Nutrition Facts
for Selected Foods

Sunnydale Avocado Dip

Serving size: 29 g

Amount/Serving

Calories: 110 · Fat Calories: 100

	% Daily Value
Total Fat 11 g	17%
Saturated Fat 3 g	15%
Cholesterol 5 mg	2%
Sodium 210 mg	9%
Total Carbohydrates 2 g	1%
Dietary Fiber 0 g	0%
Protein 1 g	2%

Vitamin A 0 % · Vitamin C 0 %

Calcium 0 % · Iron 0 %

Thompson Bagels, New York Style

Serving size: 104 g

Amount/Serving

Calories: 300 · Fat Calories: 35

	% Daily Value
Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 510mg	21%
Total Carbohydrates 54g	18%
Dietary Fiber 3g	12%
Protein 11g	22%

Vitamin A 0% · Vitamin C 0%

Calcium 8% · Iron 20%

Armitage Beef Frankfurter, Quarter Pound

Serving size: 115 g

Amount/Serving

Calories: 370 · Fat Calories: 290

	% Daily Value
Total Fat 32g	49%
Saturated Fat 15g	75%
Cholesterol 65mg	22%
Sodium 1100mg	46%
Total Carbohydrates 8g	3%
Dietary Fiber 0g	0%
Protein 13g	26%

Vitamin A 0% · Vitamin C 2%
Calcium 1% · Iron 6%

Lakeson Chicken Pot Pie

Serving size: 198 g

Amount/Serving

Calories: 410 · Fat Calories: 200

	% Daily Value
Total Fat 22g	34%
Saturated Fat 9g	45%
Cholesterol 25mg	8%
Sodium 810mg	34%
Total Carbohydrates 42g	14%
Dietary Fiber 2g	8%
Protein 10g	20%

Vitamin A 20% · Vitamin C 2%
Calcium 2% · Iron 10%

Fresh Quick Cole Slaw

Serving size: 1.5 cup

Amount/Serving

Calories: 20 · Fat Calories: 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrates 5g	2%
Dietary Fiber 2g	8%
Protein 1g	2%

Vitamin A 30% · Vitamin C 45%
Calcium 4% · Iron 2%

Goodpath Eggs

Serving size: 50 g

Amount/Serving

Calories: 70 · Fat Calories: 40

	% Daily Value
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Cholesterol 215mg	72%
Sodium 65mg	3%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Protein 6g	12%

Vitamin A 6% · Vitamin C 0%

Calcium 2% · Iron 4%

Ferreira Hazelnut Spread

Serving size: 2 tbsp

Amount/Serving

Calories: 200 · Fat Calories: 90

	% Daily Value
Total Fat 10g	15%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrates 23g	8%
Dietary Fiber 2g	8%
Protein 3g	6%

Vitamin A 0% · Vitamin C 0%

Calcium 6% · Iron 4%

Lees Potato Chips

Serving size: 28 g

Amount/Serving

Calories: 150 · Fat Calories: 90

	% Daily Value
Total Fat 10g	15%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrates 15g	5%
Dietary Fiber 1g	4%
Protein 2g	4%

Vitamin A 0% · Vitamin C 10%
Calcium 0% · Iron 0%

Gardenproducts Soy Patties, Grilled

Serving size: 96 g

Amount/Serving

Calories: 160 · Fat Calories: 45

	% Daily Value
Total Fat 5g	8%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrates 10g	3%
Dietary Fiber 4g	16%
Protein 9g	18%

Vitamin A 0% · Vitamin C 0%

Calcium 0% · Iron 0%

Lyndon's Truffles, Dark Chocolate

Serving size: 39 g

Amount/Serving

Calories: 220 · Fat Calories: 170

	% Daily Value
Total Fat 19g	29%
Saturated Fat 14g	70%
Cholesterol 25mg	8%
Sodium 10mg	0%
Total Carbohydrates 16g	5%
Dietary Fiber 1g	4%
Protein 1g	2%

Vitamin A 0% · Vitamin C 0%
Calcium 0% · Iron 0%

Notes