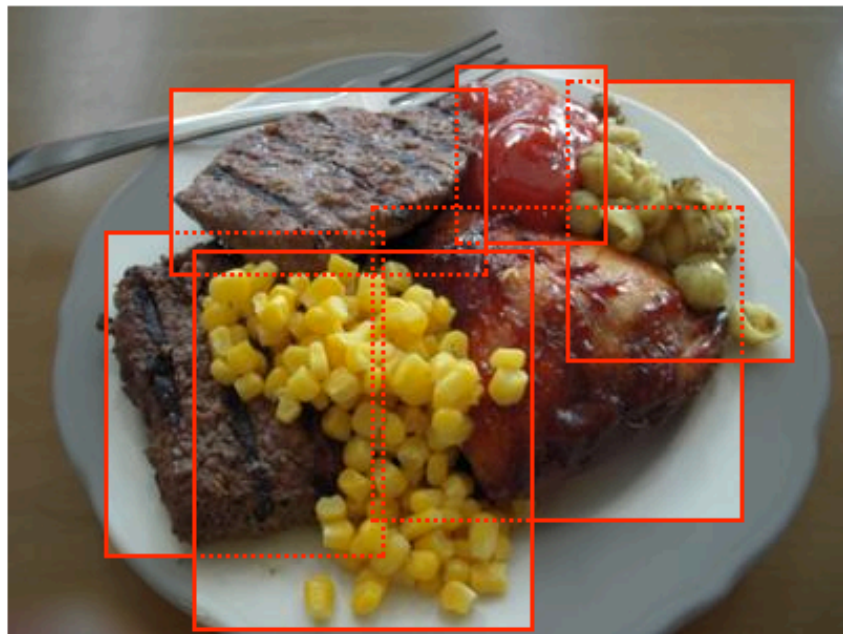


DINNER



Yellow Corn (0.50 cup)

barbeque chicken breast

Chicken Breast Meat and Skin (Broilers or Fryers) (1.00 breast, bone removed)

Barbeque Sauce (Low Sodium, Canned) (0.14 cup)

Beef Steak (0.92 medium steak (yield after cooking, bone removed))

Hominy (White, Canned) (0.44 cup)

Ketchup (2.00 tbsp)

Beef Steak (0.86 medium steak (yield after cooking, bone removed))

1573.2 72.9 84 138.9

303 3.9 61.6 7.8

249 13.4 0 30.2

26.6 0.6 4.5 0.6

471.3 28.1 0 51.0

52.8 0.6 10.4 1.1

30 0.1 7.5 0.5

440.5 26.2 0 47.7

+ Add Food

- Delete this photo