



Nutrition Information Facts

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	Servings per Package	Serving Size	Calories	Calories from fat	Total Fat gram	Sat Fat gram	Trans Fat gram	Chol mg	Sodium mg	Carb gram	Fiber gram	Sugar gram	Protein gram
Homemade Gourmet® Mix													
Amazing Amaretto Cheesecake Mix	8	2 Tbs	60	0	0.0	0	0	0	0	16	0	12	0
Apple Pecan Vinaigrette Mix	8	1 1/2 Tbs	80	0	0.0	0	0	0	10	14	0	12	0
Awesome Oatmeal Cookie Mix	18	3 Tbs	80	5	0.5	0	0	0	90	18	1	11	1
Bacon Cheeseburger Meatloaf Mix	6	2 Tbs	35	5	0.5	0	0	0	430	4	0	1	2
Baked Bean Mix	8	6 1/2 Tbs	35	0	0.0	0	0	0	150	8	0	2	0
Baked Potato Soup Mix	16	1 1/2 Tbs	60	0	0.0	0	0	0	580	14	1	0	2
Basic Bread (World Vision) Mix	10	1/3 Cup	60	0	0.0	0	0	0	420	13	0	4	2
Basic Cheesecake Mix	8	2 Tbs	60	0	0.0	0	0	0	0	16	0	16	0
Basic Sweet Bread Mix	10	1/4 Cup	130	0	0.0	0	0	0	270	33	0	28	1
Beef and Barley Stew Mix	6	1/4 Cup	70	0	0.0	0	0	0	920	15	3	3	2
Black Bean Salsa Mix	12	2 Tbs	20	0	0.0	0	0	0	135	5	<1	2	1
BLT Dip Mix	16	1 tsp	5	0	0.0	0	0	0	15	1	0	0	0
BLT Pantry Staple	111	1 tsp	5	0	0.0	0	0	0	15	1	0	0	0
Bodacious Butterscotch Pie Mix	8	3 1/2 Tbs	150	0	0.0	0	0	0	35	38	0	37	0
Bonnie's Blue Ribbon Chili Mix	6	2 Tbs	50	15	1.5	0	0	0	1260	9	3	2	2
Breakfast Pastry Puff Mix	12	3 1/2 Tbs	140	0	0.0	0	0	0	150	33	1	18	2
Buffalo Wing Sauce Mix *	15	1 1/2 tsp	15	0	0.0	0	0	0	410	3	0	0	0
Carrot Cake with White Chocolate Icing Mix	12	7 Tbs	230	0	0.0	0	0	0	590	58	<1	52	1
Chicken Enchilada Pantry Staple	48	2 tsp	15	5	0.5	0	0	0	720	2	0	1	0
Chicken Enchilada Soup Mix	8	2 tsp	15	5	0.5	0	0	0	720	2	0	1	0
Chicken Noodle Soup Mix	8	3 Tbs	50	5	0.5	0	0	5	540	10	<1	2	2
Chipotle Steakhouse Rub	8	2 tsp	20	0	0.0	0	0	0	320	4	<1	2	1
Chipotle Steakhouse Rub Pantry Staple	56	2 tsp	20	0	0.0	0	0	0	320	4	<1	2	1
Chocolate Chip Cookie Pie Mix	8	5 Tbs	220	70	8.0	3	0	0	15	37	<1	21	1
Chocolate Chunk Cookie Mix	12	2 1/2 Tbs	90	25	3.0	2	0	0	105	17	<1	14	1
Chocolate Pecan Cheesecake Mix	8	3 Tbs	170	70	8.0	3	0	0	5	25	<1	23	1
Cilantro Citrus Marinade Mix	8	1 1/2 Tbs	35	0	0.0	0	0	0	920	9	0	7	0
Cilantro Citrus Seasoning Pantry Staple	40	1 1/2 Tbs	35	0	0.0	0	0	0	920	9	0	7	0
Cilantro Lime Chicken Salad Mix	8	3 1/2 Tbs	30	0	0.0	0	0	0	620	7	<1	4	1
Cinnamon Sopapilla Dessert Mix	15	1 1/3 Tbs	70	0	0.0	0	0	0	0	17	0	17	0
Cinnamon Spice Makes Everything Nice Tea	48	1/4 Tbs	0	0	0.0	0	0	0	0	0	0	0	0
Cinnamon Pecan Streusel Cake Mix *	12	1/2 cup	180	35	4.0	0	0	0	280	37	<1	30	2

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Homemade Gourmet® Mix													
Coleslaw Dressing Mix	8	4 tsp	60	0	0.0	0	0	0	0	16	0	14	0
Cool Cucumber Dip Mix	16	1/3 tsp	0	0	0.0	0	0	0	85	0	0	0	0
Cool Lemonade Cheesecake Mix	8	2 1/4 Tbs	60	0	0.0	0	0	0	0	16	0	12	0
Cornbread Casserole Mix	8	2 Tbs	110	5	0.5	0	0	0	680	25	2	7	2
Country Style Gravy Mix	24	1 1/2 Tbs	30	0	0.0	0	0	0	580	2	0	0	2
Cranberry Almond Pasta Mix	12	2 1/2 Tbs	110	0	0.0	0	0	0	10	24	1	9	3
Cranberry Margarita Party Blender Mix	24	3/4 Tbs	35	0	0.0	0	0	0	0	9	0	9	0
Creamy Corn Chowder Mix	8	5 tsp	25	0	0.0	0	0	0	380	6	0	2	1
Creamy Italian Casserole Mix	6	1/2 Cup	160	5	1.0	0	0	0	390	32	0	6	8
Double Chocolate Brownie Mix *	18	3 1/2 Tbs	160	30	3.5	1.5	0	0	0	32	<1	29	1
Garlic and Parmesan Bread Dippin' Mix	8	3/4 tsp	5	0	0.0	0	0	0	60	1	0	0	0
Garlic Basil Seasoning Mix	8	1 1/3 tsp	5	0	0.0	0	0	0	220	1	0	1	0
Garlic Basil Seasoning Pantry Staple	119	1 1/3 tsp	5	0	0.0	0	0	0	220	1	0	1	0
Garlic Lemon Marinade Mix	8	3/4 tsp	5	0	0.0	0	0	0	230	1	0	0	0
Garlic Lemon Pantry Staple	111	3/4 tsp	5	0	0.0	0	0	0	230	1	0	0	0
Garlic Pesto Pasta Mix	8	1 1/4 tsp	130	5	0.5	0	0	0	220	23	0	2	4
Grandma's Buttermilk Pie Mix	8	3 Tbs	140	0	0.0	0	0	0	5	37	0	37	0
Grandmother's Sunday Roast Pantry Staple	35	2 Tbs	45	0	0.0	0	0	0	1360	9	<1	3	2
Grandmother's Sunday Roast Seasoning Mix	6	2 Tbs	45	0	0.0	0	0	0	1360	9	<1	3	2
Gusto Garlic Pesto Cheese Ball Mix	16	2/3 tsp	5	0	0.0	0	0	0	110	1	0	0	0
Hearty Beef and Vegetable Soup Mix	8	3 Tbs	60	10	1.0	0	0	0	860	11	2	2	3
Homestyle Spaghetti Pantry Staple	30	2 1/2 tsp	25	0	0.0	0	0	0	520	6	<1	2	1
Homestyle Spaghetti Sauce Mix	6	2 1/2 tsp	25	0	0.0	0	0	0	520	6	<1	2	1
Italian Mozzarella Meatloaf Mix	6	4 tsp	20	0	0.0	0	0	0	460	4	0	1	1
Italian Mozzarella Meatloaf Pantry Staple	36	4 tsp	20	0	0.0	0	0	0	460	4	0	1	1
Italian Red Pepper Bread Dippin' Mix	8	1 tsp	5	0	0.0	0	0	0	110	1	1	1	0
Jalapeno Bacon Cheddar Dip Mix	16	1/2 Tbs	10	0	0.0	0	0	0	75	2	0	0	0
Jalapeno Ole Soup Mix	8	1 Tbs	30	0	0.0	0	0	0	220	5	0	1	1
Kansas City Rub	8	1 Tbs	30	0	0.0	0	0	0	600	6	1	4	1
Kansas City Seasoning Pantry Staple	48	1 Tbs	30	0	0.0	0	0	0	600	6	1	4	1
Key Lime Cheesecake Ball Mix	16	1 Tbs	35	0	0.0	0	0	0	0	9	0	8	0
Lemon Poppy Seed Seasoning Mix	6	5 tsp	80	5	0.5	0	0	0	200	19	0	17	1
Lemon Sandwich Cookie Mix	24	1/3 cup	70	0	0.0	0	0	0	60	18	0	14	1
Louisiana Gumbo Mix	12	1 Tbs	15	0	0.0	0	0	0	125	4	<1	0	0
Mango Iced Tea Mix	16	2 Tbs	100	0	0.0	0	0	0	0	27	0	20	0
Maria's Salsa Mix	8	1 tsp	5	0	0.0	0	0	0	240	1	0	0	0
Maria's Salsa Pantry Staple	200	1 tsp	5	0	0.0	0	0	0	240	1	0	0	0
Mediterranean Medley Seasoning	120	1/2 tsp	0	0	0.0	0	0	0	580	0	0	0	0
Mediterranean Pasta Salad Mix	8	1/2 Cup	120	5	1.0	0	0	0	180	25	<1	3	4
Mini Pecan Pie Muffin Mix	18	2 Tbs	80	20	2.5	0	0	0	0	15	0	11	1
Mock Spinach Dip Mix	16	1/2 tsp	0	0	0.0	0	0	0	85	0	0	0	0

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Homemade Gourmet® Mix													
Mock Spinach Seasoning Pantry Staple	258	1/2 tsp	0	0	0.0	0	0	0	85	0	0	0	0
Mojito Mint Tea	48	1/4 Tbs	0	0	0.0	0	0	0	0	0	0	0	0
Mom's Smashed Potatoes Mix	6	1/3 Cup	70	0	0.0	0	0	0	160	17	2	2	2
Old Fashioned Apple Crisp Mix	8	3 1/2 Tbs	110	25	3.0	0	0	0	0	20	<1	13	2
Old Fashioned Meatloaf Mix	6	4 tsp	20	0	0.0	0	0	0	400	4	<1	1	1
Old Fashioned Meatloaf Pantry Staple	38	4 tsp	20	0	0.0	0	0	0	400	4	<1	1	1
Orange Cranberry Bread Pudding Mix	15	2 1/2 Tbs	100	0	0.0	0	0	0	0	27	0	26	0
Orange Vinaigrette Mix	8	1 Tbs	35	0	0.0	0	0	0	170	9	0	8	0
Passion Fruit Margarita Party Blender Mix	24	2 1/2 tsp	35	0	0.0	0	0	0	0	9	0	8	0
Peach Iced Tea Mix	16	2 Tbs	100	0	0.0	0	0	0	0	27	0	20	0
Peanut Butter Cookie Mix	20	7 tsp	60	0	0.0	0	0	0	135	15	0	7	0
Pepper Pizzazz Seasoning	96	1/2 tsp	5	0	0.0	0	0	0	470	1	0	0	0
Presto Italiano Breakfast Skillet Mix	6	4 Tbs	60	0	0.0	0	0	0	360	18	2	2	2
Pumpkin Pie Cheesecake Mix	8	2 Tbs	70	0	0.0	0	0	0	0	17	0	15	0
Raspberry Iced Tea Mix	16	2 Tbs	100	0	0.0	0	0	0	0	27	0	20	0
Raspberry Velvet Fruit Dip Mix	8	2 tsp	20	0	0.0	0	0	0	25	5	0	1	0
Roasted Tomato Salsa Mix	12	1/2 tsp	5	0	0.0	0	0	0	160	1	0	0	0
Rosemary Citrus Seasoning	10	1 tsp	5	0	0.0	0	0	0	250	2	1	0	0
Sassy Sangria Party Blender Mix	16	3 1/2 tsp	50	0	0.0	0	0	0	0	14	0	13	0
Season 'n' Steam BBQ Sandwich Mix	6	3 1/2 tsp	45	0	0.0	0	0	0	300	10	1	5	0
Season 'n' Steam Broccoli and Beef Mix	6	2 1/2 tsp	25	0	0.0	0	0	0	400	6	0	1	0
Season 'n' Steam Fajitas Mix	6	2 1/2 tsp	15	0	0.0	0	0	0	430	3	1	1	0
Season 'n' Steam Orange Ginger Chicken Mix	6	1 Tbs	35	0	0.0	0	0	0	550	9	0	6	0
Season 'n' Steam Philly Cheesesteak Mix	6	1 1/2 Tbs	25	0	0.0	0	0	0	680	6	1	1	1
Season 'n' Steam Sloppy Joe Mix	8	2 Tbs	50	5	0.5	0	0	0	780	10	2	3	1
Shepherd's Pie Casserole Mix	8	5 Tbs	70	0	0.0	0	0	0	690	17	2	3	2
Skillet Beef and Cornbread Mix	6	5 1/3 Tbs	150	25	3.0	0.5	0	0	500	31	2	11	3
Skillet Burritos Mix	8	5 Tbs	120	10	1.0	0	0	0	880	22	5	5	7
Skillet Chicken and Biscuit Mix	6	4 1/3 Tbs	120	35	3.5	1	1	0	810	19	<1	4	3
Skillet Chicken and Rice Mix	6	5 Tbs	150	0	0.0	0	0	0	550	32	<1	2	3
Skillet Fried Rice Mix	6	1 1/2 Tbs	140	0	0.0	0	0	0	660	30	0	1	3
Skillet Tex-Mex Dinner Mix	6	3 1/3 Tbs	140	0	0.0	0	0	0	470	30	<1	1	3
Smokin' BBQ Dip Mix	12	1/2 tsp	5	0	0.0	0	0	0	15	1	0	0	0
Snappy Seasoned Salt	108	1/2 tsp	5	0	0.0	0	0	0	370	1	0	0	0
Southern Pecan Praline Mix	18	2 1/2 Tbs	80	45	5.0	0	0	0	0	9	<1	9	1
Southwest Marinade Mix	8	2 tsp	15	0	0.0	0	0	0	440	3	1	0	1
Southwest Seasoning Pantry Staple	56	2 tsp	15	0	0.0	0	0	0	440	3	1	0	1
Spiced Cider Mix	8	2 tsp	30	0	0.0	0	0	0	0	8	<1	6	0
Spiced Dip Mix	8	1/2 Tbs	20	0	0.0	0	0	0	0	5	0	5	0

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Homemade Gourmet® Mix													
Strawberrilicious Vanilla Tea	48	1/4 Tbs	0	0	0.0	0	0	0	0	0	0	0	0
Strawberry Bread Mix	10	1/4 Cup	110	0	0.0	0	0	0	340	27	<1	22	1
Strawberry Lemonade Squares Mix	24	2 3/4 Tbs	70	0	0.0	0	0	0	60	19	0	15	1
Sun-Dried Tomato Dip Mix	8	1 Tbs	20	0	0.0	0	0	0	180	4	<1	2	1
Taco Soup Mix	6	2 1/2 tsp	20	0	0.0	0	0	0	580	4	0	1	1
Taco Soup Pantry Staple	47	2 1/2 tsp	20	0	0.0	0	0	0	580	4	0	1	1
Tami's Garden Select Seasoning	96	1/2 tsp	5	0	0.0	0	0	0	0	1	0	0	0
Teriyaki Marinade Mix	8	1 Tbs	40	0	0.0	0	0	0	200	10	0	1	1
Texas Cobbler Mix	8	7 tsp	120	0	0.0	0	0	0	260	29	0	26	1
Texas Cornbread Mix	10	1/4 Cup	120	0	0.0	0	0	0	450	28	<1	16	2
Three Cheese Garlic Biscuit Mix	15	2 1/2 Tbs	90	30	3.5	1	1	0	260	12	0	1	2
Tiramisu Cheesecake Mix	8	1/3 Cup	60	0	0.0	0	0	0	0	16	0	12	0
Tiramisu Muffin Mix	18	3 1/3 Tbs	80	10	1.5	1	0	0	135	16	0	12	1
Tomato Basil Bread Mix	10	1/3 Cup	70	0	0.0	0	0	0	420	14	<1	5	2
Tomato Basil Soup Mix	6	3 1/2 Tbs	70	0	0.0	0	0	0	490	11	0	9	6
Tortilla Soup Mix	6	4 tsp	25	0	0.0	0	0	0	890	5	<1	1	1
Tortilla Soup Seasoning Pantry Staple	42	4 tsp	25	0	0.0	0	0	0	890	5	<1	1	1
Tres Queso Breakfast Skillet Mix	6	3 1/3 Tbs	90	10	1.5	0.5	0	5	220	17	1	1	2
Tropical Breeze Tea *	48	1/4 Tbs	0	0	0.0	0	0	0	0	0	0	0	0
Tropical Chicken Salad Mix	8	3 1/2 tsp	60	0	0.0	0	0	0	0	15	<1	12	0
Tropicolada Cheesecake Mix	8	2 Tbs	60	0	0.0	0	0	0	0	16	0	12	0
Velvety Creations Sauce Mix	36	2 2/3 tsp	20	0	0.0	0	0	0	150	1	0	0	1
White Chicken Chili Mix	6	3 Tbs	90	0	0.0	0	0	0	500	17	5	2	5
White Chocolate Cran-Orange Cookie Mix	21	1/4 Cup	130	15	1.5	1	0	0	115	28	<1	21	1
Zentastic Blackberry Jasmine Green Tea	48	1/4 Tbs	0	0	0.0	0	0	0	0	0	0	0	0