (mcg)	46.9	Choline (mg)	10.1
Carotenoid RE (RE)	4.16		
Retinol RE (RE)	44.82		
Beta-Carotene (mcg)	18.52		
Vitamin B1 (mg)	0.03		
Vitamin B2 (mg)	0.1		
Vitamin B3 (mg)	0.3		
Vitamin B3 - Niacin Equiv (mg)	0.68		
Vitamin B6 (mg)	0.16		
Vitamin B12 (mcg)	0.14		
Biotin (mcg)	1.76		
Vitamin C (mg)	3.61		
Vitamin D - IU (IU)	17.88		
Vitamin D - mcg (mcg)	0.45		

banana nutella mp

Number of Servings: 143.03 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.22
Calories (kcal)	203.33	Folate (mcg)	10.76
Calories from Fat (kcal)	106.18	Folate, DFE (mcg DFE)	10.76
Calories from SatFat (kcal)	54.52	Vitamin K (mcg)	0.89
Protein (g)	2.87	Pantothenic Acid (mg)	0.38
Carbohydrates (g)	22.84	Calcium (mg)	73.93
Total Dietary Fiber (g)	1.44	Chromium (mcg)	0.34
Total Soluble Fiber (g)	0	Copper (mg)	0.04
Dietary Fiber (2016) (g)	1.08	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	14.01
Total Sugars (g)	17.95	Iron (mg)	0.43
Added Sugar (g)	3.08	Magnesium (mg)	16.49
Monosaccharides (g)	4.15	Manganese (mg)	0.12
Disaccharides (g)	6.22	Molybdenum (mcg)	0.55
Other Carbs (g)	3.45	Phosphorus (mg)	52.74
Fat (g)	11.8	Potassium (mg)	219.27
Saturated Fat (g)	6.06	Selenium (mcg)	2.29
Mono Fat (g)	1.88	Sodium (mg)	30.53
Poly Fat (g)	0.37	Zinc (mg)	0.25
Trans Fatty Acid (g)	0.25	Omega 3 Fatty Acid (g)	0.06
Cholesterol (mg)	22.6	Omega 6 Fatty Acid (g)	0.3
Water (g)	74.45	Alcohol (g)	0
Vitamin A - IU (IU)	315.51	Caffeine (mg)	0
Vitamin A - RAE (mcg)	82.07	Choline (mg)	12.83
Carotenoid RE (RE)	5.34		
Retinol RE (RE)	79.4		
Beta-Carotene (mcg)	25.26		
Vitamin B1 (mg)	0.03		
Vitamin B2 (mg)	0.13		
Vitamin B3 (mg)	0.33		
Vitamin B3 - Niacin Equiv (mg)	0.87		
Vitamin B6 (mg)	0.17		
Vitamin B12 (mcg)	0.17		
Biotin (mcg)	2.01		
Vitamin C (mg)	4.12		
Vitamin D - IU (IU)	22.65		
Vitamin D - mcg (mcg)	0.57		

Blueberry Lemon Maple 2

Number of Servings: 31.99 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

<u>Nutrient</u>	<u>Value</u>	<u>Nutrient</u>	<u>Value</u>
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.52
Calories (kcal)	127.66	Folate (mcg)	5.07
Calories from Fat (kcal)	37.93	Folate, DFE (mcg DFE)	5.07
Calories from SatFat (kcal)	22.94	Vitamin K (mcg)	14.64
Protein (g)	0.87	Pantothenic Acid (mg)	0.15
Carbohydrates (g)	23.46	Calcium (mg)	27.4
Total Dietary Fiber (g)	1.78	Chromium (mcg)	0.38
Total Soluble Fiber (g)	0.2	Copper (mg)	0.05
Dietary Fiber (2016) (g)	1.78	Fluoride (mg)	0.01
Soluble Fiber (2016) (g)	0	Iodine (mcg)	1.65
Total Sugars (g)	19.07	Iron (mg)	0.24
Added Sugar (g)	11.37	Magnesium (mg)	8.52
Monosaccharides (g)	7.63	Manganese (mg)	0.69
Disaccharides (g)	11.44	Molybdenum (mcg)	
Other Carbs (g)	2.61	Phosphorus (mg)	15.63
Fat (g)	4.21	Potassium (mg)	100.3
Saturated Fat (g)	2.55	Selenium (mcg)	0.51
Mono Fat (g)	1.04	Sodium (mg)	5.94
Poly Fat (g)	0.28	Zinc (mg)	0.37
Trans Fatty Acid (g)	0.14	Omega 3 Fatty Acid (g)	0.06
Cholesterol (mg)	12.4	Omega 6 Fatty Acid (g)	0.22
Water (g)	84.54	Alcohol (g)	0
Vitamin A - IU (IU)	201.34	Caffeine (mg)	0
Vitamin A - RAE (mcg)	47.1	Choline (mg)	6.58
Carotenoid RE (RE)	5.32		
Retinol RE (RE)	44.44		
Beta-Carotene (mcg)	31.6		
Vitamin B1 (mg)	0.04		
Vitamin B2 (mg)	0.24		
Vitamin B3 (mg)	0.33		
Vitamin B3 - Niacin Equiv (mg)	0.49		
Vitamin B6 (mg)	0.04		
Vitamin B12 (mcg)	0.02		
Biotin (mcg)	0.16		
Vitamin C (mg)	7.65		
Vitamin D - IU (IU)	6.91		
Vitamin D - mcg (mcg)	0.18		

Buttermilk MP

Number of Servings: 151.31 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.29
Calories (kcal)	184.52	Folate (mcg)	6.02
Calories from Fat (kcal)	98.11	Folate, DFE (mcg DFE)	6.02
Calories from SatFat (kcal)	61.51	Vitamin K (mcg)	0.97
Protein (g)	2.43	Pantothenic Acid (mg)	0.34
Carbohydrates (g)	19.92	Calcium (mg)	77.06
Total Dietary Fiber (g)	0.04	Chromium (mcg)	
Total Soluble Fiber (g)	0.02	Copper (mg)	0.02
Dietary Fiber (2016) (g)	0.04	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	3.81
Total Sugars (g)	18.12	Iron (mg)	0.05
Added Sugar (g)	14.59	Magnesium (mg)	7.68
Monosaccharides (g)	0.25	Manganese (mg)	0.01
Disaccharides (g)	0.75	Molybdenum (mcg)	
Other Carbs (g)	1.76	Phosphorus (mg)	59.73
Fat (g)	10.9	Potassium (mg)	106.52
Saturated Fat (g)	6.83	Selenium (mcg)	2.69
Mono Fat (g)	2.74	Sodium (mg)	61.38
Poly Fat (g)	0.5	Zinc (mg)	0.26
Trans Fatty Acid (g)	0.31	Omega 3 Fatty Acid (g)	0.08
Cholesterol (mg)	34.38	Omega 6 Fatty Acid (g)	0.41
Water (g)	71.39	Alcohol (g)	0
Vitamin A - IU (IU)	459.29	Caffeine (mg)	0
Vitamin A - RAE (mcg)	128.7	Choline (mg)	12.45
Carotenoid RE (RE)	4.15		
Retinol RE (RE)	126.62		
Beta-Carotene (mcg)	22.02		
Vitamin B1 (mg)	0.03		
Vitamin B2 (mg)	0.14		
Vitamin B3 (mg)	0.07		
Vitamin B3 - Niacin Equiv (mg)	0.68		
Vitamin B6 (mg)	0.03		
Vitamin B12 (mcg)	0.28		
Biotin (mcg)	0.39		
Vitamin C (mg)	4.83		
Vitamin D - IU (IU)	42.93		
Vitamin D - mcg (mcg)	1.08		

Cannoli MP

Number of Servings: 19.9 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	1.38
Calories (kcal)	355.52	Folate (mcg)	11.47
Calories from Fat (kcal)	239.17	Folate, DFE (mcg DFE)	11.47
Calories from SatFat (kcal)	133.79	Vitamin K (mcg)	3.24
Protein (g)	5.43	Pantothenic Acid (mg)	0.37
Carbohydrates (g)	25.18	Calcium (mg)	94.57
Total Dietary Fiber (g)	1.12	Chromium (mcg)	
Total Soluble Fiber (g)	0.18	Copper (mg)	0.19
Dietary Fiber (2016) (g)	0.58	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	8.21
Total Sugars (g)	21.3	Iron (mg)	1.03
Added Sugar (g)	16.18	Magnesium (mg)	27.02
Monosaccharides (g)	0.01	Manganese (mg)	0.47
Disaccharides (g)	5.04	Molybdenum (mcg)	1.15
Other Carbs (g)	2.75	Phosphorus (mg)	100.26
Fat (g)	26.57	Potassium (mg)	154.41
Saturated Fat (g)	14.87	Selenium (mcg)	5.46
Mono Fat (g)	8.67	Sodium (mg)	35.7
Poly Fat (g)	1.39	Zinc (mg)	0.71
Trans Fatty Acid (g)	0.6	Omega 3 Fatty Acid (g)	0.12
Cholesterol (mg)	67.74	Omega 6 Fatty Acid (g)	1.25
Water (g)	46.3	Alcohol (g)	0
Vitamin A - IU (IU)	824.87	Caffeine (mg)	3.54
Vitamin A - RAE (mcg)	228.39	Choline (mg)	17.2
Carotenoid RE (RE)	7.78		
Retinol RE (RE)	224.5		
Beta-Carotene (mcg)	45.49		
Vitamin B1 (mg)	0.05		
Vitamin B2 (mg)	0.15		
Vitamin B3 (mg)	0.22		
Vitamin B3 - Niacin Equiv (mg)	1.38		
Vitamin B6 (mg)	0.06		
Vitamin B12 (mcg)	0.18		
Biotin (mcg)	5.82		
Vitamin C (mg)	0.91		
Vitamin D - IU (IU)	32.88		
Vitamin D - mcg (mcg)	0.82		

Caramel and Coffee

Number of Servings: 100.42 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.44
Calories (kcal)	320.24	Folate (mcg)	3.84
Calories from Fat (kcal)	93.62	Folate, DFE (mcg DFE)	0.86
Calories from SatFat (kcal)	53.21	Vitamin K (mcg)	0.37
Protein (g)	8.21	Pantothenic Acid (mg)	0.19
Carbohydrates (g)	48.61	Calcium (mg)	224.8
Total Dietary Fiber (g)	2.68	Chromium (mcg)	1.36
Total Soluble Fiber (g)	0	Copper (mg)	0.21
Dietary Fiber (2016) (g)	0	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	5.23
Total Sugars (g)	40.31	Iron (mg)	0.57
Added Sugar (g)	0	Magnesium (mg)	35.39
Monosaccharides (g)	0	Manganese (mg)	0
Disaccharides (g)	1.18	Molybdenum (mcg)	
Other Carbs (g)	5.62	Phosphorus (mg)	48.93
Fat (g)	10.4	Potassium (mg)	311.57
Saturated Fat (g)	5.91	Selenium (mcg)	2.27
Mono Fat (g)	1.04	Sodium (mg)	107.55
Poly Fat (g)	1.25	Zinc (mg)	0.22
Trans Fatty Acid (g)	0.13	Omega 3 Fatty Acid (g)	0.01
Cholesterol (mg)	27.82	Omega 6 Fatty Acid (g)	0.13
Water (g)	44.18	Alcohol (g)	0
Vitamin A - IU (IU)	280.05	Caffeine (mg)	173.44
Vitamin A - RAE (mcg)	27.85	Choline (mg)	5.36
Carotenoid RE (RE)	1.21		
Retinol RE (RE)	27.24		
Beta-Carotene (mcg)	6.31		
Vitamin B1 (mg)	0.02		
Vitamin B2 (mg)	0.08		
Vitamin B3 (mg)	2.06		
Vitamin B3 - Niacin Equiv (mg)	6.55		
Vitamin B6 (mg)	0.01		
Vitamin B12 (mcg)	0.05		
Biotin (mcg)	0.49		
Vitamin C (mg)	0.26		
Vitamin D - IU (IU)	0.57		
Vitamin D - mcg (mcg)	0		

Caramelized Apple MP

Number of Servings: 58.12 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.3
Calories (kcal)	226.72	Folate (mcg)	2.64
Calories from Fat (kcal)	68.52	Folate, DFE (mcg DFE)	2.64
Calories from SatFat (kcal)	43.26	Vitamin K (mcg)	1.91
Protein (g)	0.66	Pantothenic Acid (mg)	0.15
Carbohydrates (g)	41.11	Calcium (mg)	33.86
Total Dietary Fiber (g)	1.35	Chromium (mcg)	0.58
Total Soluble Fiber (g)	0.14	Copper (mg)	0.03
Dietary Fiber (2016) (g)	1.35	Fluoride (mg)	0.01
Soluble Fiber (2016) (g)	0	Iodine (mcg)	2.48
Total Sugars (g)	38.93	Iron (mg)	0.25
Added Sugar (g)	32.62	Magnesium (mg)	6.11
Monosaccharides (g)	5.25	Manganese (mg)	0.04
Disaccharides (g)	30.1	Molybdenum (mcg)	
Other Carbs (g)	0.83	Phosphorus (mg)	17.16
Fat (g)	7.64	Potassium (mg)	106.93
Saturated Fat (g)	4.81	Selenium (mcg)	0.83
Mono Fat (g)	1.97	Sodium (mg)	11.85
Poly Fat (g)	0.35	Zinc (mg)	0.07
Trans Fatty Acid (g)	0.27	Omega 3 Fatty Acid (g)	0.05
Cholesterol (mg)	22.87	Omega 6 Fatty Acid (g)	0.28
Water (g)	62.51	Alcohol (g)	0
Vitamin A - IU (IU)	322.1	Caffeine (mg)	0
Vitamin A - RAE (mcg)	82.78	Choline (mg)	5.58
Carotenoid RE (RE)	5.53		
Retinol RE (RE)	80.01		
Beta-Carotene (mcg)	30.2		
Vitamin B1 (mg)	0.01		
Vitamin B2 (mg)	0.05		
Vitamin B3 (mg)	0.09		
Vitamin B3 - Niacin Equiv (mg)	0.28		
Vitamin B6 (mg)	0.04		
Vitamin B12 (mcg)	0.03		
Biotin (mcg)	0.94		
Vitamin C (mg)	2.69		
Vitamin D - IU (IU)	10.41		
Vitamin D - mcg (mcg)	0.26		

Cherry Cream

Number of Servings: 170.42 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.38
Calories (kcal)	229.74	Folate (mcg)	2.43
Calories from Fat (kcal)	48.39	Folate, DFE (mcg DFE)	2.43
Calories from SatFat (kcal)	23.36	Vitamin K (mcg)	16.67
Protein (g)	2.68	Pantothenic Acid (mg)	0.37
Carbohydrates (g)	43.54	Calcium (mg)	53.95
Total Dietary Fiber (g)	15.47	Chromium (mcg)	
Total Soluble Fiber (g)	0	Copper (mg)	0.15
Dietary Fiber (2016) (g)	15.47	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	1.69
Total Sugars (g)	24.69	Iron (mg)	0.55
Added Sugar (g)	17.09	Magnesium (mg)	21.79
Monosaccharides (g)	7.23	Manganese (mg)	0.32
Disaccharides (g)	0.37	Molybdenum (mcg)	
Other Carbs (g)	3.37	Phosphorus (mg)	58.5
Fat (g)	5.38	Potassium (mg)	305.92
Saturated Fat (g)	2.6	Selenium (mcg)	0.34
Mono Fat (g)	1.03	Sodium (mg)	6.93
Poly Fat (g)	0.18	Zinc (mg)	0.28
Trans Fatty Acid (g)	0.14	Omega 3 Fatty Acid (g)	0.02
Cholesterol (mg)	12.73	Omega 6 Fatty Acid (g)	0.15
Water (g)	55.44	Alcohol (g)	0
Vitamin A - IU (IU)	295.63	Caffeine (mg)	0
Vitamin A - RAE (mcg)	52.5	Choline (mg)	10.27
Carotenoid RE (RE)	14.35		
Retinol RE (RE)	45.63		
Beta-Carotene (mcg)	77.71		
Vitamin B1 (mg)	0.03		
Vitamin B2 (mg)	0.16		
Vitamin B3 (mg)	0.49		
Vitamin B3 - Niacin Equiv (mg)	0.62		
Vitamin B6 (mg)	0.16		
Vitamin B12 (mcg)	0.02		
Biotin (mcg)	0.16		
Vitamin C (mg)	5.15		
Vitamin D - IU (IU)	7.1		
Vitamin D - mcg (mcg)	0.18		

Cherry Lemon Cream MP

Number of Servings: 44.92 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

<u>Nutrient</u>	<u>Value</u>	<u>Nutrient</u>	<u>Value</u>
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.49
Calories (kcal)	260.06	Folate (mcg)	2.65
Calories from Fat (kcal)	112.47	Folate, DFE (mcg DFE)	2.65
Calories from SatFat (kcal)	66.45	Vitamin K (mcg)	12.6
Protein (g)	2.58	Pantothenic Acid (mg)	0.38
Carbohydrates (g)	35.48	Calcium (mg)	54.36
Total Dietary Fiber (g)	10.98	Chromium (mcg)	0.02
Total Soluble Fiber (g)	0	Copper (mg)	0.11
Dietary Fiber (2016) (g)	10.98	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	4.81
Total Sugars (g)	22.11	Iron (mg)	0.41
Added Sugar (g)	16.05	Magnesium (mg)	17.19
Monosaccharides (g)	5.13	Manganese (mg)	0.23
Disaccharides (g)	5.4	Molybdenum (mcg)	
Other Carbs (g)	2.4	Phosphorus (mg)	55.46
Fat (g)	12.5	Potassium (mg)	239.88
Saturated Fat (g)	7.38	Selenium (mcg)	0.99
Mono Fat (g)	2.92	Sodium (mg)	11.67
Poly Fat (g)	0.5	Zinc (mg)	0.26
Trans Fatty Acid (g)	0.4	Omega 3 Fatty Acid (g)	0.05
Cholesterol (mg)	36.22	Omega 6 Fatty Acid (g)	0.43
Water (g)	58.37	Alcohol (g)	0
Vitamin A - IU (IU)	563.48	Caffeine (mg)	0
Vitamin A - RAE (mcg)	136.15	Choline (mg)	11.33
Carotenoid RE (RE)	13.07		
Retinol RE (RE)	129.83		
Beta-Carotene (mcg)	72.47		
Vitamin B1 (mg)	0.03		
Vitamin B2 (mg)	0.16		
Vitamin B3 (mg)	0.37		
Vitamin B3 - Niacin Equiv (mg)	0.72		
Vitamin B6 (mg)	0.12		
Vitamin B12 (mcg)	0.05		
Biotin (mcg)	0.45		
Vitamin C (mg)	3.74		
Vitamin D - IU (IU)	20.2		
Vitamin D - mcg (mcg)	0.51		

Cinnamon Praline

Number of Servings: 120.64 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

<u>Nutrient</u>	<u>Value</u>	<u>Nutrient</u>	<u>Value</u>
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.51
Calories (kcal)	274.25	Folate (mcg)	25.26
Calories from Fat (kcal)	92.37	Folate, DFE (mcg DFE)	25.26
Calories from SatFat (kcal)	22.44	Vitamin K (mcg)	0.46
Protein (g)	4.08	Pantothenic Acid (mg)	0.63
Carbohydrates (g)	41.09	Calcium (mg)	61.37
Total Dietary Fiber (g)	0.7	Chromium (mcg)	0.12
Total Soluble Fiber (g)	0.21	Copper (mg)	0.11
Dietary Fiber (2016) (g)	0.69	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	30.71
Total Sugars (g)	37.85	Iron (mg)	0.62
Added Sugar (g)	35.93	Magnesium (mg)	12.78
Monosaccharides (g)	0.05	Manganese (mg)	0.34
Disaccharides (g)	21.88	Molybdenum (mcg)	2.78
Other Carbs (g)	1.47	Phosphorus (mg)	106.26
Fat (g)	10.26	Potassium (mg)	89.25
Saturated Fat (g)	2.49	Selenium (mcg)	10.08
Mono Fat (g)	4.99	Sodium (mg)	24.69
Poly Fat (g)	2.26	Zinc (mg)	0.8
Trans Fatty Acid (g)	0.03	Omega 3 Fatty Acid (g)	0.13
Cholesterol (mg)	167.15	Omega 6 Fatty Acid (g)	2.13
Water (g)	57.18	Alcohol (g)	0
Vitamin A - IU (IU)	274.32	Caffeine (mg)	0
Vitamin A - RAE (mcg)	72.65	Choline (mg)	131.47
Carotenoid RE (RE)	4.07		
Retinol RE (RE)	70.61		
Beta-Carotene (mcg)	17.66		
Vitamin B1 (mg)	0.09		
Vitamin B2 (mg)	0.15		
Vitamin B3 (mg)	0.12		
Vitamin B3 - Niacin Equiv (mg)	0.88		
Vitamin B6 (mg)	0.08		
Vitamin B12 (mcg)	0.44		
Biotin (mcg)	8.17		
Vitamin C (mg)	0.08		
Vitamin D - IU (IU)	49.44		
Vitamin D - mcg (mcg)	1.24		

Cookies and Cream

Number of Servings: 115.61 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.35
Calories (kcal)	261.7	Folate (mcg)	4.1
Calories from Fat (kcal)	122.44	Folate, DFE (mcg DFE)	4.62
Calories from SatFat (kcal)	77.4	Vitamin K (mcg)	1.21
Protein (g)	2.15	Pantothenic Acid (mg)	0.3
Carbohydrates (g)	32.94	Calcium (mg)	60.88
Total Dietary Fiber (g)	0.13	Chromium (mcg)	0.05
Total Soluble Fiber (g)	0	Copper (mg)	0.02
Dietary Fiber (2016) (g)	0.11	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	12.87
Total Sugars (g)	31.4	Iron (mg)	0.12
Added Sugar (g)	28.86	Magnesium (mg)	7.31
Monosaccharides (g)	0	Manganese (mg)	0.02
Disaccharides (g)	7.03	Molybdenum (mcg)	0.71
Other Carbs (g)	1.41	Phosphorus (mg)	50.95
Fat (g)	13.61	Potassium (mg)	81.55
Saturated Fat (g)	8.6	Selenium (mcg)	2.58
Mono Fat (g)	3.45	Sodium (mg)	25.6
Poly Fat (g)	0.61	Zinc (mg)	0.23
Trans Fatty Acid (g)	0.46	Omega 3 Fatty Acid (g)	0.08
Cholesterol (mg)	42.98	Omega 6 Fatty Acid (g)	0.51
Water (g)	50.42	Alcohol (g)	0
Vitamin A - IU (IU)	558.53	Caffeine (mg)	0.65
Vitamin A - RAE (mcg)	156.33	Choline (mg)	11.26
Carotenoid RE (RE)	4.81		
Retinol RE (RE)	153.93		
Beta-Carotene (mcg)	27.19		
Vitamin B1 (mg)	0.03		
Vitamin B2 (mg)	0.12		
Vitamin B3 (mg)	0.09		
Vitamin B3 - Niacin Equiv (mg)	0.69		
Vitamin B6 (mg)	0.02		
Vitamin B12 (mcg)	0.21		
Biotin (mcg)	1.16		
Vitamin C (mg)	0.2		
Vitamin D - IU (IU)	38.33		
Vitamin D - mcg (mcg)	0.97		

Fudge MP

Number of Servings: 110.85 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.12
Calories (kcal)	177.36	Folate (mcg)	5.67
Calories from Fat (kcal)	57.07	Folate, DFE (mcg DFE)	5.67
Calories from SatFat (kcal)	33.94	Vitamin K (mcg)	0.77
Protein (g)	3.32	Pantothenic Acid (mg)	0.32
Carbohydrates (g)	29.04	Calcium (mg)	98.86
Total Dietary Fiber (g)	1.21	Chromium (mcg)	0.16
Total Soluble Fiber (g)	0	Copper (mg)	0.15
Dietary Fiber (2016) (g)	0.86	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	18.99
Total Sugars (g)	25.32	Iron (mg)	0.54
Added Sugar (g)	18.15	Magnesium (mg)	26.58
Monosaccharides (g)	0	Manganese (mg)	0.14
Disaccharides (g)	22.11	Molybdenum (mcg)	1.65
Other Carbs (g)	2.5	Phosphorus (mg)	94.71
Fat (g)	6.37	Potassium (mg)	166.94
Saturated Fat (g)	3.77	Selenium (mcg)	3.81
Mono Fat (g)	1.82	Sodium (mg)	42.49
Poly Fat (g)	0.29	Zinc (mg)	0.56
Trans Fatty Acid (g)	0.15	Omega 3 Fatty Acid (g)	0.09
Cholesterol (mg)	12.66	Omega 6 Fatty Acid (g)	0.2
Water (g)	73.7	Alcohol (g)	0.2
Vitamin A - IU (IU)	184.95	Caffeine (mg)	8.88
Vitamin A - RAE (mcg)	51.99	Choline (mg)	13.73
Carotenoid RE (RE)	2.18		
Retinol RE (RE)	50.9		
Beta-Carotene (mcg)	9.02		
Vitamin B1 (mg)	0.04		
Vitamin B2 (mg)	0.15		
Vitamin B3 (mg)	0.15		
Vitamin B3 - Niacin Equiv (mg)	0.84		
Vitamin B6 (mg)	0.03		
Vitamin B12 (mcg)	0.37		
Biotin (mcg)	1.57		
Vitamin C (mg)	0		
Vitamin D - IU (IU)	42.1		
Vitamin D - mcg (mcg)	1.07		

Honey Blackberry Yogurt MP

Number of Servings: 46.09 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.29
Calories (kcal)	146.62	Folate (mcg)	7.46
Calories from Fat (kcal)	19.29	Folate, DFE (mcg DFE)	7.46
Calories from SatFat (kcal)	12.14	Vitamin K (mcg)	4.95
Protein (g)	4.9	Pantothenic Acid (mg)	0.09
Carbohydrates (g)	27.88	Calcium (mg)	63.89
Total Dietary Fiber (g)	1.25	Chromium (mcg)	0
Total Soluble Fiber (g)	0	Copper (mg)	0.05
Dietary Fiber (2016) (g)	1.25	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	
Total Sugars (g)	26.09	Iron (mg)	0.18
Added Sugar (g)	22.89	Magnesium (mg)	5.29
Monosaccharides (g)	1.15	Manganese (mg)	0.18
Disaccharides (g)	0.04	Molybdenum (mcg)	
Other Carbs (g)	0.53	Phosphorus (mg)	73.32
Fat (g)	2.14	Potassium (mg)	100.38
Saturated Fat (g)	1.35	Selenium (mcg)	0.1
Mono Fat (g)	0.01	Sodium (mg)	17.45
Poly Fat (g)	0.07	Zinc (mg)	0.15
Trans Fatty Acid (g)	0	Omega 3 Fatty Acid (g)	0.02
Cholesterol (mg)	6.72	Omega 6 Fatty Acid (g)	0.05
Water (g)	27.44	Alcohol (g)	0
Vitamin A - IU (IU)	98.39	Caffeine (mg)	0
Vitamin A - RAE (mcg)	2.68	Choline (mg)	2.19
Carotenoid RE (RE)	5.36		
Retinol RE (RE)	0		
Beta-Carotene (mcg)	32.01		
Vitamin B1 (mg)	0.02		
Vitamin B2 (mg)	0.17		
Vitamin B3 (mg)	0.19		
Vitamin B3 - Niacin Equiv (mg)	0.19		
Vitamin B6 (mg)	0.01		
Vitamin B12 (mcg)	0		
Biotin (mcg)	0.1		
Vitamin C (mg)	5.81		
Vitamin D - IU (IU)	0		
Vitamin D - mcg (mcg)	0		

King Cake

Number of Servings: 107.12 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.37
Calories (kcal)	287.45	Folate (mcg)	3.13
Calories from Fat (kcal)	143.35	Folate, DFE (mcg DFE)	3.13
Calories from SatFat (kcal)	85.68	Vitamin K (mcg)	1.18
Protein (g)	3.8	Pantothenic Acid (mg)	0.27
Carbohydrates (g)	33.99	Calcium (mg)	56.27
Total Dietary Fiber (g)	0	Chromium (mcg)	0.01
Total Soluble Fiber (g)	0	Copper (mg)	0.01
Dietary Fiber (2016) (g)	0	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	8.22
Total Sugars (g)	33.16	Iron (mg)	0.25
Added Sugar (g)	31.07	Magnesium (mg)	4.86
Monosaccharides (g)	0	Manganese (mg)	0
Disaccharides (g)	2.09	Molybdenum (mcg)	0.62
Other Carbs (g)	0.83	Phosphorus (mg)	44.54
Fat (g)	15.93	Potassium (mg)	66.37
Saturated Fat (g)	9.52	Selenium (mcg)	2.58
Mono Fat (g)	3.73	Sodium (mg)	73.22
Poly Fat (g)	0.65	Zinc (mg)	0.2
Trans Fatty Acid (g)	0.48	Omega 3 Fatty Acid (g)	0.08
Cholesterol (mg)	105.25	Omega 6 Fatty Acid (g)	0.55
Water (g)	48.98	Alcohol (g)	0
Vitamin A - IU (IU)	649.89	Caffeine (mg)	0
Vitamin A - RAE (mcg)	158.01	Choline (mg)	10.58
Carotenoid RE (RE)	4.86		
Retinol RE (RE)	155.58		
Beta-Carotene (mcg)	28.13		
Vitamin B1 (mg)	0.02		
Vitamin B2 (mg)	0.11		
Vitamin B3 (mg)	0.04		
Vitamin B3 - Niacin Equiv (mg)	0.59		
Vitamin B6 (mg)	0.02		
Vitamin B12 (mcg)	0.15		
Biotin (mcg)	0.93		
Vitamin C (mg)	0.16		
Vitamin D - IU (IU)	26.23		
Vitamin D - mcg (mcg)	0.67		

Lemon Cream Pie MP

Number of Servings: 174.68 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.36
Calories (kcal)	213.14	Folate (mcg)	6.32
Calories from Fat (kcal)	120.94	Folate, DFE (mcg DFE)	6.61
Calories from SatFat (kcal)	75.98	Vitamin K (mcg)	1.27
Protein (g)	2.43	Pantothenic Acid (mg)	0.35
Carbohydrates (g)	21.93	Calcium (mg)	73.85
Total Dietary Fiber (g)	0.08	Chromium (mcg)	0.1
Total Soluble Fiber (g)	0.02	Copper (mg)	0.02
Dietary Fiber (2016) (g)	0.04	Fluoride (mg)	0.01
Soluble Fiber (2016) (g)	0	Iodine (mcg)	15.23
Total Sugars (g)	19.6	Iron (mg)	0.09
Added Sugar (g)	16.12	Magnesium (mg)	7.8
Monosaccharides (g)	0.25	Manganese (mg)	0.01
Disaccharides (g)	19.35	Molybdenum (mcg)	0.89
Other Carbs (g)	2.26	Phosphorus (mg)	58.85
Fat (g)	13.44	Potassium (mg)	103.29
Saturated Fat (g)	8.44	Selenium (mcg)	2.83
Mono Fat (g)	3.38	Sodium (mg)	33.08
Poly Fat (g)	0.64	Zinc (mg)	0.26
Trans Fatty Acid (g)	0.45	Omega 3 Fatty Acid (g)	0.09
Cholesterol (mg)	41.73	Omega 6 Fatty Acid (g)	0.53
Water (g)	75.08	Alcohol (g)	0
Vitamin A - IU (IU)	557.84	Caffeine (mg)	0
Vitamin A - RAE (mcg)	156.12	Choline (mg)	12.55
Carotenoid RE (RE)	4.92		
Retinol RE (RE)	153.66		
Beta-Carotene (mcg)	26.99		
Vitamin B1 (mg)	0.03		
Vitamin B2 (mg)	0.14		
Vitamin B3 (mg)	0.1		
Vitamin B3 - Niacin Equiv (mg)	0.74		
Vitamin B6 (mg)	0.03		
Vitamin B12 (mcg)	0.25		
Biotin (mcg)	1.34		
Vitamin C (mg)	4.61		
Vitamin D - IU (IU)	43.57		
Vitamin D - mcg (mcg)	1.11		

Mango Arroz Con Leche

Number of Servings: 315.92 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.35
Calories (kcal)	164.78	Folate (mcg)	20.41
Calories from Fat (kcal)	76.18	Folate, DFE (mcg DFE)	27.45
Calories from SatFat (kcal)	57.38	Vitamin K (mcg)	0.9
Protein (g)	2.17	Pantothenic Acid (mg)	0.26
Carbohydrates (g)	21.53	Calcium (mg)	41.12
Total Dietary Fiber (g)	0.92	Chromium (mcg)	0.19
Total Soluble Fiber (g)	0.14	Copper (mg)	0.08
Dietary Fiber (2016) (g)	0.29	Fluoride (mg)	0.01
Soluble Fiber (2016) (g)	0	Iodine (mcg)	7.95
Total Sugars (g)	15.19	Iron (mg)	0.92
Added Sugar (g)	8.92	Magnesium (mg)	15.82
Monosaccharides (g)	1.09	Manganese (mg)	0.25
Disaccharides (g)	11.24	Molybdenum (mcg)	0.49
Other Carbs (g)	5.04	Phosphorus (mg)	54.91
Fat (g)	8.46	Potassium (mg)	114.09
Saturated Fat (g)	6.38	Selenium (mcg)	3.34
Mono Fat (g)	1.25	Sodium (mg)	16.13
Poly Fat (g)	0.26	Zinc (mg)	0.33
Trans Fatty Acid (g)	0.14	Omega 3 Fatty Acid (g)	0.04
Cholesterol (mg)	12.77	Omega 6 Fatty Acid (g)	0.21
Water (g)	80.65	Alcohol (g)	0
Vitamin A - IU (IU)	447.46	Caffeine (mg)	0
Vitamin A - RAE (mcg)	55.75	Choline (mg)	8.15
Carotenoid RE (RE)	15.42		
Retinol RE (RE)	48.04		
Beta-Carotene (mcg)	90.1		
Vitamin B1 (mg)	0.05		
Vitamin B2 (mg)	0.07		
Vitamin B3 (mg)	0.51		
Vitamin B3 - Niacin Equiv (mg)	0.96		
Vitamin B6 (mg)	0.05		
Vitamin B12 (mcg)	0.13		
Biotin (mcg)	0.78		
Vitamin C (mg)	10.08		
Vitamin D - IU (IU)	18.35		
Vitamin D - mcg (mcg)	0.47		

Mango Lassi MP

Number of Servings: 99.77 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.49
Calories (kcal)	118.23	Folate (mcg)	25.94
Calories from Fat (kcal)	3.14	Folate, DFE (mcg DFE)	25.94
Calories from SatFat (kcal)	0.83	Vitamin K (mcg)	2.29
Protein (g)	4.13	Pantothenic Acid (mg)	0.23
Carbohydrates (g)	26.2	Calcium (mg)	46.47
Total Dietary Fiber (g)	0.89	Chromium (mcg)	
Total Soluble Fiber (g)	0.49	Copper (mg)	0.07
Dietary Fiber (2016) (g)	0.89	Fluoride (mg)	
Soluble Fiber (2016) (g)	0	Iodine (mcg)	
Total Sugars (g)	25.11	Iron (mg)	0.12
Added Sugar (g)	16.68	Magnesium (mg)	9.48
Monosaccharides (g)	3.82	Manganese (mg)	0.05
Disaccharides (g)	4.61	Molybdenum (mcg)	
Other Carbs (g)	0.2	Phosphorus (mg)	56.4
Fat (g)	0.35	Potassium (mg)	143
Saturated Fat (g)	0.09	Selenium (mcg)	3.83
Mono Fat (g)	0.09	Sodium (mg)	13.55
Poly Fat (g)	0.04	Zinc (mg)	0.24
Trans Fatty Acid (g)	0	Omega 3 Fatty Acid (g)	0.03
Cholesterol (mg)	1.8	Omega 6 Fatty Acid (g)	0.01
Water (g)	76.81	Alcohol (g)	0
Vitamin A - IU (IU)	584.77	Caffeine (mg)	0
Vitamin A - RAE (mcg)	29.53	Choline (mg)	9.61
Carotenoid RE (RE)	58.33		
Retinol RE (RE)	0.36		
Beta-Carotene (mcg)	344.95		
Vitamin B1 (mg)	0.02		
Vitamin B2 (mg)	0.12		
Vitamin B3 (mg)	0.44		
Vitamin B3 - Niacin Equiv (mg)	0.56		
Vitamin B6 (mg)	0.09		
Vitamin B12 (mcg)	0.27		
Biotin (mcg)	0		
Vitamin C (mg)	20.09		
Vitamin D - IU (IU)	0		
Vitamin D - mcg (mcg)	0		

Mexican Chocolate MP

Number of Servings: 152.39 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

<u>Nutrient</u>	<u>Value</u>	<u>Nutrient</u>	<u>Value</u>
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.33
Calories (kcal)	243.02	Folate (mcg)	4.06
Calories from Fat (kcal)	108.76	Folate, DFE (mcg DFE)	4.06
Calories from SatFat (kcal)	83.35	Vitamin K (mcg)	1.21
Protein (g)	3.84	Pantothenic Acid (mg)	0.38
Carbohydrates (g)	22.55	Calcium (mg)	116.83
Total Dietary Fiber (g)	1.13	Chromium (mcg)	0.03
Total Soluble Fiber (g)	0	Copper (mg)	0.02
Dietary Fiber (2016) (g)	0.03	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	17.83
Total Sugars (g)	20.22	Iron (mg)	0.45
Added Sugar (g)	16.54	Magnesium (mg)	8.31
Monosaccharides (g)	0	Manganese (mg)	0.01
Disaccharides (g)	3.67	Molybdenum (mcg)	1.02
Other Carbs (g)	0.1	Phosphorus (mg)	69.94
Fat (g)	12.08	Potassium (mg)	213.98
Saturated Fat (g)	9.26	Selenium (mcg)	3.06
Mono Fat (g)	3.11	Sodium (mg)	36.55
Poly Fat (g)	0.57	Zinc (mg)	0.3
Trans Fatty Acid (g)	0.42	Omega 3 Fatty Acid (g)	0.08
Cholesterol (mg)	38.01	Omega 6 Fatty Acid (g)	0.47
Water (g)	69.97	Alcohol (g)	0
Vitamin A - IU (IU)	542.27	Caffeine (mg)	0
Vitamin A - RAE (mcg)	141.57	Choline (mg)	13.97
Carotenoid RE (RE)	8.98		
Retinol RE (RE)	137.08		
Beta-Carotene (mcg)	47.72		
Vitamin B1 (mg)	0.03		
Vitamin B2 (mg)	0.16		
Vitamin B3 (mg)	0.08		
Vitamin B3 - Niacin Equiv (mg)	0.84		
Vitamin B6 (mg)	0.04		
Vitamin B12 (mcg)	0.29		
Biotin (mcg)	1.54		
Vitamin C (mg)	0.35		
Vitamin D - IU (IU)	42.26		
Vitamin D - mcg (mcg)	1.07		

Mint Chocolate Chip MP

Number of Servings: 93.52 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.38
Calories (kcal)	243.55	Folate (mcg)	3.63
Calories from Fat (kcal)	142.9	Folate, DFE (mcg DFE)	3.63
Calories from SatFat (kcal)	89.47	Vitamin K (mcg)	1.83
Protein (g)	2.89	Pantothenic Acid (mg)	0.39
Carbohydrates (g)	23.27	Calcium (mg)	83.03
Total Dietary Fiber (g)	0.54	Chromium (mcg)	0.09
Total Soluble Fiber (g)	0	Copper (mg)	0.1
Dietary Fiber (2016) (g)	0	Fluoride (mg)	0.01
Soluble Fiber (2016) (g)	0	Iodine (mcg)	16.07
Total Sugars (g)	20.61	Iron (mg)	0.65
Added Sugar (g)	13.98	Magnesium (mg)	18.54
Monosaccharides (g)	0	Manganese (mg)	0.11
Disaccharides (g)	20.61	Molybdenum (mcg)	0.83
Other Carbs (g)	2.12	Phosphorus (mg)	78.47
Fat (g)	15.88	Potassium (mg)	139.56
Saturated Fat (g)	9.94	Selenium (mcg)	3.18
Mono Fat (g)	4.18	Sodium (mg)	34.8
Poly Fat (g)	0.7	Zinc (mg)	0.43
Trans Fatty Acid (g)	0.48	Omega 3 Fatty Acid (g)	0.09
Cholesterol (mg)	43.07	Omega 6 Fatty Acid (g)	0.59
Water (g)	70.74	Alcohol (g)	0
Vitamin A - IU (IU)	560.21	Caffeine (mg)	3.42
Vitamin A - RAE (mcg)	155.9	Choline (mg)	15.08
Carotenoid RE (RE)	5.3		
Retinol RE (RE)	153.26		
Beta-Carotene (mcg)	29.17		
Vitamin B1 (mg)	0.03		
Vitamin B2 (mg)	0.15		
Vitamin B3 (mg)	0.12		
Vitamin B3 - Niacin Equiv (mg)	0.85		
Vitamin B6 (mg)	0.03		
Vitamin B12 (mcg)	0.27		
Biotin (mcg)	1.4		
Vitamin C (mg)	0.28		
Vitamin D - IU (IU)	40.9		
Vitamin D - mcg (mcg)	1.04		

Orange Vanilla MP

Number of Servings: 187.27 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.22
Calories (kcal)	181.36	Folate (mcg)	19.14
Calories from Fat (kcal)	71.01	Folate, DFE (mcg DFE)	19.14
Calories from SatFat (kcal)	44.76	Vitamin K (mcg)	0.75
Protein (g)	1.04	Pantothenic Acid (mg)	0.22
Carbohydrates (g)	26.66	Calcium (mg)	20.91
Total Dietary Fiber (g)	0.12	Chromium (mcg)	0.54
Total Soluble Fiber (g)	0.04	Copper (mg)	0.03
Dietary Fiber (2016) (g)	0.12	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	4.45
Total Sugars (g)	25.44	Iron (mg)	0.14
Added Sugar (g)	19.74	Magnesium (mg)	8.21
Monosaccharides (g)	0	Manganese (mg)	0.01
Disaccharides (g)	0.59	Molybdenum (mcg)	
Other Carbs (g)	1.1	Phosphorus (mg)	22.84
Fat (g)	7.89	Potassium (mg)	142.29
Saturated Fat (g)	4.97	Selenium (mcg)	0.71
Mono Fat (g)	1.98	Sodium (mg)	6.42
Poly Fat (g)	0.36	Zinc (mg)	0.08
Trans Fatty Acid (g)	0.27	Omega 3 Fatty Acid (g)	0.04
Cholesterol (mg)	24.33	Omega 6 Fatty Acid (g)	0.31
Water (g)	66.24	Alcohol (g)	0
Vitamin A - IU (IU)	438.33	Caffeine (mg)	0
Vitamin A - RAE (mcg)	94.58	Choline (mg)	7.39
Carotenoid RE (RE)	14.77		
Retinol RE (RE)	87.2		
Beta-Carotene (mcg)	35.6		
Vitamin B1 (mg)	0.06		
Vitamin B2 (mg)	0.06		
Vitamin B3 (mg)	0.26		
Vitamin B3 - Niacin Equiv (mg)	0.51		
Vitamin B6 (mg)	0.03		
Vitamin B12 (mcg)	0.03		
Biotin (mcg)	0.61		
Vitamin C (mg)	30.59		
Vitamin D - IU (IU)	13.56		
Vitamin D - mcg (mcg)	0.34		

Pineapple Upside Down Cake MP

Number of Servings: 170.66 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

<u>Nutrient</u>	<u>Value</u>	<u>Nutrient</u>	<u>Value</u>
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.45
Calories (kcal)	276.68	Folate (mcg)	7.18
Calories from Fat (kcal)	167.31	Folate, DFE (mcg DFE)	8.36
Calories from SatFat (kcal)	106.34	Vitamin K (mcg)	1.64
Protein (g)	3.25	Pantothenic Acid (mg)	0.35
Carbohydrates (g)	24.56	Calcium (mg)	96.34
Total Dietary Fiber (g)	0.18	Chromium (mcg)	0.03
Total Soluble Fiber (g)	0.01	Copper (mg)	0.03
Dietary Fiber (2016) (g)	0.15	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	12.45
Total Sugars (g)	23.32	Iron (mg)	0.16
Added Sugar (g)	12.67	Magnesium (mg)	7.28
Monosaccharides (g)	0.45	Manganese (mg)	0.11
Disaccharides (g)	5.32	Molybdenum (mcg)	0.56
Other Carbs (g)	1.06	Phosphorus (mg)	55.24
Fat (g)	18.6	Potassium (mg)	98.72
Saturated Fat (g)	11.82	Selenium (mcg)	2.8
Mono Fat (g)	4.46	Sodium (mg)	41.95
Poly Fat (g)	0.79	Zinc (mg)	0.22
Trans Fatty Acid (g)	0.6	Omega 3 Fatty Acid (g)	0.1
Cholesterol (mg)	59.84	Omega 6 Fatty Acid (g)	0.66
Water (g)	60.36	Alcohol (g)	0.04
Vitamin A - IU (IU)	758.11	Caffeine (mg)	0
Vitamin A - RAE (mcg)	201.49	Choline (mg)	13.31
Carotenoid RE (RE)	6.66		
Retinol RE (RE)	198.16		
Beta-Carotene (mcg)	38.82		
Vitamin B1 (mg)	0.04		
Vitamin B2 (mg)	0.14		
Vitamin B3 (mg)	0.17		
Vitamin B3 - Niacin Equiv (mg)	0.86		
Vitamin B6 (mg)	0.04		
Vitamin B12 (mcg)	0.18		
Biotin (mcg)	1.22		
Vitamin C (mg)	5.34		
Vitamin D - IU (IU)	40.8		
Vitamin D - mcg (mcg)	1.04		

Pistachio Cream MP

Number of Servings: 81.15 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.71
Calories (kcal)	131.08	Folate (mcg)	7.28
Calories from Fat (kcal)	80.27	Folate, DFE (mcg DFE)	7.28
Calories from SatFat (kcal)	24.09	Vitamin K (mcg)	1.98
Protein (g)	4.12	Pantothenic Acid (mg)	0.4
Carbohydrates (g)	8.92	Calcium (mg)	120.15
Total Dietary Fiber (g)	0.46	Chromium (mcg)	0.05
Total Soluble Fiber (g)	0.01	Copper (mg)	0.08
Dietary Fiber (2016) (g)	0.44	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	23.51
Total Sugars (g)	5.53	Iron (mg)	0.23
Added Sugar (g)	0.3	Magnesium (mg)	14.92
Monosaccharides (g)	0.31	Manganese (mg)	0.06
Disaccharides (g)	5.22	Molybdenum (mcg)	3.29
Other Carbs (g)	2.93	Phosphorus (mg)	106.08
Fat (g)	9.04	Potassium (mg)	177.83
Saturated Fat (g)	2.68	Selenium (mcg)	4.29
Mono Fat (g)	3.64	Sodium (mg)	56.68
Poly Fat (g)	2.06	Zinc (mg)	0.48
Trans Fatty Acid (g)	0.1	Omega 3 Fatty Acid (g)	0.1
Cholesterol (mg)	10.22	Omega 6 Fatty Acid (g)	0.86
Water (g)	90.47	Alcohol (g)	0
Vitamin A - IU (IU)	176.87	Caffeine (mg)	0
Vitamin A - RAE (mcg)	47.59	Choline (mg)	17.66
Carotenoid RE (RE)	3.17		
Retinol RE (RE)	46.01		
Beta-Carotene (mcg)	13.88		
Vitamin B1 (mg)	0.08		
Vitamin B2 (mg)	0.18		
Vitamin B3 (mg)	0.15		
Vitamin B3 - Niacin Equiv (mg)	0.96		
Vitamin B6 (mg)	0.08		
Vitamin B12 (mcg)	0.46		
Biotin (mcg)	1.94		
Vitamin C (mg)	0.13		
Vitamin D - IU (IU)	52.14		
Vitamin D - mcg (mcg)	1.33		

Plum Tarragon Yogurt MP

Number of Servings: 136.18 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

<u>Nutrient</u>	<u>Value</u>	<u>Nutrient</u>	<u>Value</u>
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.22
Calories (kcal)	82.43	Folate (mcg)	4.96
Calories from Fat (kcal)	7.83	Folate, DFE (mcg DFE)	4.96
Calories from SatFat (kcal)	3.95	Vitamin K (mcg)	5.12
Protein (g)	1.42	Pantothenic Acid (mg)	0.11
Carbohydrates (g)	18.65	Calcium (mg)	31.52
Total Dietary Fiber (g)	1.13	Chromium (mcg)	
Total Soluble Fiber (g)	0.37	Copper (mg)	0.05
Dietary Fiber (2016) (g)	1.13	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	
Total Sugars (g)	17.23	Iron (mg)	0.14
Added Sugar (g)	8.02	Magnesium (mg)	5.89
Monosaccharides (g)	6.71	Manganese (mg)	0.04
Disaccharides (g)	1.34	Molybdenum (mcg)	
Other Carbs (g)	0.28	Phosphorus (mg)	13.18
Fat (g)	0.87	Potassium (mg)	130.49
Saturated Fat (g)	0.44	Selenium (mcg)	0
Mono Fat (g)	0.11	Sodium (mg)	13.27
Poly Fat (g)	0.04	Zinc (mg)	0.08
Trans Fatty Acid (g)	0	Omega 3 Fatty Acid (g)	0
Cholesterol (mg)	2.64	Omega 6 Fatty Acid (g)	0.04
Water (g)	89.41	Alcohol (g)	0
Vitamin A - IU (IU)	307.82	Caffeine (mg)	0
Vitamin A - RAE (mcg)	23.33	Choline (mg)	1.77
Carotenoid RE (RE)	27.61		
Retinol RE (RE)	9.53		
Beta-Carotene (mcg)	151.94		
Vitamin B1 (mg)	0.02		
Vitamin B2 (mg)	0.02		
Vitamin B3 (mg)	0.34		
Vitamin B3 - Niacin Equiv (mg)	0.46		
Vitamin B6 (mg)	0.03		
Vitamin B12 (mcg)	0		
Biotin (mcg)	0.01		
Vitamin C (mg)	9.72		
Vitamin D - IU (IU)	0		
Vitamin D - mcg (mcg)	0		

Popcorn MP

Number of Servings: 91.51 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.67
Calories (kcal)	287.4	Folate (mcg)	11.34
Calories from Fat (kcal)	199.91	Folate, DFE (mcg DFE)	11.34
Calories from SatFat (kcal)	121.02	Vitamin K (mcg)	1.85
Protein (g)	4.46	Pantothenic Acid (mg)	0.53
Carbohydrates (g)	18.41	Calcium (mg)	83.97
Total Dietary Fiber (g)	1.32	Chromium (mcg)	0.13
Total Soluble Fiber (g)	0	Copper (mg)	0.02
Dietary Fiber (2016) (g)	1.32	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	23.96
Total Sugars (g)	12.22	Iron (mg)	0.42
Added Sugar (g)	8.79	Magnesium (mg)	7.75
Monosaccharides (g)	0.02	Manganese (mg)	0.01
Disaccharides (g)	12	Molybdenum (mcg)	1.17
Other Carbs (g)	4.87	Phosphorus (mg)	101.29
Fat (g)	22.28	Potassium (mg)	129.48
Saturated Fat (g)	13.45	Selenium (mcg)	6.01
Mono Fat (g)	5.92	Sodium (mg)	41.44
Poly Fat (g)	1.11	Zinc (mg)	0.39
Trans Fatty Acid (g)	0.72	Omega 3 Fatty Acid (g)	0.17
Cholesterol (mg)	117.63	Omega 6 Fatty Acid (g)	0.92
Water (g)	66.49	Alcohol (g)	0
Vitamin A - IU (IU)	884.13	Caffeine (mg)	0
Vitamin A - RAE (mcg)	245.96	Choline (mg)	56.11
Carotenoid RE (RE)	8.08		
Retinol RE (RE)	241.91		
Beta-Carotene (mcg)	44.95		
Vitamin B1 (mg)	0.07		
Vitamin B2 (mg)	0.19		
Vitamin B3 (mg)	0.22		
Vitamin B3 - Niacin Equiv (mg)	1.14		
Vitamin B6 (mg)	0.05		
Vitamin B12 (mcg)	0.37		
Biotin (mcg)	4		
Vitamin C (mg)	0.25		
Vitamin D - IU (IU)	59.44		
Vitamin D - mcg (mcg)	1.5		

Pumpkin Cheese Cake

Number of Servings: 206.39 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.13
Calories (kcal)	163.39	Folate (mcg)	5.15
Calories from Fat (kcal)	35.04	Folate, DFE (mcg DFE)	5.15
Calories from SatFat (kcal)	17.29	Vitamin K (mcg)	0.21
Protein (g)	2.1	Pantothenic Acid (mg)	0.18
Carbohydrates (g)	29.48	Calcium (mg)	45.13
Total Dietary Fiber (g)	0.71	Chromium (mcg)	0.01
Total Soluble Fiber (g)	0	Copper (mg)	0.01
Dietary Fiber (2016) (g)	0	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	8.16
Total Sugars (g)	26.79	Iron (mg)	0.59
Added Sugar (g)	13.64	Magnesium (mg)	2.64
Monosaccharides (g)	0.01	Manganese (mg)	0
Disaccharides (g)	1.16	Molybdenum (mcg)	0.51
Other Carbs (g)	0.56	Phosphorus (mg)	32.63
Fat (g)	3.89	Potassium (mg)	36.38
Saturated Fat (g)	1.92	Selenium (mcg)	2.66
Mono Fat (g)	1.03	Sodium (mg)	114.72
Poly Fat (g)	0.24	Zinc (mg)	0.16
Trans Fatty Acid (g)	0.09	Omega 3 Fatty Acid (g)	0.03
Cholesterol (mg)	35.36	Omega 6 Fatty Acid (g)	0.2
Water (g)	68	Alcohol (g)	0
Vitamin A - IU (IU)	3310.92	Caffeine (mg)	0
Vitamin A - RAE (mcg)	196.99	Choline (mg)	24.77
Carotenoid RE (RE)	318.67		
Retinol RE (RE)	37.66		
Beta-Carotene (mcg)	1879.78		
Vitamin B1 (mg)	0.01		
Vitamin B2 (mg)	0.06		
Vitamin B3 (mg)	0.02		
Vitamin B3 - Niacin Equiv (mg)	0.28		
Vitamin B6 (mg)	0.02		
Vitamin B12 (mcg)	0.15		
Biotin (mcg)	1.7		
Vitamin C (mg)	0		
Vitamin D - IU (IU)	15.03		
Vitamin D - mcg (mcg)	0.38		

Pumpkin Pie MP

Number of Servings: 225.14 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	1.14
Calories (kcal)	116.66	Folate (mcg)	14.61
Calories from Fat (kcal)	87.84	Folate, DFE (mcg DFE)	14.61
Calories from SatFat (kcal)	55.98	Vitamin K (mcg)	1.79
Protein (g)	1.61	Pantothenic Acid (mg)	0.38
Carbohydrates (g)	7.14	Calcium (mg)	35.52
Total Dietary Fiber (g)	0.42	Chromium (mcg)	0
Total Soluble Fiber (g)	0	Copper (mg)	0.11
Dietary Fiber (2016) (g)	0.42	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	4.02
Total Sugars (g)	3.97	Iron (mg)	0.7
Added Sugar (g)	0.9	Magnesium (mg)	12.04
Monosaccharides (g)	0	Manganese (mg)	0.11
Disaccharides (g)	1.63	Molybdenum (mcg)	4.23
Other Carbs (g)	2.74	Phosphorus (mg)	52.78
Fat (g)	9.76	Potassium (mg)	313.2
Saturated Fat (g)	6.22	Selenium (mcg)	1.06
Mono Fat (g)	2.45	Sodium (mg)	8.14
Poly Fat (g)	0.43	Zinc (mg)	0.34
Trans Fatty Acid (g)	0.33	Omega 3 Fatty Acid (g)	0.04
Cholesterol (mg)	30.3	Omega 6 Fatty Acid (g)	0.36
Water (g)	94.07	Alcohol (g)	0
Vitamin A - IU (IU)	7597.56	Caffeine (mg)	0
Vitamin A - RAE (mcg)	470.38	Choline (mg)	11.44
Carotenoid RE (RE)	723.55		
Retinol RE (RE)	108.6		
Beta-Carotene (mcg)	2642.41		
Vitamin B1 (mg)	0.05		
Vitamin B2 (mg)	0.14		
Vitamin B3 (mg)	0.52		
Vitamin B3 - Niacin Equiv (mg)	0.99		
Vitamin B6 (mg)	0.06		
Vitamin B12 (mcg)	0.04		
Biotin (mcg)	0.38		
Vitamin C (mg)	7.79		
Vitamin D - IU (IU)	16.89		
Vitamin D - mcg (mcg)	0.43		

Salted Caramel 2 MP

Number of Servings: 36.34 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.58
Calories (kcal)	315.08	Folate (mcg)	3.89
Calories from Fat (kcal)	213.22	Folate, DFE (mcg DFE)	3.89
Calories from SatFat (kcal)	135.81	Vitamin K (mcg)	2.03
Protein (g)	3.41	Pantothenic Acid (mg)	0.42
Carbohydrates (g)	23.4	Calcium (mg)	107.25
Total Dietary Fiber (g)	0	Chromium (mcg)	0.03
Total Soluble Fiber (g)	0	Copper (mg)	0.02
Dietary Fiber (2016) (g)	0	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	15.32
Total Sugars (g)	23.27	Iron (mg)	0.15
Added Sugar (g)	14.3	Magnesium (mg)	7.96
Monosaccharides (g)	0.28	Manganese (mg)	0.01
Disaccharides (g)	16.99	Molybdenum (mcg)	0.54
Other Carbs (g)	0.13	Phosphorus (mg)	58.37
Fat (g)	23.69	Potassium (mg)	108.38
Saturated Fat (g)	15.09	Selenium (mcg)	2.98
Mono Fat (g)	5.77	Sodium (mg)	43.48
Poly Fat (g)	1.01	Zinc (mg)	0.25
Trans Fatty Acid (g)	0.78	Omega 3 Fatty Acid (g)	0.12
Cholesterol (mg)	74.32	Omega 6 Fatty Acid (g)	0.86
Water (g)	62.15	Alcohol (g)	0
Vitamin A - IU (IU)	967.11	Caffeine (mg)	0
Vitamin A - RAE (mcg)	262.95	Choline (mg)	14.34
Carotenoid RE (RE)	7.85		
Retinol RE (RE)	259.03		
Beta-Carotene (mcg)	45.78		
Vitamin B1 (mg)	0.02		
Vitamin B2 (mg)	0.16		
Vitamin B3 (mg)	0.08		
Vitamin B3 - Niacin Equiv (mg)	0.91		
Vitamin B6 (mg)	0.04		
Vitamin B12 (mcg)	0.22		
Biotin (mcg)	1.36		
Vitamin C (mg)	0.37		
Vitamin D - IU (IU)	52.11		
Vitamin D - mcg (mcg)	1.32		

Strawberries n Cream

Number of Servings: 179.72 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.33
Calories (kcal)	168.5	Folate (mcg)	16.15
Calories from Fat (kcal)	53.78	Folate, DFE (mcg DFE)	16.15
Calories from SatFat (kcal)	33.31	Vitamin K (mcg)	1.88
Protein (g)	0.88	Pantothenic Acid (mg)	0.16
Carbohydrates (g)	29.72	Calcium (mg)	20.69
Total Dietary Fiber (g)	1.25	Chromium (mcg)	
Total Soluble Fiber (g)	0.28	Copper (mg)	0.03
Dietary Fiber (2016) (g)	1.25	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	7.99
Total Sugars (g)	27.86	Iron (mg)	0.27
Added Sugar (g)	24.3	Magnesium (mg)	9.37
Monosaccharides (g)	2.81	Manganese (mg)	0.24
Disaccharides (g)	0.74	Molybdenum (mcg)	
Other Carbs (g)	0.61	Phosphorus (mg)	24.44
Fat (g)	5.98	Potassium (mg)	113.34
Saturated Fat (g)	3.7	Selenium (mcg)	0.73
Mono Fat (g)	1.49	Sodium (mg)	4.98
Poly Fat (g)	0.35	Zinc (mg)	0.13
Trans Fatty Acid (g)	0.2	Omega 3 Fatty Acid (g)	0.07
Cholesterol (mg)	18.11	Omega 6 Fatty Acid (g)	0.27
Water (g)	68.54	Alcohol (g)	0
Vitamin A - IU (IU)	243.19	Caffeine (mg)	0
Vitamin A - RAE (mcg)	66.24	Choline (mg)	6.39
Carotenoid RE (RE)	2.69		
Retinol RE (RE)	64.9		
Beta-Carotene (mcg)	15.91		
Vitamin B1 (mg)	0.02		
Vitamin B2 (mg)	0.04		
Vitamin B3 (mg)	0.25		
Vitamin B3 - Niacin Equiv (mg)	0.51		
Vitamin B6 (mg)	0.04		
Vitamin B12 (mcg)	0.03		
Biotin (mcg)	0.92		
Vitamin C (mg)	37.77		
Vitamin D - IU (IU)	10.1		
Vitamin D - mcg (mcg)	0.26		

Toasted Marshmallow MP

Number of Servings: 97.72 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.24
Calories (kcal)	149.64	Folate (mcg)	4.87
Calories from Fat (kcal)	87.26	Folate, DFE (mcg DFE)	4.87
Calories from SatFat (kcal)	54.19	Vitamin K (mcg)	0.87
Protein (g)	3.32	Pantothenic Acid (mg)	0.4
Carbohydrates (g)	12.94	Calcium (mg)	103.58
Total Dietary Fiber (g)	0	Chromium (mcg)	0.07
Total Soluble Fiber (g)	0	Copper (mg)	0.03
Dietary Fiber (2016) (g)	0	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	21.32
Total Sugars (g)	12.93	Iron (mg)	0.05
Added Sugar (g)	8.55	Magnesium (mg)	9.47
Monosaccharides (g)	0	Manganese (mg)	0
Disaccharides (g)	9.52	Molybdenum (mcg)	1.6
Other Carbs (g)	0.01	Phosphorus (mg)	78.63
Fat (g)	9.7	Potassium (mg)	124.28
Saturated Fat (g)	6.02	Selenium (mcg)	3.69
Mono Fat (g)	2.44	Sodium (mg)	40.43
Poly Fat (g)	0.46	Zinc (mg)	0.34
Trans Fatty Acid (g)	0.32	Omega 3 Fatty Acid (g)	0.09
Cholesterol (mg)	30.22	Omega 6 Fatty Acid (g)	0.36
Water (g)	85.69	Alcohol (g)	0
Vitamin A - IU (IU)	418.55	Caffeine (mg)	0
Vitamin A - RAE (mcg)	117.59	Choline (mg)	14.84
Carotenoid RE (RE)	3.96		
Retinol RE (RE)	115.61		
Beta-Carotene (mcg)	19.76		
Vitamin B1 (mg)	0.04		
Vitamin B2 (mg)	0.17		
Vitamin B3 (mg)	0.08		
Vitamin B3 - Niacin Equiv (mg)	0.8		
Vitamin B6 (mg)	0.04		
Vitamin B12 (mcg)	0.39		
Biotin (mcg)	1.79		
Vitamin C (mg)	0.12		
Vitamin D - IU (IU)	53.13		
Vitamin D - mcg (mcg)	1.35		

Vanilla MP

Number of Servings: 140.53 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	0.52
Calories (kcal)	290.79	Folate (mcg)	3.58
Calories from Fat (kcal)	193.21	Folate, DFE (mcg DFE)	3.58
Calories from SatFat (kcal)	123.03	Vitamin K (mcg)	1.83
Protein (g)	3.27	Pantothenic Acid (mg)	0.37
Carbohydrates (g)	21.57	Calcium (mg)	95.71
Total Dietary Fiber (g)	0	Chromium (mcg)	0.01
Total Soluble Fiber (g)	0	Copper (mg)	0.01
Dietary Fiber (2016) (g)	0	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	14.59
Total Sugars (g)	21.57	Iron (mg)	0.06
Added Sugar (g)	12.52	Magnesium (mg)	6.61
Monosaccharides (g)	0	Manganese (mg)	0
Disaccharides (g)	2.83	Molybdenum (mcg)	0.56
Other Carbs (g)	0	Phosphorus (mg)	55.03
Fat (g)	21.47	Potassium (mg)	88.63
Saturated Fat (g)	13.67	Selenium (mcg)	2.67
Mono Fat (g)	5.2	Sodium (mg)	39.41
Poly Fat (g)	0.91	Zinc (mg)	0.23
Trans Fatty Acid (g)	0.7	Omega 3 Fatty Acid (g)	0.11
Cholesterol (mg)	67.36	Omega 6 Fatty Acid (g)	0.77
Water (g)	59.28	Alcohol (g)	0.01
Vitamin A - IU (IU)	876.61	Caffeine (mg)	0
Vitamin A - RAE (mcg)	237.39	Choline (mg)	13.15
Carotenoid RE (RE)	7.11		
Retinol RE (RE)	233.84		
Beta-Carotene (mcg)	41.29		
Vitamin B1 (mg)	0.02		
Vitamin B2 (mg)	0.15		
Vitamin B3 (mg)	0.06		
Vitamin B3 - Niacin Equiv (mg)	0.83		
Vitamin B6 (mg)	0.03		
Vitamin B12 (mcg)	0.21		
Biotin (mcg)	1.29		
Vitamin C (mg)	0.33		
Vitamin D - IU (IU)	48.6		
Vitamin D - mcg (mcg)	1.24		

Chocolate Wafer Cookie

Number of Servings: 10.22 (100 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	100	Vitamin E - Alpha-Toco (mg)	0.63
Calories (kcal)	416.37	Folate (mcg)	41.78
Calories from Fat (kcal)	181	Folate, DFE (mcg DFE)	61.59
Calories from SatFat (kcal)	111.09	Vitamin K (mcg)	1.9
Protein (g)	5.31	Pantothenic Acid (mg)	0.26
Carbohydrates (g)	59.89	Calcium (mg)	27.35
Total Dietary Fiber (g)	4.54	Chromium (mcg)	0.5
Total Soluble Fiber (g)	0.19	Copper (mg)	0.45
Dietary Fiber (2016) (g)	4.05	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	4.56
Total Sugars (g)	39.7	Iron (mg)	2.54
Added Sugar (g)	39.37	Magnesium (mg)	60.14
Monosaccharides (g)	0.03	Manganese (mg)	0.55
Disaccharides (g)	39.37	Molybdenum (mcg)	1.46
Other Carbs (g)	15.65	Phosphorus (mg)	122.47
Fat (g)	20.43	Potassium (mg)	204.9
Saturated Fat (g)	12.34	Selenium (mcg)	10.88
Mono Fat (g)	6.01	Sodium (mg)	74.63
Poly Fat (g)	0.95	Zinc (mg)	1.01
Trans Fatty Acid (g)	0.73	Omega 3 Fatty Acid (g)	0.27
Cholesterol (mg)	79.56	Omega 6 Fatty Acid (g)	0.67
Water (g)	13.26	Alcohol (g)	0.14
Vitamin A - IU (IU)	599	Caffeine (mg)	25.16
Vitamin A - RAE (mcg)	165.03	Choline (mg)	32.67
Carotenoid RE (RE)	5.81		
Retinol RE (RE)	162.13		
Beta-Carotene (mcg)	34.93		
Vitamin B1 (mg)	0.16		
Vitamin B2 (mg)	0.17		
Vitamin B3 (mg)	1.34		
Vitamin B3 - Niacin Equiv (mg)	2.54		
Vitamin B6 (mg)	0.04		
Vitamin B12 (mcg)	0.11		
Biotin (mcg)	1.91		
Vitamin C (mg)	0		
Vitamin D - IU (IU)	7.06		
Vitamin D - mcg (mcg)	0.17		

Pistachio Butter

Number of Servings: 12.84 (113.4 g per serving)

Amount	Measure	Ingredient	Comments
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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	113.4	Vitamin E - Alpha-Toco (mg)	5.75
Calories (kcal)	739.47	Folate (mcg)	19.61
Calories from Fat (kcal)	613.49	Folate, DFE (mcg DFE)	19.61
Calories from SatFat (kcal)	79.65	Vitamin K (mcg)	15.19
Protein (g)	15.56	Pantothenic Acid (mg)	0.2
Carbohydrates (g)	23.51	Calcium (mg)	91.27
Total Dietary Fiber (g)	7.69	Chromium (mcg)	0
Total Soluble Fiber (g)	0.11	Copper (mg)	0.5
Dietary Fiber (2016) (g)	7.69	Fluoride (mg)	0
Soluble Fiber (2016) (g)	0	Iodine (mcg)	
Total Sugars (g)	8.15	Iron (mg)	3
Added Sugar (g)	2.69	Magnesium (mg)	41.85
Monosaccharides (g)	2.81	Manganese (mg)	0.48
Disaccharides (g)	2.84	Molybdenum (mcg)	11.31
Other Carbs (g)	7.67	Phosphorus (mg)	179.91
Fat (g)	69.3	Potassium (mg)	387.88
Saturated Fat (g)	8.85	Selenium (mcg)	3.86
Mono Fat (g)	34.15	Sodium (mg)	247.51
Poly Fat (g)	21.85	Zinc (mg)	0.9
Trans Fatty Acid (g)	0	Omega 3 Fatty Acid (g)	0.21
Cholesterol (mg)	0	Omega 6 Fatty Acid (g)	6.68
Water (g)	1.27	Alcohol (g)	0
Vitamin A - IU (IU)	101.96	Caffeine (mg)	0
Vitamin A - RAE (mcg)	5.1	Choline (mg)	27.49
Carotenoid RE (RE)	10.2		
Retinol RE (RE)	0		
Beta-Carotene (mcg)	60.95		
Vitamin B1 (mg)	0.27		
Vitamin B2 (mg)	0.09		
Vitamin B3 (mg)	0.53		
Vitamin B3 - Niacin Equiv (mg)	2.13		
Vitamin B6 (mg)	0.43		
Vitamin B12 (mcg)	0		
Biotin (mcg)			
Vitamin C (mg)	2.66		
Vitamin D - IU (IU)	0		
Vitamin D - mcg (mcg)	0		