

- Barilla angel hair pasta - Total Cost \$1.25 - \$0.15 per serving

Nutrition Facts	
Serving Size about 2oz (56g)	
Servings Per Container: 8	
Amount Per Serving	
Calories	200
	% Daily Value*
Total Fat 1g	1%
Saturated Fat	0g
Trans Fat	0g
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 42g	15%
Dietary Fiber	3g
Soluble Fiber	2g
Insoluble Fiber	1g
Total Sugars 1g	
Protein 7g	
Vitamin D	0mcg
Calcium	12mg
Iron	2mg
Potassium	118mg
Thiamin	0.5mg
Riboflavin	0.2mg
Niacin	5mg
Folate	199mcg DFE (112mcg folic acid)

*The % daily value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Ingredients:
Semolina (wheat), durum wheat flour.

Vitamins/Minerals:
Vitamin B3 (Niacin), Iron, (Ferrous Sulfate), Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid.

Contains wheat ingredients.

Not a significant source of added sugars.

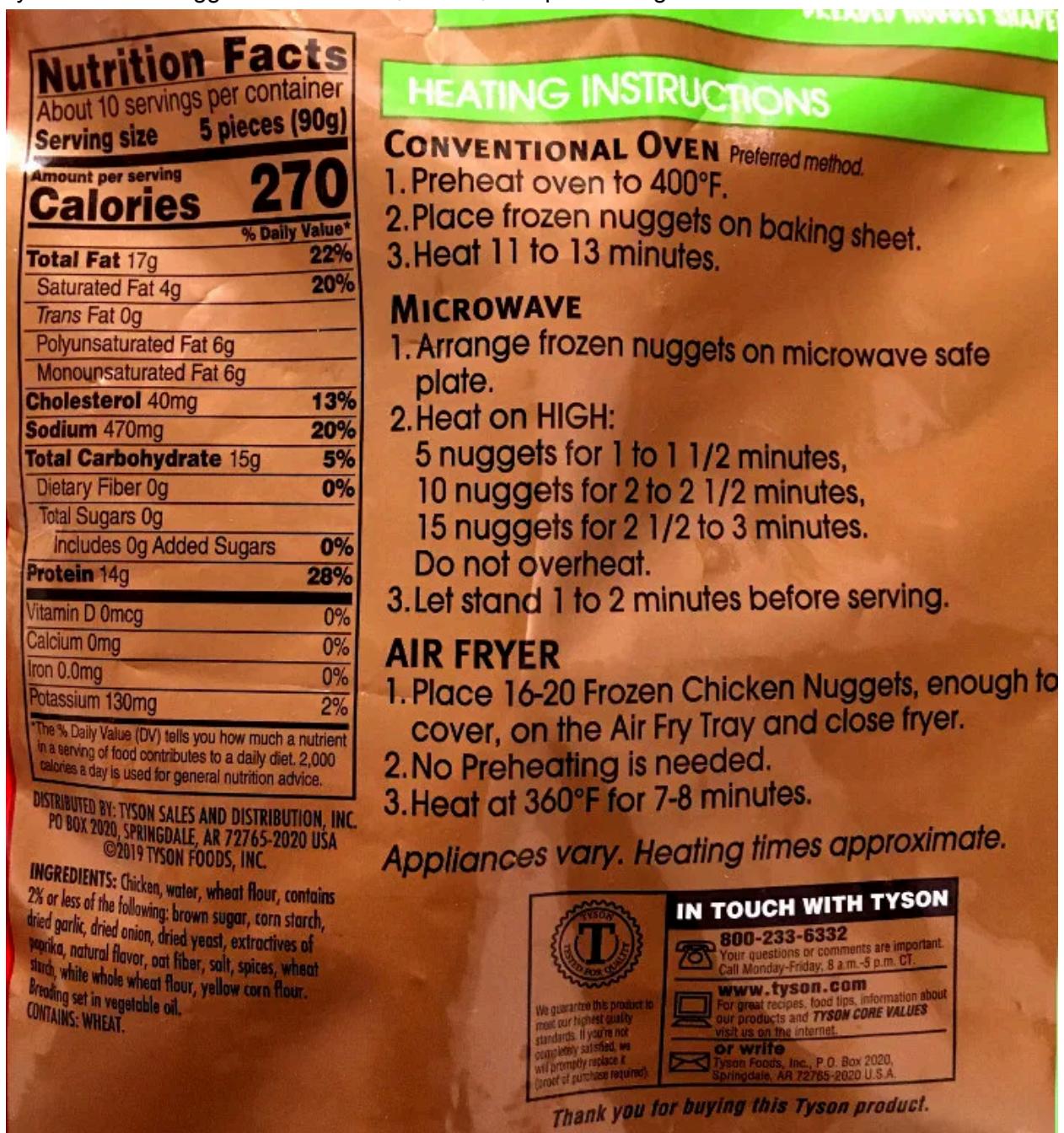
- Dole Frozen mixed fruit - Total Cost \$3.99 - \$1.33 per serving



- Butternut Italian bread - Total Cost \$3.79 - \$0.21 per serving

Nutrition Facts	
18 servings per container	
Serving size 1 Slice (32g)	
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 0.9mg	6%
Potassium 27mg	0%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 2.1mg	15%
Folate 58mcg DFE (30mcg folic acid)	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

- Tyson chicken nuggets - Total Cost \$5.99 - \$0.59 per serving



Nutrition Facts

About 10 servings per container
Serving size 5 pieces (90g)

Amount per serving	Calories	% Daily Value*
Total Fat 17g	270	22%
Saturated Fat 4g		20%
Trans Fat 0g		
Polyunsaturated Fat 6g		
Monounsaturated Fat 6g		
Cholesterol 40mg		13%
Sodium 470mg		20%
Total Carbohydrate 15g		5%
Dietary Fiber 0g		0%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 14g		28%
Vitamin D 0mcg		0%
Calcium 0mg		0%
Iron 0.0mg		0%
Potassium 130mg		2%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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PO BOX 2020, SPRINGDALE, AR 72765-2020 USA
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INGREDIENTS: Chicken, water, wheat flour, contains 2% or less of the following: brown sugar, corn starch, dried garlic, dried onion, dried yeast, extractives of paprika, natural flavor, oat fiber, salt, spices, wheat starch, white whole wheat flour, yellow corn flour. Breading set in vegetable oil.

CONTAINS: WHEAT.

HEATING INSTRUCTIONS

CONVENTIONAL OVEN Preferred method.

1. Preheat oven to 400°F.
2. Place frozen nuggets on baking sheet.
3. Heat 11 to 13 minutes.

MICROWAVE

1. Arrange frozen nuggets on microwave safe plate.
2. Heat on HIGH:
 - 5 nuggets for 1 to 1 1/2 minutes,
 - 10 nuggets for 2 to 2 1/2 minutes,
 - 15 nuggets for 2 1/2 to 3 minutes.
 Do not overheat.
3. Let stand 1 to 2 minutes before serving.

AIR FRYER

1. Place 16-20 Frozen Chicken Nuggets, enough to cover, on the Air Fry Tray and close fryer.
2. No Preheating is needed.
3. Heat at 360°F for 7-8 minutes.

Appliances vary. Heating times approximate.



We guarantee this product to meet our highest quality standards. If you're not completely satisfied, we will promptly replace it (proof of purchase required).

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Your questions or comments are important.
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or write
Tyson Foods, Inc., P.O. Box 2020,
Springdale, AR 72765-2020 U.S.A.

Thank you for buying this Tyson product.

- Season Sardines in Olive Oil \$2.29 per serving

SARDINES IN 100% OLIVE OIL

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
1 serving per container	Total Fat 12g	18%	Total Carb. 0g	0%
Serving size 1/2 cup drained (85g)	Sat. Fat 3g	15%	Fiber 0g	0%
	Trans Fat 0g		Total Sugars 0g	
	Cholesterol 56mg	19%	Incl. 0g Added Sugars	0%
	Sodium 340mg	14%	Protein 22g	

Calories 200 per serving Vitamin D 15% • Calcium 28% • Iron 8% • Potassium 6%

INGREDIENTS: SARDINES (FISH), OLIVE OIL, SALT. **CONTAINS:** FISH.

Box# BSE 02208-20



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CONTAINER COMPLIES WITH CALIFORNIA PROP. 65

EASY PEEL

STORE IN A COOL, DRY PLACE. REFRIGERATE LEFTOVERS IN A COVERED, NONMETALLIC CONTAINER AND CONSUME WITHIN 2 DAYS. SOLD BY WEIGHT, NOT PIECES.

DISTRIBUTED BY: SEASON BRAND
LYNDHURST, NJ 07071 USA
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Fish Education



SPECIES: SARDINA PILCHARDUS



**FISHING REGION:
ATLANTIC OCEAN**
EASTERN / CENTRAL WATERS

NUTRITION HIGHLIGHTS

22g PROTEIN	28% CALCIUM	1700mg OMEGA-3 PER SERVING
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Learn more at
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