

Apple Blueberry Granola

INGREDIENTS: WHOLE GRAIN OATS, EVAPORATED CANE JUICE SUGAR, RICE FLOUR, MIXED FRUIT JUICE CONCENTRATES (PINEAPPLE SYRUP, PEAR CONCENTRATE, PEACH CONCENTRATE), UNSULFURED DRIED APPLES, MALTODEXTRIN, NATURAL BLUEBERRY FLAVOR, BARLEY MALT, TOCOPHEROLS (VITAMIN E).

INGREDIENTS MANUFACTURED IN A FACILITY THAT ALSO USES TREE NUTS, SOY, WHEAT AND MILK.

Nutrition Facts

Serving Size: 45g

Servings Per Container: 10

Amount Per Serving

Calories 170 **Calories from Fat** 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **5%**

Total Carbohydrate 33g **11%**

Dietary Fiber 3g **12%**

Sugars 11g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 8%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs

MFD 08312011

LOT# 20110831

Shelf life up to 20 years if stored in a cool, dry place

Cheddar Broccoli Soup

+ Preparation

Mix 1/4 cup of cheddar broccoli soup mix with 1 cup water. Slowly bring to a boil. Stir often to avoid burning. Soup will thicken rapidly when it reaches a boil.

INGREDIENTS: CHEDDAR CHEESE (PASTURIZED MILK, SALT, CULTURE, ANNATTO, ENZYMES) WHEY, MALTODEXTRIN, SOYBEAN OIL, SALT, BLUE CHEESE (PASTURIZED MILK, SALT CULTURE, ENZYMES), BROCCOLI, ONION, CORN STARCH, SPICES, NATURAL FLAVOR, LACTIC ACID, SODIUM CASEINATE, NATURAL WINE FLAVOR, CITRIC ACID, ANNATTO EXTRACT, TURMERIC EXTRACT
ALLERGENS: DAIRY, SOY

Nutrition Facts

Serving Size: 31g

Servings Per Container: 10

Amount Per Serving

Calories 170 Calories from Fat 70

% Daily Value*

Total Fat 6g **12%**

Saturated Fat 2g **11%**

Trans Fat 2.5g

Cholesterol 5mg **1%**

Sodium 750mg **38%**

Total Carbohydrate 14g **6%**

Dietary Fiber 0g **0%**

Sugars 4g

Protein 2g

Vitamin A 2% • Vitamin C 8%

Calcium 5% • Iron 2%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 08292011

LOT# 20110829

Shelf life up to 20 years if stored in a cool, dry place

Cheddar Cheese Sauce

+ Preparation

Mix 1/4 cup of cheddar cheese sauce with 1/2 cup water and mix well. Add water as needed to create desired consistency. Add to cooked pasta.

Ingredients: Modified Wheat Starch, Cheddar cheese (pasteurized milk, salt, extract of annatto, cheese culture, enzymes) matodextrin, partially hydrogenated soybean oil, whey, skim milk, salt, autolyzed yeast extract, msg, natural & artificial flavor, citric acid, lactic acid, xanthan gum, artificial flavor (including yellow 5, yellow 5 lake, yellow 6 lake, contains less than 2% silicon dioxide as an anti-caking agent and less than 2% disodium phosphate as a processing aid. Allergens: Wheat, Dairy, Soy

MFD 08232011
LOT# 20110823

Nutrition Facts

Serving Size: 20g

Servings Per Container: 10

Amount Per Serving

Calories 97 Calories from Fat 51

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **11%**

Trans Fat 1g

Cholesterol 5mg **2%**

Sodium 574mg **24%**

Total Carbohydrate 9g **3%**

Dietary Fiber 0g **0%**

Sugars 3g

Protein 2g

Vitamin A 1% • Vitamin C 0%

Calcium 8% • Iron 0%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Shelf life up to 20 years if stored in a cool, dry place

Chicken Flavored Vegetable Stew

+ Preparation

Mix 1/4 cup of chicken vegetable stew with 1 cup water. Slowly bring to a boil. Stir often to avoid burning. Soup will thicken rapidly when it reaches a boil.

INGREDIENTS: PASTA (SEMOLINA ENRICHED WITH IRON -FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEHYDRATED VEGETABLES (*POTATOES, PEAS, ONION, CELERY AND CARROTS), MODIFIED CORN STARCH, PARTIALLY HYDROGENATED CANOLA OIL, CORN SYRUP SOLIDS, MALTODEXTRIN, SALT, NATURAL FLAVORS, SODIUM CASEINATE, HYDROGENATED CORN GLUTEN AND HYDROLYZED SOY PROTEIN, CORN STARCH, CHICKEN FAT, SUGAR, SPICES, DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES, DISODIUM INOSINATE AND DISODIUM GUANYLATE *FRESHNESS PROTECTED BY SODIUM BISULFITE
ALLERGENS: DAIRY, WHEAT, SOY

MFD 08232011

LOT# 20110823

Shelf life up to 20 years if stored in a cool, dry place

Nutrition Facts

Serving Size: 1 cup (29g)

Servings Per Container: 10

Amount Per Serving

Calories 173 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 2.5g

Cholesterol 25mg **8%**

Sodium 530mg **22%**

Total Carbohydrate 22g **7%**

Dietary Fiber 1g **4%**

Sugars 36g

Protein 3g

Vitamin A 8% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Chocolate Pudding

+ Preparation

3 1/2 Tablespoon to 1/2 Cup water. Mix with wire whisk. Allow to sit for 10 minutes before serving.

INGREDIENTS: SUGAR, NONFAT DRY MILK, MODIFIED FOOD STARCH, DUTCH-PROCESSED COCOA, CARAMEL COLOR*, SODIUM PHOSPHATE, SOYBEAN OIL, TETRASODIUM PYROPHOSPHATE, SODIUM ALGINATE, CARRAGEENAN, DEXTRIN, NATURAL & ARTIFICIAL FLAVORS

*Contributes 15 ppm Sulfites per 100 grams

ALLERGENS: DAIRY, SOY

Nutrition Facts

Serving Size: 55g (3 1/2 TBSP)

Servings Per Container: 10

Amount Per Serving

Calories 181.5 Calories from Fat 11

		% Daily Value
Total Fat	2.2g	3%
Saturated Fat	.55g	3%
Trans Fat	0g	
Cholesterol	2.75mg	0%
Sodium	411mg	17%
Total Carbohydrate	42g	14%
Dietary Fiber	0g	0%
Sugars	35g	
Protein	7g	
Vitamin A	0%	• Vitamin C 1%
Calcium	16%	• Iron 8%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 08252011

LOT# 20110825

Shelf life up to 20 years if stored in a cool, dry place

Chocolate Whey Milk

+ Preparation

Mix 1/4 cup (or slightly less) with 1 cup of water.

INGREDIENTS: CANE SUGAR, WHEY, NONFAT DRY MILK, PARTIALLY HYDROGENATED SOYBEAN OIL, COCOA, CORN SYRUP SOLIDS, SODIUM CASEINATE, GUAR GUM, MONO AND DIGLYCERIDES, SALT, DIPOTASSIUM PHOSPHATE, LICITHIN, VITAMIN A PALMITATE, VITAMIN D3
CHOLECALCIFEROL.

Nutrition Facts

Serving Size: 36g

Servings Per Container: 10

Amount Per Serving

Calories 196 Calories from Fat 52

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 4g **19%**

Trans Fat 2g

Cholesterol 5mg **2%**

Sodium 144mg **6%**

Total Carbohydrate 27g **9%**

Dietary Fiber 1g **3%**

Sugars 22g

Protein 3g

Vitamin A 25% • Vitamin C 0%

Calcium 30% • Iron 25%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 09152011

LOT# 20110915

Shelf life up to 20 years if stored in a cool, dry place

Elbow Macaroni Pasta

+ Preparation

Bring 2-3 cups of water to a boil. Add 1 1/2 cups pasta. Boil for about 10 minutes. Drain or use water to make sauce mix.

INGREDIENTS: SEMOLINA, ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID).

ALLERGENS: WHEAT

Nutrition Facts

Serving Size: 1/2 cup (56g dry)

Servings Per Container: 10

Amount Per Serving

Calories 202 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **7%**

Total Carbohydrate 42g **9%**

Dietary Fiber 2g **12%**

Sugars 3g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 09022011

LOT# 20110902

Shelf life up to 20 years if stored in a cool, dry place

Freeze Dried Fruits

+ Preparation

Rehydrate by covering with water and soak for 3-5 minutes. Drain excess water.

INGREDIENTS: FREEZE DRIED BANANAS, FREEZE DRIED STRAWBERRIES

Nutrition Facts

Serving Size: 10g

Servings Per Container: 5

Amount Per Serving

Calories 34 Calories from Fat 0

		% Daily Value
Total Fat	9g	%
Saturated Fat	0g	%
Trans Fat	0g	
Cholesterol	0mg	%
Sodium	0mg	%
Total Carbohydrate	9g	%
Dietary Fiber	2g	%
Sugars	7g	
Protein	.5g	
Vitamin A	0%	• Vitamin C 2%
Calcium	30%	• Iron 15%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 08022011

LOT# 20110802

Shelf life up to 20 years if stored in a cool, dry place

Hearty Potato Soup

+ Preparation

Mix 1/4 cup Hearty Potato Soup with 1 cup water. Slowly bring to a boil. Stir often to avoid burning. Soup will thicken rapidly when it reaches a boil.

INGREDIENTS: DEHYDRATED VEGETABLES (*POTATOES, ONION, GARLIC, CELERY AND CARROTS), PARTIALLY HYDROGENATED CANOLA OIL, CORN SYRUP SOLIDS, MALTODEXTRIN, SALT, SODIUM CASEINATE, HYDROLYZED CORN GLUTEN AND HYDROLYZED SOY PROTEIN, CORN STARCH, CHICKEN FAT, SUGAR, SPICES, DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES, DISODIUM INOSINATE AND DISODIUM GUANYLATE AND TURMERIC (COLOR), NOT MORE THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING.

*FRESHNESS PROTECTED BY SODIUM BISULFATE

ALLERGENS: DAIRY, SOY

Nutrition Facts

Serving Size: 1 cup (33g)

Servings Per Container: 10

Amount Per Serving

Calories 276 Calories from Fat 70

% Daily Value*

Total Fat 1g **12%**

Saturated Fat 3g **16%**

Trans Fat 2.5g

Cholesterol 15mg **5%**

Sodium 810mg **34%**

Total Carbohydrate 42g **12%**

Dietary Fiber 3g **11%**

Sugars 4g

Protein 6g

Vitamin A 4% • Vitamin C 0%

Calcium 15% • Iron 8%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 09072011

LOT# 20110907

Shelf life up to 20 years if stored in a cool, dry place

Instant Potatoes

+ Preparation

Mix 3/4 cup of Instant Potatoes with 2 cups of water. Slowly bring to a boil. Stir often to avoid burning. Potatoes will thicken rapidly when it reaches a boil. Add extra water to make potato soup

INGREDIENTS: DEHYDRATED VEGETABLES (*POTATO, ONION, GARLIC, CARROT, PARSLEY), MODIFIED CORN STARCH, PARTIALLY HYDROGENATED CANOLA OIL, CORN SYRUP SOLIDS, MALTODEXTRIN, SALT, NATURAL FLAVORS (CONTAINS DAIRY), HYDROLYZED CORN GLUTEN, AND HYDROGENATED SOY PROTEIN, CORN STARCH, CHICKEN FAT, SUGAR, SODIUM CASEINATE, SILICON DIOXIDE (ANTI CAKING AGENT), SPICES, DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES, DISODIUM INOSINATE AND DISODIUM GUANYLATE

*FRESHNESS PROTECTED BY SODIUM BISULFITE

ALLERGEN: SOY, DAIRY

Nutrition Facts

Serving Size: 36g

Servings Per Container: 10

Amount Per Serving

Calories 276 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2g **11%**

Trans Fat 0g

Cholesterol 5mg **1%**

Sodium 750mg **38%**

Total Carbohydrate 4 g **6%**

Dietary Fiber 0g **0%**

Sugars 4g

Protein 2g

Vitamin A 2% • Vitamin C 8%

Calcium 5% • Iron 2%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 09132011

LOT# 20110913

Shelf life up to 20 years if stored in a cool, dry place

Natural Granola

INGREDIENTS: WHOLE GRAIN ROLLED OATS, EVAPORATED CANE JUICE SUGAR, RICE, FLOUR, MIXED FRUIT CONCENTRATE (PINEAPPLE, PEAR, PEACH), OAT FLOUR, NATURAL VANILLA EXTRACT, BARLEY MALT, TOCOPHEROLS (VITAMINE E)

ALLERGENS: Ingredients manufactured in a facility that also uses tree nuts, soy, wheat and milk.

Nutrition Facts

Serving Size: 45g

Servings Per Container: 10

Amount Per Serving

Calories 170 **Calories from Fat** 20

% Daily Value*

Total Fat 2 g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0 mg **0%**

Sodium 10 mg **5%**

Total Carbohydrate 33g **11%**

Dietary Fiber 3g **12%**

Sugars 11g

Protein 5g

Vitamin A 0% • Vitamin C 4%

Calcium 2% • Iron 8%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs

MFD 09012011

LOT# 20110901

Shelf life up to 20 years if stored in a cool, dry place

Quick Cook Oats

+ Preparation

Bring 1/2 cup of water to a boil. Add 1/4 cup of oats. Reduce to medium heat and stir for 2-3 minutes. Remove from heat, cover, and let sit for 5-10 minutes.

INGREDIENTS:
NON-ORGANIC, REGU-
LAR ROLLED OATS

Nutrition Facts

Serving Size: 1/4 cup (24g dry)

Servings Per Container: 10

Amount Per Serving

Calories 94 Calories from Fat 14

% Daily Value*

Total Fat 2g **3%**

Saturated Fat .25 g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 18g **6%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 1% • Iron 1%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 08232011

LOT# 20110823

Shelf life up to 20 years if stored in a cool, dry place

Orange Drink

+ Preparation

Mix 2 Tbsp. of drink mix with 8 ounces of water.

INGREDIENTS: SUGAR, FRUCTOSE, MALTODEXTRIN, CITRIC ACID, CALCIUM LACTATE, PENTAHYDRATE, ASCORBIC ACID, NATURAL FLAVORS, SODIUM CITRATE, TRICALIUM PHOSPHATE (ANTICAKING AGENT), NIACIN, CALCIUM PANTHOTHENATE, YELLOW #5, TITANIUM DIOXIDE, YELLOW #6, PYRIDOXIDE HYDROCHLORIDE, CYANOCOBALAMIN.

MFD 09122011
LOT# 20110912

Nutrition Facts

Serving Size: 2 Tbsp, 8 fl oz. (25g)

Servings Per Container: 32

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5 mg **1%**

Total Carbohydrate 24g **8%**

Dietary Fiber 1g **3%**

Sugars 23g

Protein 0g

Vitamin A 10% • Vitamin C 110%

Vitamin B12 35% • Vitamin B6 35%

Niacin 30% • Pantothenic Acid 50%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Shelf life up to 20 years if stored in a cool, dry place

POLENTA (CORN GRITS)

+ Preparation

6 cups Water
2 cups of Corn Grits

In a large, deep pan over high heat bring water to a boil. Gradually stir in corn grits. Reduce heat and simmer gently, stirring frequently to prevent sticking until mixture is very thick (about 30 min). Use a long-handled spoon because mixture pops and bubbles and can burn.

Optional Ingredients: Stir in butter and salt if needed.

Ingredients: DEGERMINATED CORN

Nutrition Facts

Serving Size: 45 g

Servings Per Container: 10

Amount Per Serving

Calories 167 Calories from Fat 6

% Daily Value*

Total Fat 1 g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Total Carbohydrate 35g 12%

Dietary Fiber 3g 10%

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs

MFD 07292011

LOT# 20110729

Shelf life up to 20 years if stored in a cool, dry place

Red Beans & Rice

+ Preparation

Shake bag well to mix ingredients. Stir in 1/2 cup dry mix to 3/4 cup water. Bring all to boil for 15 minutes. Let sit 5 minutes before serving.

INGREDIENTS: COOKED AND DEHYDRATED RED BEANS, PRE-COOKED LONG GRAIN RICE, SPICES, GARLIC, SALT, ONION, PAPRIKA, HYDROLYZED SOY PROTEIN, PARTIALLY HYDROGENATED COTTONSEED AND SOY OIL, NATURAL SMOKE FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLATE.

ALLERGENS: WHEAT Niacin B3 mg

Nutrition Facts

Serving Size: 48g

Servings Per Container: 10

Amount Per Serving

Calories 221 Calories from Fat 10

% Daily Value*

Total Fat 1g 0%

Saturated Fat 1g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 97mg 43%

Total Carbohydrate 32g 11%

Dietary Fiber 4g 16%

Sugars 1g 11%

Protein 7g 12%

Niacin B3 3mg • Vitamin C 1%

Calcium 3% • Iron 4%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs

MFD 09152011

LOT# 20110915

Shelf life up to 20 years if stored in a cool, dry place

Regular Whey Milk

+ Preparation

Add 1/4 Cup of Mix to 1 Cup of water. Mix & Chill. Keep refrigerated after mixing.

INGREDIENTS: SWEET DAIRY WHEY, NONFAT DRY MILK SOLIDS, CORN SYRUP SOLIDS, (CONTAINS ONE OR MORE OF THE FOLLOWING: SUNFLOWER OIL AND/OR SOYA OIL), SODIUM CASEINATE (A MILK DERIVATIVE), DIPOTASSIUM PHOSPHATE, SOY LECITHIN, CARRAGEENAN, VITAMIN A, VITAMIN D3, CALCIUM.
ALLERGENS: DAIRY

Nutrition Facts

Serving Size: 21g

Servings Per Container: 10

Amount Per Serving

Calories 104 Calories from Fat 28

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1g **1%**

Trans Fat 1g

Cholesterol 5mg **2%**

Sodium 111mg **5%**

Total Carbohydrate 13g **4%**

Dietary Fiber 0g **0%**

Sugars 6g

Protein 3g

Vitamin A 25% • Vitamin C 25%

Calcium 30% • Iron 10%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 07272011

LOT# 20110727

Shelf life up to 20 years if stored in a cool, dry place

Western Chili

+ Preparation

Shake bag well to mix ingredients. 1/4 dry to 2/3 cup water. Cook for 5 minutes, stirring occasionally. Cover and let stand for 5 minutes before serving.

INGREDIENTS: RED BEANS, BULGUR WHEAT, TOMATO POWDER, MALTODEXTRIN, DRIED ONION CHILI POWDER, BROWN SUGAR, FLOUR, SOYBEAN OIL, DRIED BELL PEPPER, SEA SALT (SALT, MAGNESIUM CARBONATE), BEEF EXTRACT (BEEF STOCK, AUTOLYZED YEAST, SALT, FLAVORS), TOMATO, GARLIC SALT, PAPRIKA, CUMIN, BLACK PEPPER *ALSO CONTAINS CAJUN SEASONING
ALLERGENS: WHEAT

Nutrition Facts

Serving Size: 1/4 cup dry (31g)

Servings Per Container: 10

Amount Per Serving

Calories 110 **Calories from Fat** 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0 mg **0%**

Sodium 400mg **17%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **13%**

Sugars 3g

Protein 5g

Vitamin A 20% • Vitamin C 35%

Calcium 2% • Iron 10%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may vary higher or lower depending on your calorie needs.



MFD 08252011

LOT# 20110825

Shelf life up to 20 years if stored in a cool, dry place

Whole Eggs

+ Preparation

Combine 1 1/2 Tablespoons to 1/4 Cup Water. Equivalent to 1 1/2 eggs.

*Use as a replacement in a recipe or cook like scrambled eggs.

INGREDIENTS: FREE FLOW
DEHYDRATED WHOLE EGG

ALLERGENS: EGGS

Nutrition Facts

Serving Size: 20g

Servings Per Container: 10

Amount Per Serving

Calories 119 Calories from Fat 4.2

		% Daily Value*
Total Fat	8.5g	13 %
Saturated Fat	0g	0 %
Trans Fat	0g	

Cholesterol 343 mg 114 %

Sodium 104 mg 4 %

Total Carbohydrate 1g 0 %

 Dietary Fiber 0g 0 %

 Sugars 0g

Protein 9g

Vitamin A 0 % • Niacin 0 %

Calcium 5% • Iron 8 %

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MFD 09082011

LOT# 20110908

Shelf life up to 20 years if stored in a cool, dry place