

NUTRITIONAL INFO



Pulled Chicken (Slider)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	81.45	100.00
Calories (kcal)	181.11	222.36
Calories from Fat (kcal)	54.88	67.38
Calories from SatFat (kcal)	11.34	13.92
Protein (g)	15.24	18.72
Carbohydrates (g)	15.97	19.60
Dietary Fiber (g)	0.20	0.25
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	0.48	0.59
Monosaccharides (g)	0.03	0.04
Disaccharides (g)	0.01	0.01
Other Carbs (g)	15.27	18.75
Fat (g)	6.10	7.49
Saturated Fat (g)	1.26	1.55
Mono Fat (g)	1.86	2.29
Poly Fat (g)	0.92	1.13
Trans Fatty Acid (g)	0.02	0.03
Cholesterol (mg)	73.87	90.69
Water (g)	36.94	45.36
VITAMINS		
Vitamin A - IU (IU)	167.43	205.57
Vitamin A - RAE (RAE)	12.01	14.75
Carotenoid RE (RE)	15.27	18.74
Retinol RE (RE)	4.38	5.37
Beta-Carotene (mcg)	80.41	98.72
Vitamin B1 (mg)	0.05	0.07
Vitamin B2 (mg)	0.11	0.13
Vitamin B3 (mg)	3.43	4.21
Vitamin B3 - Niacin Equiv (mg)	5.90	7.25
Vitamin B6 (mg)	0.26	0.32
Vitamin B12 (mcg)	0.22	0.27
Biotin (mcg)	-	-
Vitamin C (mg)	0.08	0.10
Vitamin D - IU (IU)	3.83	4.70
Vitamin D - mcg (mcg)	0.11	0.13
Vitamin E - Alpha-Toco (mg)	0.21	0.26
Folate (mcg)	3.12	3.83
Folate, DFE (mcg)	3.12	3.83
Vitamin K (mcg)	2.67	3.28
Pantothenic Acid (mg)	0.72	0.89

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	8.35	10.25
Chromium (mcg)	0.03	0.03
Copper (mg)	0.04	0.04
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	0.74	0.91
Magnesium (mg)	14.53	17.83
Manganese (mg)	0.04	0.05
Molybdenum (mcg)	-	-
Phosphorus (mg)	121.53	149.20
Potassium (mg)	165.65	203.38
Selenium (mcg)	14.38	17.66
Sodium (mg)	322.47	395.91
Zinc (mg)	1.01	1.24
POLYFATS		
Omega 3 Fatty Acid (g)	0.05	0.06
Omega 6 Fatty Acid (g)	0.85	1.04
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	39.68	48.71

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



Pulled Pork (Meat Market)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.80	100.00
Calories (kcal)	602.63	265.72
Calories from Fat (kcal)	358.54	158.09
Calories from SatFat (kcal)	133.45	58.84
Protein (g)	56.51	24.92
Carbohydrates (g)	0.34	0.15
Dietary Fiber (g)	0.08	0.03
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	0.01	0.00
Monosaccharides (g)	0.00	0.00
Disaccharides (g)	0.01	0.00
Other Carbs (g)	0.26	0.11
Fat (g)	39.84	17.57
Saturated Fat (g)	14.83	6.54
Mono Fat (g)	17.98	7.93
Poly Fat (g)	4.67	2.06
Trans Fatty Acid (g)	0.35	0.15
Cholesterol (mg)	220.64	97.29
Water (g)	123.76	54.57
VITAMINS		
Vitamin A - IU (IU)	19.11	8.43
Vitamin A - RAE (RAE)	4.56	2.01
Carotenoid RE (RE)	0.11	0.05
Retinol RE (RE)	4.50	1.99
Beta-Carotene (mcg)	0.62	0.28
Vitamin B1 (mg)	1.13	0.50
Vitamin B2 (mg)	0.82	0.36
Vitamin B3 (mg)	8.72	3.85
Vitamin B3 - Niacin Equiv (mg)	18.55	8.18
Vitamin B6 (mg)	1.01	0.45
Vitamin B12 (mcg)	2.09	0.92
Biotin (mcg)	4.50	1.99
Vitamin C (mg)	0.00	0.00
Vitamin D - IU (IU)	105.82	46.66
Vitamin D - mcg (mcg)	2.70	1.19
Vitamin E - Alpha-Toco (mg)	0.27	0.12
Folate (mcg)	0.17	0.08
Folate, DFE (mcg)	0.17	0.08
Vitamin K (mcg)	0.33	0.15
Pantothenic Acid (mg)	2.91	1.28

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	59.94	26.43
Chromium (mcg)	0.04	0.02
Copper (mg)	0.30	0.13
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	3.98	1.75
Magnesium (mg)	52.37	23.09
Manganese (mg)	0.06	0.03
Molybdenum (mcg)	7.66	3.38
Phosphorus (mg)	469.85	207.17
Potassium (mg)	693.01	305.57
Selenium (mcg)	95.54	42.13
Sodium (mg)	576.71	254.29
Zinc (mg)	10.91	4.81
POLYFATS		
Omega 3 Fatty Acid (g)	0.18	0.08
Omega 6 Fatty Acid (g)	4.30	1.90
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	230.55	101.65

NUTRITIONAL INFO

MISSION BBQ®
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Pulled Pork (Sandwich)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	213.10	100.00
Calories (kcal)	571.51	268.19
Calories from Fat (kcal)	283.45	133.02
Calories from SatFat (kcal)	103.51	48.57
Protein (g)	46.63	21.88
Carbohydrates (g)	21.82	10.24
Dietary Fiber (g)	0.96	0.45
Soluble Fiber (g)	0.26	0.12
Total Sugars (g)	2.75	1.29
Monosaccharides (g)	1.88	0.88
Disaccharides (g)	0.87	0.41
Other Carbs (g)	18.12	8.50
Fat (g)	31.49	14.78
Saturated Fat (g)	11.50	5.40
Mono Fat (g)	13.88	6.51
Poly Fat (g)	4.19	1.96
Trans Fatty Acid (g)	0.26	0.12
Cholesterol (mg)	165.48	77.66
Water (g)	107.52	50.46
VITAMINS		
Vitamin A - IU (IU)	14.76	6.93
Vitamin A - RAE (RAE)	3.44	1.61
Carotenoid RE (RE)	0.13	0.06
Retinol RE (RE)	3.38	1.58
Beta-Carotene (mcg)	0.47	0.22
Vitamin B1 (mg)	1.12	0.53
Vitamin B2 (mg)	0.71	0.33
Vitamin B3 (mg)	8.59	4.03
Vitamin B3 - Niacin Equiv (mg)	15.96	7.49
Vitamin B6 (mg)	0.79	0.37
Vitamin B12 (mcg)	1.66	0.78
Biotin (mcg)	3.81	1.79
Vitamin C (mg)	0.56	0.26
Vitamin D - IU (IU)	79.36	37.24
Vitamin D - mcg (mcg)	2.03	0.95
Vitamin E - Alpha-Toco (mg)	0.24	0.11
Folate (mcg)	47.86	22.46
Folate, DFE (mcg)	73.66	34.57
Vitamin K (mcg)	1.58	0.74
Pantothenic Acid (mg)	2.18	1.02

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	119.35	56.01
Chromium (mcg)	0.03	0.02
Copper (mg)	0.28	0.13
Fluoride (mg)	0.00	0.00
Iodine (mcg)	7.32	3.44
Iron (mg)	4.46	2.09
Magnesium (mg)	49.60	23.27
Manganese (mg)	0.28	0.13
Molybdenum (mcg)	5.74	2.69
Phosphorus (mg)	398.40	186.96
Potassium (mg)	574.37	269.53
Selenium (mcg)	81.46	38.23
Sodium (mg)	647.53	303.87
Zinc (mg)	8.55	4.01
POLYFATS		
Omega 3 Fatty Acid (g)	0.21	0.10
Omega 6 Fatty Acid (g)	3.84	1.80
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	179.19	84.09

NUTRITIONAL INFO

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Pulled Pork (Slider)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	81.45	100.00
Calories (kcal)	236.61	290.51
Calories from Fat (kcal)	85.38	104.83
Calories from SatFat (kcal)	30.86	37.89
Protein (g)	11.29	13.86
Carbohydrates (g)	26.07	32.00
Dietary Fiber (g)	0.21	0.26
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	1.20	1.48
Monosaccharides (g)	0.00	0.00
Disaccharides (g)	0.00	0.00
Other Carbs (g)	24.65	30.27
Fat (g)	9.49	11.65
Saturated Fat (g)	3.43	4.21
Mono Fat (g)	2.70	3.32
Poly Fat (g)	0.70	0.86
Trans Fatty Acid (g)	0.05	0.06
Cholesterol (mg)	46.16	56.68
Water (g)	18.59	22.83
VITAMINS		
Vitamin A - IU (IU)	2.87	3.52
Vitamin A - RAE (RAE)	0.68	0.84
Carotenoid RE (RE)	0.02	0.02
Retinol RE (RE)	0.68	0.83
Beta-Carotene (mcg)	0.09	0.12
Vitamin B1 (mg)	0.17	0.21
Vitamin B2 (mg)	0.12	0.15
Vitamin B3 (mg)	1.31	1.61
Vitamin B3 - Niacin Equiv (mg)	2.79	3.42
Vitamin B6 (mg)	0.15	0.19
Vitamin B12 (mcg)	0.31	0.39
Biotin (mcg)	0.68	0.83
Vitamin C (mg)	0.00	0.00
Vitamin D - IU (IU)	15.90	19.52
Vitamin D - mcg (mcg)	0.41	0.50
Vitamin E - Alpha-Toco (mg)	0.04	0.05
Folate (mcg)	0.03	0.03
Folate, DFE (mcg)	0.03	0.03
Vitamin K (mcg)	0.05	0.06
Pantothenic Acid (mg)	0.44	0.54

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	9.00	11.05
Chromium (mcg)	0.01	0.01
Copper (mg)	0.04	0.05
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	0.60	0.73
Magnesium (mg)	7.87	9.66
Manganese (mg)	0.01	0.01
Molybdenum (mcg)	1.15	1.41
Phosphorus (mg)	70.58	86.65
Potassium (mg)	104.10	127.81
Selenium (mcg)	14.35	17.62
Sodium (mg)	146.71	180.13
Zinc (mg)	1.64	2.01
POLYFATS		
Omega 3 Fatty Acid (g)	0.03	0.03
Omega 6 Fatty Acid (g)	0.65	0.79
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	34.63	42.52

NUTRITIONAL INFO



Smoked Cheeseburger w/ Bun

NUTRIENTS	Per Serving
BASIC COMPONENTS	
Gram Weight (g)	243.78
Calories (kcal)	678.53
Calories from Fat (kcal)	299.85
Calories from SatFat (kcal)	117.55
Protein (g)	48.75
Carbohydrates (g)	41.14
Total Dietary Fiber (g)	>0.26
Soluble Fiber (g)	>0
Dietary Fiber (2016) (g)	1.26
Soluble Fiber (2016) (g)	>0
Total Sugars (g)	7.19
Added Sugars (g)	6.00
Monosaccharides (g)	>0.01
Disaccharides (g)	>0.00
Other Carbs (g)	>0.69
Fat (g)	33.32
Saturated Fat (g)	13.06
Mono Fat (g)	>11.62
Poly Fat (g)	>0.77
Trans Fatty Acid (g)	>1.14
Cholesterol (mg)	148.24
Water (g)	>85.47
VITAMINS	
Vitamin A - IU (IU)	>73.87
Vitamin A - RAE (RAE)	>6.09
Carotenoid RE (RE)	>3.02
Retinol RE (RE)	>4.58
Beta-Carotene (mcg)	>11.10
Vitamin B1 Thiamin (mg)	>0.07
Vitamin B2 Riboflavin (mg)	>0.29
Vitamin B3 Niacin (mg)	-
Vitamin B3 - Niacin Equiv (mg)	-
Vitamin B6 (mg)	>0.66
Vitamin B12 (mcg)	>4.25
Biotin (mcg)	--
Vitamin C (mg)	>0.23
Vitamin D - IU (IU)	>3.04
Vitamin D - mcg (mcg)	>2.80
Vitamin E - Alpha-Toco (mg)	>0.20
Folate (mcg)	>77.08
Folate, DFE (mcg)	>137.08
Vitamin K (mcg)	>3.97
Pantothenic Acid (mg)	>1.24

NUTRIENTS	Per Serving
MINERALS	
Calcium (mg)	139.07
Chromium (mcg)	>3.73
Copper (mg)	>0.15
Fluoride (mg)	>34.044
Iodine (mcg)	>60.69
Iron (mg)	6.93
Magnesium (mg)	>36.89
Manganese (mg)	>0.14
Molybdenum (mcg)	-
Phosphorus (mg)	>346.46
Potassium (mg)	>628.28
Selenium (mcg)	>32.91
Sodium (mg)	989.26
Zinc (mg)	>9.75
POLYFATS	
Omega 3 Fatty Acid (g)	>0.02
Omega 6 Fatty Acid (g)	>0.72
OTHER NUTRIENTS	
Alcohol (g)	0.00
Caffeine (mg)	0.00
Choline (mg)	-

NUTRITIONAL INFO



Smoked Salmon

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	234.50	100.00
Calories (kcal)	372.96	159.05
Calories from Fat (kcal)	180.32	76.90
Calories from SatFat (kcal)	52.85	22.54
Protein (g)	45.06	19.21
Carbohydrates (g)	0.00	0.00
Dietary Fiber (g)	0.00	0.00
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	0.00	0.00
Monosaccharides (g)	0.00	0.00
Disaccharides (g)	0.00	0.00
Other Carbs (g)	0.00	0.00
Fat (g)	20.14	8.59
Saturated Fat (g)	5.87	2.50
Mono Fat (g)	6.26	2.67
Poly Fat (g)	5.97	2.55
Trans Fatty Acid (g)	0.23	0.10
Cholesterol (mg)	140.00	59.70
Water (g)	156.48	66.73
VITAMINS		
Vitamin A - IU (IU)	268.15	114.35
Vitamin A - RAE (RAE)	75.78	32.32
Carotenoid RE (RE)	1.85	0.79
Retinol RE (RE)	74.86	31.92
Beta-Carotene (mcg)	11.22	4.78
Vitamin B1 (mg)	0.51	0.22
Vitamin B2 (mg)	0.86	0.37
Vitamin B3 (mg)	17.83	7.60
Vitamin B3 - Niacin Equiv (mg)	26.23	11.19
Vitamin B6 (mg)	1.86	0.79
Vitamin B12 (mcg)	7.22	3.08
Biotin (mcg)	11.34	4.84
Vitamin C (mg)	0.00	0.00
Vitamin D - IU (IU)	4.26	1.82
Vitamin D - mcg (mcg)	0.11	0.05
Vitamin E - Alpha-Toco (mg)	0.16	0.07
Folate (mcg)	56.91	24.27
Folate, DFE (mcg)	56.91	24.27
Vitamin K (mcg)	0.50	0.21
Pantothenic Acid (mg)	3.78	1.61

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	28.92	12.33
Chromium (mcg)	0.09	0.04
Copper (mg)	0.57	0.24
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	1.82	0.77
Magnesium (mg)	65.91	28.11
Manganese (mg)	0.04	0.02
Molybdenum (mcg)	102.06	43.52
Phosphorus (mg)	455.30	194.16
Potassium (mg)	1113.01	474.64
Selenium (mcg)	82.85	35.33
Sodium (mg)	310.48	132.40
Zinc (mg)	1.46	0.62
POLYFATS		
Omega 3 Fatty Acid (g)	4.79	2.04
Omega 6 Fatty Acid (g)	1.19	0.51
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	1.33	0.57

NUTRITIONAL INFO



Turkey (Meat Market 8 oz. portion)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.80	100.00
Calories (kcal)	398.35	175.64
Calories from Fat (kcal)	120.78	53.26
Calories from SatFat (kcal)	29.39	12.96
Protein (g)	63.70	28.09
Carbohydrates (g)	1.51	0.66
Dietary Fiber (g)	0.42	0.18
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	0.10	0.04
Monosaccharides (g)	0.03	0.01
Disaccharides (g)	0.06	0.03
Other Carbs (g)	0.96	0.43
Fat (g)	13.42	5.92
Saturated Fat (g)	3.27	1.44
Mono Fat (g)	3.89	1.71
Poly Fat (g)	5.24	2.31
Trans Fatty Acid (g)	0.12	0.05
Cholesterol (mg)	222.97	98.31
Water (g)	147.03	64.83
VITAMINS		
Vitamin A - IU (IU)	161.19	71.07
Vitamin A - RAE (RAE)	16.10	7.10
Carotenoid RE (RE)	12.77	5.63
Retinol RE (RE)	9.71	4.28
Beta-Carotene (mcg)	67.70	29.85
Vitamin B1 (mg)	0.11	0.05
Vitamin B2 (mg)	0.62	0.27
Vitamin B3 (mg)	20.75	9.15
Vitamin B3 - Niacin Equiv (mg)	32.06	14.14
Vitamin B6 (mg)	1.43	0.63
Vitamin B12 (mcg)	2.06	0.91
Biotin (mcg)	-	-
Vitamin C (mg)	0.15	0.07
Vitamin D - IU (IU)	22.26	9.82
Vitamin D - mcg (mcg)	0.67	0.29
Vitamin E - Alpha-Toco (mg)	0.44	0.19
Folate (mcg)	20.90	9.21
Folate, DFE (mcg)	20.90	9.21
Vitamin K (mcg)	12.74	5.62
Pantothenic Acid (mg)	2.11	0.93

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	35.56	15.68
Chromium (mcg)	0.12	0.05
Copper (mg)	0.22	0.10
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	2.46	1.09
Magnesium (mg)	65.90	29.05
Manganese (mg)	0.13	0.06
Molybdenum (mcg)	7.41	3.27
Phosphorus (mg)	491.66	216.79
Potassium (mg)	549.96	242.49
Selenium (mcg)	67.38	29.71
Sodium (mg)	263.26	116.08
Zinc (mg)	5.53	2.44
POLYFATS		
Omega 3 Fatty Acid (g)	0.50	0.22
Omega 6 Fatty Acid (g)	4.67	2.06
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	197.00	86.86

NUTRITIONAL INFO



Turkey (Sandwich 6oz. portion)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	213.10	100.00
Calories (kcal)	418.30	196.30
Calories from Fat (kcal)	105.14	49.34
Calories from SatFat (kcal)	25.47	11.95
Protein (g)	52.02	24.41
Carbohydrates (g)	22.69	10.65
Dietary Fiber (g)	1.22	0.57
Soluble Fiber (g)	0.26	0.12
Total Sugars (g)	2.82	1.32
Monosaccharides (g)	1.90	0.89
Disaccharides (g)	0.91	0.43
Other Carbs (g)	18.65	8.75
Fat (g)	11.68	5.48
Saturated Fat (g)	2.83	1.33
Mono Fat (g)	3.30	1.55
Poly Fat (g)	4.62	2.17
Trans Fatty Acid (g)	0.09	0.04
Cholesterol (mg)	167.22	78.47
Water (g)	124.97	58.65
VITAMINS		
Vitamin A - IU (IU)	121.32	56.93
Vitamin A - RAE (RAE)	12.10	5.68
Carotenoid RE (RE)	9.62	4.51
Retinol RE (RE)	7.29	3.42
Beta-Carotene (mcg)	50.78	23.83
Vitamin B1 (mg)	0.36	0.17
Vitamin B2 (mg)	0.55	0.26
Vitamin B3 (mg)	17.61	8.27
Vitamin B3 - Niacin Equiv (mg)	26.09	12.25
Vitamin B6 (mg)	1.10	0.52
Vitamin B12 (mcg)	1.63	0.76
Biotin (mcg)	0.44	0.21
Vitamin C (mg)	0.67	0.31
Vitamin D - IU (IU)	16.70	7.84
Vitamin D - mcg (mcg)	0.50	0.23
Vitamin E - Alpha-Toco (mg)	0.36	0.17
Folate (mcg)	63.40	29.75
Folate, DFE (mcg)	89.20	41.86
Vitamin K (mcg)	10.89	5.11
Pantothenic Acid (mg)	1.58	0.74

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	101.06	47.43
Chromium (mcg)	0.09	0.04
Copper (mg)	0.22	0.10
Fluoride (mg)	0.00	0.00
Iodine (mcg)	7.32	3.44
Iron (mg)	3.32	1.56
Magnesium (mg)	59.74	28.03
Manganese (mg)	0.34	0.16
Molybdenum (mcg)	5.56	2.61
Phosphorus (mg)	414.76	194.63
Potassium (mg)	467.08	219.19
Selenium (mcg)	60.34	28.32
Sodium (mg)	412.45	193.55
Zinc (mg)	4.52	2.12
POLYFATS		
Omega 3 Fatty Acid (g)	0.45	0.21
Omega 6 Fatty Acid (g)	4.12	1.93
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	154.03	72.28

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



Turkey (Slider)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	81.45	100.00
Calories (kcal)	179.59	220.49
Calories from Fat (kcal)	43.70	53.65
Calories from SatFat (kcal)	7.35	9.02
Protein (g)	17.93	22.01
Carbohydrates (g)	15.38	18.88
Dietary Fiber (g)	0.10	0.13
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	0.03	0.03
Monosaccharides (g)	0.01	0.01
Disaccharides (g)	0.01	0.02
Other Carbs (g)	15.24	18.71
Fat (g)	4.86	5.96
Saturated Fat (g)	0.82	1.00
Mono Fat (g)	0.97	1.19
Poly Fat (g)	1.31	1.61
Trans Fatty Acid (g)	0.03	0.04
Cholesterol (mg)	55.74	68.44
Water (g)	36.76	45.13
VITAMINS		
Vitamin A - IU (IU)	40.30	49.47
Vitamin A - RAE (RAE)	4.02	4.94
Carotenoid RE (RE)	3.19	3.92
Retinol RE (RE)	2.43	2.98
Beta-Carotene (mcg)	16.93	20.78
Vitamin B1 (mg)	0.03	0.03
Vitamin B2 (mg)	0.15	0.19
Vitamin B3 (mg)	5.19	6.37
Vitamin B3 - Niacin Equiv (mg)	8.02	9.84
Vitamin B6 (mg)	0.36	0.44
Vitamin B12 (mcg)	0.51	0.63
Biotin (mcg)	-	-
Vitamin C (mg)	0.04	0.05
Vitamin D - IU (IU)	5.57	6.83
Vitamin D - mcg (mcg)	0.17	0.20
Vitamin E - Alpha-Toco (mg)	0.11	0.14
Folate (mcg)	5.22	6.41
Folate, DFE (mcg)	5.22	6.41
Vitamin K (mcg)	3.18	3.91
Pantothenic Acid (mg)	0.53	0.65

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	8.89	10.92
Chromium (mcg)	0.03	0.04
Copper (mg)	0.05	0.07
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	0.62	0.76
Magnesium (mg)	16.47	20.23
Manganese (mg)	0.03	0.04
Molybdenum (mcg)	1.85	2.28
Phosphorus (mg)	122.92	150.91
Potassium (mg)	137.49	168.80
Selenium (mcg)	16.85	20.68
Sodium (mg)	65.82	80.81
Zinc (mg)	1.38	1.70
POLYFATS		
Omega 3 Fatty Acid (g)	0.13	0.15
Omega 6 Fatty Acid (g)	1.17	1.43
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	49.25	60.47

NUTRITIONAL INFO

MISSION BBQ®
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SIDES

NUTRITIONAL INFO

MISSION BBQ®
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Baked Beans with Brisket

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	184.27	100.00
Calories (kcal)	199.35	108.18
Calories from Fat (kcal)	21.44	11.64
Calories from SatFat (kcal)	6.21	3.37
Protein (g)	9.23	5.01
Carbohydrates (g)	35.42	19.22
Dietary Fiber (g)	7.07	3.84
Soluble Fiber (g)	0.01	0.01
Total Sugars (g)	17.75	9.64
Monosaccharides (g)	4.09	2.22
Disaccharides (g)	2.96	1.61
Other Carbs (g)	10.59	5.75
Fat (g)	2.38	1.29
Saturated Fat (g)	0.69	0.37
Mono Fat (g)	1.11	0.60
Poly Fat (g)	0.38	0.21
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	8.32	4.51
Water (g)	128.89	69.94
VITAMINS		
Vitamin A - IU (IU)	397.36	215.64
Vitamin A - RAE (RAE)	19.91	10.80
Carotenoid RE (RE)	39.74	21.57
Retinol RE (RE)	0.04	0.02
Beta-Carotene (mcg)	211.52	114.79
Vitamin B1 (mg)	0.16	0.09
Vitamin B2 (mg)	0.13	0.07
Vitamin B3 (mg)	1.34	0.73
Vitamin B3 - Niacin Equiv (mg)	2.93	1.59
Vitamin B6 (mg)	0.21	0.11
Vitamin B12 (mcg)	0.17	0.09
Biotin (mcg)	-	-
Vitamin C (mg)	2.89	1.57
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.75	0.41
Folate (mcg)	48.55	26.35
Folate, DFE (mcg)	48.55	26.35
Vitamin K (mcg)	6.96	3.78
Pantothenic Acid (mg)	0.28	0.15

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	67.15	36.44
Chromium (mcg)	1.43	0.78
Copper (mg)	0.25	0.14
Fluoride (mg)	0.01	0.00
Iodine (mcg)	-	-
Iron (mg)	2.40	1.30
Magnesium (mg)	55.04	29.87
Manganese (mg)	0.34	0.18
Molybdenum (mcg)	94.48	51.27
Phosphorus (mg)	140.08	76.02
Potassium (mg)	519.83	282.10
Selenium (mcg)	4.59	2.49
Sodium (mg)	670.41	363.82
Zinc (mg)	1.22	0.66
POLYFATS		
Omega 3 Fatty Acid (g)	0.08	0.05
Omega 6 Fatty Acid (g)	0.26	0.14
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	56.78	30.82

NUTRITIONAL INFO

MISSION BBQ®
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Cold Slaw

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	127.57	100.00
Calories (kcal)	156.08	122.34
Calories from Fat (kcal)	85.53	67.04
Calories from SatFat (kcal)	12.61	9.88
Protein (g)	1.44	1.13
Carbohydrates (g)	17.78	13.94
Dietary Fiber (g)	2.27	1.78
Soluble Fiber (g)	0.11	0.08
Total Sugars (g)	9.80	7.69
Monosaccharides (g)	2.50	1.96
Disaccharides (g)	5.39	4.22
Other Carbs (g)	5.71	4.47
Fat (g)	9.50	7.45
Saturated Fat (g)	1.40	1.10
Mono Fat (g)	2.59	2.03
Poly Fat (g)	5.05	3.96
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	7.23	5.67
Water (g)	96.48	75.63
VITAMINS		
Vitamin A - IU (IU)	1627.46	1275.71
Vitamin A - RAE (RAE)	84.17	65.98
Carotenoid RE (RE)	161.64	126.70
Retinol RE (RE)	3.35	2.63
Beta-Carotene (mcg)	798.51	625.92
Vitamin B1 (mg)	0.06	0.05
Vitamin B2 (mg)	0.05	0.04
Vitamin B3 (mg)	0.31	0.24
Vitamin B3 - Niacin Equiv (mg)	0.52	0.41
Vitamin B6 (mg)	0.12	0.10
Vitamin B12 (mcg)	0.06	0.05
Biotin (mcg)	1.88	1.48
Vitamin C (mg)	29.27	22.95
Vitamin D - IU (IU)	1.11	0.87
Vitamin D - mcg (mcg)	0.03	0.02
Vitamin E - Alpha-Toco (mg)	0.75	0.59
Folate (mcg)	35.87	28.11
Folate, DFE (mcg)	35.87	28.11
Vitamin K (mcg)	70.44	55.22
Pantothenic Acid (mg)	0.25	0.20

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	48.37	37.91
Chromium (mcg)	0.06	0.05
Copper (mg)	0.03	0.03
Fluoride (mg)	0.00	0.00
Iodine (mcg)	0.13	0.11
Iron (mg)	0.77	0.60
Magnesium (mg)	13.79	10.81
Manganese (mg)	0.20	0.16
Molybdenum (mcg)	4.02	3.15
Phosphorus (mg)	34.92	27.37
Potassium (mg)	189.44	148.49
Selenium (mcg)	0.92	0.72
Sodium (mg)	261.24	204.77
Zinc (mg)	0.25	0.20
POLYFATS		
Omega 3 Fatty Acid (g)	0.56	0.44
Omega 6 Fatty Acid (g)	4.49	3.52
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	14.08	11.04

NUTRITIONAL INFO

MISSION BBQ®
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Cornbread

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	70.87	100.00
Calories (kcal)	205.46	289.90
Calories from Fat (kcal)	76.49	107.93
Calories from SatFat (kcal)	45.31	63.94
Protein (g)	3.56	5.02
Carbohydrates (g)	28.70	40.50
Dietary Fiber (g)	0.82	1.16
Soluble Fiber (g)	0.24	0.33
Total Sugars (g)	11.43	16.13
Monosaccharides (g)	0.15	0.22
Disaccharides (g)	10.34	14.59
Other Carbs (g)	16.45	23.21
Fat (g)	8.62	12.17
Saturated Fat (g)	5.03	7.10
Mono Fat (g)	2.29	3.23
Poly Fat (g)	0.57	0.81
Trans Fatty Acid (g)	0.28	0.40
Cholesterol (mg)	48.63	68.61
Water (g)	29.08	41.03
VITAMINS		
Vitamin A - IU (IU)	319.82	451.25
Vitamin A - RAE (RAE)	81.23	114.61
Carotenoid RE (RE)	6.06	8.54
Retinol RE (RE)	78.20	110.34
Beta-Carotene (mcg)	28.59	40.34
Vitamin B1 (mg)	0.15	0.22
Vitamin B2 (mg)	0.17	0.23
Vitamin B3 (mg)	1.24	1.74
Vitamin B3 - Niacin Equiv (mg)	1.87	2.64
Vitamin B6 (mg)	0.05	0.07
Vitamin B12 (mcg)	0.17	0.24
Biotin (mcg)	2.04	2.88
Vitamin C (mg)	0.14	0.20
Vitamin D - IU (IU)	20.99	29.62
Vitamin D - mcg (mcg)	0.52	0.74
Vitamin E - Alpha-Toco (mg)	0.31	0.44
Folate (mcg)	48.64	68.62
Folate, DFE (mcg)	74.01	104.42
Vitamin K (mcg)	0.72	1.02
Pantothenic Acid (mg)	0.27	0.38

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	29.67	41.87
Chromium (mcg)	0.19	0.26
Copper (mg)	0.04	0.05
Fluoride (mg)	0.00	0.00
Iodine (mcg)	4.01	5.66
Iron (mg)	1.13	1.59
Magnesium (mg)	10.02	14.14
Manganese (mg)	0.10	0.13
Molybdenum (mcg)	1.29	1.81
Phosphorus (mg)	58.19	82.10
Potassium (mg)	74.58	105.23
Selenium (mcg)	7.65	10.80
Sodium (mg)	228.22	322.01
Zinc (mg)	0.35	0.49
POLYFATS		
Omega 3 Fatty Acid (g)	0.05	0.08
Omega 6 Fatty Acid (g)	0.51	0.72
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	29.48	41.59

NUTRITIONAL INFO



Fresh Cut Fries

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.65	100.00
Calories (kcal)	376.60	166.22
Calories from Fat (kcal)	252.52	98.39
Calories from SatFat (kcal)	78.18	30.46
Protein (g)	4.65	1.81
Carbohydrates (g)	39.94	15.56
Dietary Fiber (g)	3.48	1.36
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	1.78	0.69
Monosaccharides (g)	0.00	0.00
Disaccharides (g)	0.01	0.00
Other Carbs (g)	0.24	0.09
Fat (g)	28.56	11.13
Saturated Fat (g)	8.69	3.38
Mono Fat (g)	14.46	5.63
Poly Fat (g)	4.13	1.61
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	0.00	0.00
Water (g)	180.10	70.17
VITAMINS		
Vitamin A - IU (IU)	1.00	0.39
Vitamin A - RAE (RAE)	0.05	0.02
Carotenoid RE (RE)	0.10	0.04
Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)	0.57	0.22
Vitamin B1 (mg)	0.18	0.07
Vitamin B2 (mg)	0.07	0.03
Vitamin B3 (mg)	2.39	0.93
Vitamin B3 - Niacin Equiv (mg)	3.61	1.41
Vitamin B6 (mg)	0.67	0.26
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	-	-
Vitamin C (mg)	42.75	16.66
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.03	0.01
Folate (mcg)	36.45	14.20
Folate, DFE (mcg)	36.45	14.20
Vitamin K (mcg)	4.61	1.80
Pantothenic Acid (mg)	0.68	0.26

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	28.49	11.10
Chromium (mcg)	0.04	0.02
Copper (mg)	0.25	0.10
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	1.81	0.70
Magnesium (mg)	52.69	20.53
Manganese (mg)	0.37	0.15
Molybdenum (mcg)	-	-
Phosphorus (mg)	130.68	50.92
Potassium (mg)	960.55	374.27
Selenium (mcg)	0.76	0.29
Sodium (mg)	419.41	163.42
Zinc (mg)	0.67	0.26
POLYFATS		
Omega 3 Fatty Acid (g)	0.17	0.07
Omega 6 Fatty Acid (g)	3.86	1.50
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	0.20	0.08

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



Green Beans & Bacon

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	170.10	100.00
Calories (kcal)	132.17	77.70
Calories from Fat (kcal)	66.96	39.37
Calories from SatFat (kcal)	21.92	12.89
Protein (g)	7.89	4.64
Carbohydrates (g)	9.23	5.42
Dietary Fiber (g)	2.81	1.65
Soluble Fiber (g)	1.02	0.60
Total Sugars (g)	3.69	2.17
Monosaccharides (g)	0.57	0.33
Disaccharides (g)	2.10	1.24
Other Carbs (g)	2.73	1.60
Fat (g)	7.44	4.37
Saturated Fat (g)	2.44	1.43
Mono Fat (g)	3.23	1.90
Poly Fat (g)	0.87	0.51
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	19.15	11.26
Water (g)	141.90	83.43
VITAMINS		
Vitamin A - IU (IU)	487.79	286.77
Vitamin A - RAE (RAE)	25.98	15.27
Carotenoid RE (RE)	48.14	28.30
Retinol RE (RE)	1.91	1.13
Beta-Carotene (mcg)	287.17	168.82
Vitamin B1 (mg)	0.11	0.06
Vitamin B2 (mg)	0.13	0.07
Vitamin B3 (mg)	2.27	1.34
Vitamin B3 - Niacin Equiv (mg)	3.45	2.03
Vitamin B6 (mg)	0.13	0.08
Vitamin B12 (mcg)	0.21	0.13
Biotin (mcg)	0.61	0.36
Vitamin C (mg)	4.72	2.78
Vitamin D - IU (IU)	7.31	4.30
Vitamin D - mcg (mcg)	0.17	0.10
Vitamin E - Alpha-Toco (mg)	0.10	0.06
Folate (mcg)	22.79	13.40
Folate, DFE (mcg)	22.79	13.40
Vitamin K (mcg)	10.70	6.29
Pantothenic Acid (mg)	0.27	0.16

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	42.87	25.20
Chromium (mcg)	1.38	0.81
Copper (mg)	0.09	0.05
Fluoride (mg)	0.05	0.03
Iodine (mcg)	0.35	0.20
Iron (mg)	0.85	0.50
Magnesium (mg)	23.88	14.04
Manganese (mg)	0.27	0.16
Molybdenum (mcg)	0.87	0.51
Phosphorus (mg)	122.20	71.84
Potassium (mg)	257.98	151.67
Selenium (mcg)	11.24	6.61
Sodium (mg)	1015.83	597.21
Zinc (mg)	0.84	0.50
POLYFATS		
Omega 3 Fatty Acid (g)	0.08	0.04
Omega 6 Fatty Acid (g)	0.08	0.04
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	33.75	19.84

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



Maggie's Mac-N-Cheese

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	170.10	100.00
Calories (kcal)	304.33	178.92
Calories from Fat (kcal)	177.66	104.45
Calories from SatFat (kcal)	99.40	58.43
Protein (g)	15.32	9.01
Carbohydrates (g)	17.36	10.21
Dietary Fiber (g)	1.43	0.84
Soluble Fiber (g)	0.09	0.05
Total Sugars (g)	3.98	2.34
Monosaccharides (g)	0.15	0.09
Disaccharides (g)	2.28	1.34
Other Carbs (g)	11.93	7.01
Fat (g)	19.83	11.66
Saturated Fat (g)	11.04	6.49
Mono Fat (g)	4.02	2.36
Poly Fat (g)	1.04	0.61
Trans Fatty Acid (g)	0.24	0.14
Cholesterol (mg)	49.66	29.20
Water (g)	90.49	53.20
VITAMINS		
Vitamin A - IU (IU)	800.63	470.69
Vitamin A - RAE (RAE)	125.45	73.75
Carotenoid RE (RE)	13.65	8.02
Retinol RE (RE)	118.63	69.74
Beta-Carotene (mcg)	32.89	19.34
Vitamin B1 (mg)	0.14	0.08
Vitamin B2 (mg)	0.45	0.26
Vitamin B3 (mg)	0.63	0.37
Vitamin B3 - Niacin Equiv (mg)	4.49	2.64
Vitamin B6 (mg)	0.06	0.04
Vitamin B12 (mcg)	0.83	0.49
Biotin (mcg)	1.71	1.00
Vitamin C (mg)	1.94	1.14
Vitamin D - IU (IU)	36.18	21.27
Vitamin D - mcg (mcg)	0.91	0.54
Vitamin E - Alpha-Toco (mg)	0.31	0.18
Folate (mcg)	38.83	22.83
Folate, DFE (mcg)	45.31	26.64
Vitamin K (mcg)	2.80	1.65
Pantothenic Acid (mg)	0.43	0.25

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	413.74	243.23
Chromium (mcg)	0.12	0.07
Copper (mg)	0.06	0.03
Fluoride (mg)	0.02	0.01
Iodine (mcg)	19.71	11.59
Iron (mg)	1.11	0.65
Magnesium (mg)	17.83	10.48
Manganese (mg)	0.14	0.08
Molybdenum (mcg)	2.17	1.27
Phosphorus (mg)	355.56	209.03
Potassium (mg)	170.22	100.07
Selenium (mcg)	14.87	8.74
Sodium (mg)	997.84	586.63
Zinc (mg)	1.72	1.01
POLYFATS		
Omega 3 Fatty Acid (g)	0.21	0.12
Omega 6 Fatty Acid (g)	0.83	0.49
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	13.76	8.09

NUTRITIONAL INFO

MISSION BBQ®
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Salad (Entree)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	181.57	100.00
Calories (kcal)	34.10	18.78
Calories from Fat (kcal)	3.02	1.66
Calories from SatFat (kcal)	0.43	0.23
Protein (g)	1.86	1.03
Carbohydrates (g)	7.43	4.09
Dietary Fiber (g)	2.91	1.60
Soluble Fiber (g)	0.17	0.09
Total Sugars (g)	3.86	2.13
Monosaccharides (g)	3.19	1.76
Disaccharides (g)	0.67	0.37
Other Carbs (g)	0.66	0.36
Fat (g)	0.34	0.18
Saturated Fat (g)	0.05	0.03
Mono Fat (g)	0.02	0.01
Poly Fat (g)	0.17	0.09
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	0.00	0.00
Water (g)	171.04	94.20
VITAMINS		
Vitamin A - IU (IU)	6653.88	3664.68
Vitamin A - RAE (RAE)	332.69	183.23
Carotenoid RE (RE)	665.39	366.47
Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)	3740.35	2060.02
Vitamin B1 (mg)	0.09	0.05
Vitamin B2 (mg)	0.07	0.04
Vitamin B3 (mg)	0.56	0.31
Vitamin B3 - Niacin Equiv (mg)	0.82	0.45
Vitamin B6 (mg)	0.14	0.08
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	3.80	2.09
Vitamin C (mg)	13.92	7.67
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.41	0.22
Folate (mcg)	91.99	50.66
Folate, DFE (mcg)	91.99	50.66
Vitamin K (mcg)	77.12	42.47
Pantothenic Acid (mg)	0.24	0.13

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	44.13	24.30
Chromium (mcg)	1.76	0.97
Copper (mg)	0.07	0.04
Fluoride (mg)	0.00	0.00
Iodine (mcg)	4.30	2.37
Iron (mg)	0.98	0.54
Magnesium (mg)	19.77	10.89
Manganese (mg)	0.25	0.14
Molybdenum (mcg)	9.33	5.14
Phosphorus (mg)	46.39	25.55
Potassium (mg)	367.68	202.50
Selenium (mcg)	0.73	0.40
Sodium (mg)	26.91	14.82
Zinc (mg)	0.35	0.19
POLYFATS		
Omega 3 Fatty Acid (g)	0.09	0.05
Omega 6 Fatty Acid (g)	0.07	0.04
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	16.53	9.10

NUTRITIONAL INFO



Salad (Side)

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	70.94	100.00
Calories (kcal)	14.05	19.81
Calories from Fat (kcal)	1.16	1.63
Calories from SatFat (kcal)	0.17	0.23
Protein (g)	0.73	1.03
Carbohydrates (g)	3.10	4.37
Dietary Fiber (g)	1.16	1.64
Soluble Fiber (g)	0.08	0.12
Total Sugars (g)	1.61	2.27
Monosaccharides (g)	1.28	1.81
Disaccharides (g)	0.33	0.46
Other Carbs (g)	0.33	0.46
Fat (g)	0.13	0.18
Saturated Fat (g)	0.02	0.03
Mono Fat (g)	0.01	0.01
Poly Fat (g)	0.06	0.09
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	0.00	0.00
Water (g)	66.62	93.90
VITAMINS		
Vitamin A - IU (IU)	2628.93	3705.88
Vitamin A - RAE (RAE)	131.45	185.29
Carotenoid RE (RE)	262.89	370.59
Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)	1451.64	2046.31
Vitamin B1 (mg)	0.04	0.05
Vitamin B2 (mg)	0.03	0.04
Vitamin B3 (mg)	0.24	0.34
Vitamin B3 - Niacin Equiv (mg)	0.34	0.48
Vitamin B6 (mg)	0.06	0.09
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	1.52	2.14
Vitamin C (mg)	6.32	8.91
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.17	0.24
Folate (mcg)	32.44	45.73
Folate, DFE (mcg)	32.44	45.73
Vitamin K (mcg)	28.06	39.56
Pantothenic Acid (mg)	0.10	0.14

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	17.40	24.52
Chromium (mcg)	0.62	0.87
Copper (mg)	0.03	0.04
Fluoride (mg)	0.00	0.00
Iodine (mcg)	1.50	2.11
Iron (mg)	0.37	0.52
Magnesium (mg)	7.99	11.26
Manganese (mg)	0.10	0.14
Molybdenum (mcg)	3.48	4.90
Phosphorus (mg)	18.50	26.07
Potassium (mg)	148.13	208.81
Selenium (mcg)	0.32	0.46
Sodium (mg)	11.62	16.37
Zinc (mg)	0.14	0.20
POLYFATS		
Omega 3 Fatty Acid (g)	0.03	0.05
Omega 6 Fatty Acid (g)	0.03	0.04
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	6.70	9.44

NUTRITIONAL INFO

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SAUCES

NUTRITIONAL INFO

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Alabama White Sauce

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	161.26	568.81
Calories from Fat (kcal)	155.79	549.51
Calories from SatFat (kcal)	24.37	85.97
Protein (g)	0.25	0.88
Carbohydrates (g)	1.24	4.38
Dietary Fiber (g)	0.07	0.25
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	0.54	1.91
Monosaccharides (g)	0.02	0.08
Disaccharides (g)	0.48	1.70
Other Carbs (g)	0.63	2.23
Fat (g)	17.31	61.06
Saturated Fat (g)	2.71	9.55
Mono Fat (g)	3.89	13.74
Poly Fat (g)	10.33	36.44
Trans Fatty Acid (g)	0.04	0.15
Cholesterol (mg)	9.70	34.22
Water (g)	5.36	18.91
VITAMINS		
Vitamin A - IU (IU)	41.60	146.74
Vitamin A - RAE (RAE)	5.03	17.73
Carotenoid RE (RE)	3.12	11.01
Retinol RE (RE)	3.47	12.22
Beta-Carotene (mcg)	15.38	54.23
Vitamin B1 (mg)	0.00	0.01
Vitamin B2 (mg)	0.01	0.02
Vitamin B3 (mg)	0.01	0.03
Vitamin B3 - Niacin Equiv (mg)	0.07	0.24
Vitamin B6 (mg)	0.00	0.01
Vitamin B12 (mcg)	0.03	0.10
Biotin (mcg)	-	-
Vitamin C (mg)	0.14	0.51
Vitamin D - IU (IU)	1.62	5.70
Vitamin D - mcg (mcg)	0.05	0.16
Vitamin E - Alpha-Toco (mg)	0.78	2.74
Folate (mcg)	1.47	5.19
Folate, DFE (mcg)	1.47	5.19
Vitamin K (mcg)	37.97	133.93
Pantothenic Acid (mg)	0.04	0.15

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	2.86	10.10
Chromium (mcg)	0.07	0.26
Copper (mg)	0.01	0.02
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	0.07	0.25
Magnesium (mg)	0.70	2.47
Manganese (mg)	0.02	0.08
Molybdenum (mcg)	-	-
Phosphorus (mg)	5.40	19.06
Potassium (mg)	8.94	31.52
Selenium (mcg)	0.56	1.97
Sodium (mg)	285.44	1006.84
Zinc (mg)	0.04	0.15
POLYFATS		
Omega 3 Fatty Acid (g)	1.26	4.45
Omega 6 Fatty Acid (g)	9.06	31.96
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	7.98	28.13

NUTRITIONAL INFO

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Baja Bold Sauce

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.50	100.00
Calories (kcal)	33.54	117.70
Calories from Fat (kcal)	0.78	2.74
Calories from SatFat (kcal)	0.13	0.44
Protein (g)	0.33	1.15
Carbohydrates (g)	8.06	28.28
Dietary Fiber (g)	0.17	0.60
Soluble Fiber (g)	0.01	0.05
Total Sugars (g)	6.09	21.37
Monosaccharides (g)	3.84	13.47
Disaccharides (g)	0.60	2.10
Other Carbs (g)	1.71	5.98
Fat (g)	0.09	0.30
Saturated Fat (g)	0.01	0.05
Mono Fat (g)	0.02	0.06
Poly Fat (g)	0.04	0.13
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	0.00	0.00
Water (g)	14.15	49.66
VITAMINS		
Vitamin A - IU (IU)	173.88	610.12
Vitamin A - RAE (RAE)	8.69	30.51
Carotenoid RE (RE)	17.39	61.01
Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)	99.19	348.04
Vitamin B1 (mg)	0.00	0.01
Vitamin B2 (mg)	0.04	0.13
Vitamin B3 (mg)	0.31	1.09
Vitamin B3 - Niacin Equiv (mg)	0.33	1.16
Vitamin B6 (mg)	0.04	0.14
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	-	-
Vitamin C (mg)	0.98	3.45
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.35	1.23
Folate (mcg)	2.11	7.41
Folate, DFE (mcg)	2.11	7.41
Vitamin K (mcg)	0.71	2.48
Pantothenic Acid (mg)	0.01	0.04

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	4.74	16.62
Chromium (mcg)	1.20	4.22
Copper (mg)	0.03	0.10
Fluoride (mg)	0.00	0.01
Iodine (mcg)	-	-
Iron (mg)	0.15	0.51
Magnesium (mg)	3.61	12.66
Manganese (mg)	0.03	0.10
Molybdenum (mcg)	-	-
Phosphorus (mg)	7.22	25.34
Potassium (mg)	70.32	246.74
Selenium (mcg)	0.13	0.45
Sodium (mg)	353.57	1240.59
Zinc (mg)	0.06	0.22
POLYFATS		
Omega 3 Fatty Acid (g)	0.00	0.01
Omega 6 Fatty Acid (g)	0.03	0.12
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	2.77	9.73

NUTRITIONAL INFO

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Bay-B-Que BBQ Sauce

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	46.42	163.72
Calories from Fat (kcal)	0.21	0.74
Calories from SatFat (kcal)	0.04	0.15
Protein (g)	0.16	0.57
Carbohydrates (g)	11.86	41.83
Dietary Fiber (g)	0.04	0.14
Soluble Fiber (g)	0.01	0.03
Total Sugars (g)	10.93	38.55
Monosaccharides (g)	2.43	8.58
Disaccharides (g)	0.37	1.32
Other Carbs (g)	0.89	3.14
Fat (g)	0.02	0.08
Saturated Fat (g)	0.00	0.02
Mono Fat (g)	0.01	0.02
Poly Fat (g)	0.01	0.05
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	0.00	0.00
Water (g)	11.82	41.69
VITAMINS		
Vitamin A - IU (IU)	69.20	244.10
Vitamin A - RAE (RAE)	3.50	12.34
Carotenoid RE (RE)	6.92	24.42
Retinol RE (RE)	0.03	0.13
Beta-Carotene (mcg)	41.39	145.98
Vitamin B1 (mg)	0.00	0.01
Vitamin B2 (mg)	0.03	0.09
Vitamin B3 (mg)	0.21	0.74
Vitamin B3 - Niacin Equiv (mg)	0.22	0.78
Vitamin B6 (mg)	0.02	0.07
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	-	-
Vitamin C (mg)	1.01	3.55
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.19	0.68
Folate (mcg)	1.46	5.14
Folate, DFE (mcg)	1.46	5.14
Vitamin K (mcg)	0.40	1.41
Pantothenic Acid (mg)	0.01	0.02

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	5.99	21.12
Chromium (mcg)	0.75	2.65
Copper (mg)	0.02	0.09
Fluoride (mg)	0.00	0.01
Iodine (mcg)	-	-
Iron (mg)	0.25	0.87
Magnesium (mg)	2.41	8.52
Manganese (mg)	0.01	0.05
Molybdenum (mcg)	-	-
Phosphorus (mg)	5.83	20.52
Potassium (mg)	70.01	246.96
Selenium (mcg)	0.06	0.20
Sodium (mg)	395.48	1294.98
Zinc (mg)	0.04	0.13
POLYFATS		
Omega 3 Fatty Acid (g)	0.00	0.00
Omega 6 Fatty Acid (g)	0.01	0.05
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	1.71	6.05

NUTRITIONAL INFO

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Blue Ridge Smoky Mountain Sauce

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	48.13	169.75
Calories from Fat (kcal)	0.47	1.67
Calories from SatFat (kcal)	0.06	0.20
Protein (g)	0.20	0.72
Carbohydrates (g)	12.12	42.77
Dietary Fiber (g)	0.06	0.22
Soluble Fiber (g)	0.01	0.03
Total Sugars (g)	11.01	38.82
Monosaccharides (g)	2.54	8.95
Disaccharides (g)	0.40	1.39
Other Carbs (g)	1.05	3.69
Fat (g)	0.05	0.19
Saturated Fat (g)	0.01	0.02
Mono Fat (g)	0.01	0.03
Poly Fat (g)	0.02	0.06
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	0.00	0.00
Water (g)	10.81	38.12
VITAMINS		
Vitamin A - IU (IU)	69.47	245.03
Vitamin A - RAE (RAE)	3.47	12.25
Carotenoid RE (RE)	6.95	24.50
Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)	41.70	147.07
Vitamin B1 (mg)	0.00	0.02
Vitamin B2 (mg)	0.02	0.08
Vitamin B3 (mg)	0.25	0.88
Vitamin B3 - Niacin Equiv (mg)	0.26	0.93
Vitamin B6 (mg)	0.06	0.22
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	-	-
Vitamin C (mg)	0.71	2.49
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.20	0.70
Folate (mcg)	1.30	4.59
Folate, DFE (mcg)	1.30	4.59
Vitamin K (mcg)	0.39	1.36
Pantothenic Acid (mg)	0.06	0.20

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	15.18	53.55
Chromium (mcg)	0.78	2.77
Copper (mg)	0.05	0.17
Fluoride (mg)	0.00	0.01
Iodine (mcg)	-	-
Iron (mg)	0.35	1.25
Magnesium (mg)	16.69	58.88
Manganese (mg)	0.11	0.38
Molybdenum (mcg)	-	-
Phosphorus (mg)	6.12	21.59
Potassium (mg)	131.83	465.00
Selenium (mcg)	1.13	3.99
Sodium (mg)	129.22	455.82
Zinc (mg)	0.05	0.19
POLYFATS		
Omega 3 Fatty Acid (g)	0.00	0.00
Omega 6 Fatty Acid (g)	0.02	0.06
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	2.55	8.98

NUTRITIONAL INFO

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Gator Bite BBQ Sauce

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	58.06	100.00
Calories (kcal)	93.33	160.75
Calories from Fat (kcal)	0.36	0.63
Calories from SatFat (kcal)	0.05	0.09
Protein (g)	0.11	0.18
Carbohydrates (g)	23.26	40.06
Dietary Fiber (g)	0.17	0.29
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	20.75	35.74
Monosaccharides (g)	12.62	21.73
Disaccharides (g)	0.37	0.63
Other Carbs (g)	2.34	4.03
Fat (g)	0.04	0.07
Saturated Fat (g)	0.01	0.01
Mono Fat (g)	0.01	0.01
Poly Fat (g)	0.02	0.04
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	0.00	0.00
Water (g)	24.32	41.90
VITAMINS		
Vitamin A - IU (IU)	170.48	293.64
Vitamin A - RAE (RAE)	0.99	1.71
Carotenoid RE (RE)	1.99	3.43
Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)	11.19	19.28
Vitamin B1 (mg)	0.00	0.01
Vitamin B2 (mg)	0.01	0.03
Vitamin B3 (mg)	0.05	0.09
Vitamin B3 - Niacin Equiv (mg)	0.07	0.13
Vitamin B6 (mg)	0.02	0.04
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	-	-
Vitamin C (mg)	9.28	15.98
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.01	0.03
Folate (mcg)	1.02	1.76
Folate, DFE (mcg)	1.02	1.76
Vitamin K (mcg)	0.29	0.50
Pantothenic Acid (mg)	0.02	0.04

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	2.77	4.77
Chromium (mcg)	-	-
Copper (mg)	0.01	0.02
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	0.12	0.21
Magnesium (mg)	0.91	1.57
Manganese (mg)	0.02	0.03
Molybdenum (mcg)	-	-
Phosphorus (mg)	1.92	3.30
Potassium (mg)	27.91	48.08
Selenium (mcg)	0.01	0.22
Sodium (mg)	695.37	1197.75
Zinc (mg)	0.05	0.08
POLYFATS		
Omega 3 Fatty Acid (g)	0.00	0.00
Omega 6 Fatty Acid (g)	0.02	0.04
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	0.37	0.64

NUTRITIONAL INFO

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Georgia Mustard BBQ Sauce

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	33.95	119.76
Calories from Fat (kcal)	4.58	16.14
Calories from SatFat (kcal)	0.30	1.06
Protein (g)	0.56	1.99
Carbohydrates (g)	7.38	26.04
Dietary Fiber (g)	0.45	1.59
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	5.42	19.10
Monosaccharides (g)	0.08	0.28
Disaccharides (g)	5.26	18.56
Other Carbs (g)	1.52	5.35
Fat (g)	0.51	1.79
Saturated Fat (g)	0.03	0.12
Mono Fat (g)	0.33	1.17
Poly Fat (g)	0.12	0.43
Trans Fatty Acid (g)	0.00	0.01
Cholesterol (mg)	0.00	0.00
Water (g)	11.30	39.84
VITAMINS		
Vitamin A - IU (IU)	12.46	43.97
Vitamin A - RAE (RAE)	0.63	2.22
Carotenoid RE (RE)	1.25	4.40
Retinol RE (RE)	0.01	0.02
Beta-Carotene (mcg)	5.64	19.88
Vitamin B1 (mg)	0.04	0.15
Vitamin B2 (mg)	0.01	0.02
Vitamin B3 (mg)	0.07	0.26
Vitamin B3 - Niacin Equiv (mg)	0.09	0.33
Vitamin B6 (mg)	0.01	0.03
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	-	-
Vitamin C (mg)	0.42	1.48
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.05	0.17
Folate (mcg)	1.00	3.53
Folate, DFE (mcg)	1.00	3.53
Vitamin K (mcg)	0.49	1.73
Pantothenic Acid (mg)	0.04	0.14

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	8.73	30.79
Chromium (mcg)	0.65	2.31
Copper (mg)	0.01	0.05
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	0.24	0.85
Magnesium (mg)	6.50	22.92
Manganese (mg)	0.07	0.25
Molybdenum (mcg)	-	-
Phosphorus (mg)	13.89	49.00
Potassium (mg)	26.86	94.75
Selenium (mcg)	4.15	14.65
Sodium (mg)	389.80	1374.96
Zinc (mg)	0.08	0.30
POLYFATS		
Omega 3 Fatty Acid (g)	0.06	0.20
Omega 6 Fatty Acid (g)	0.06	0.20
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	2.86	10.09

NUTRITIONAL INFO

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Italian Vinaigrette Dressing

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	42.52	100.00
Calories (kcal)	183.96	432.60
Calories from Fat (kcal)	174.37	410.04
Calories from SatFat (kcal)	13.08	30.75
Protein (g)	0.00	0.01
Carbohydrates (g)	2.24	5.27
Dietary Fiber (g)	0.01	0.02
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	1.17	2.75
Monosaccharides (g)	0.00	0.00
Disaccharides (g)	0.00	0.00
Other Carbs (g)	1.06	2.49
Fat (g)	19.72	46.38
Saturated Fat (g)	1.45	3.42
Mono Fat (g)	12.48	29.35
Poly Fat (g)	5.55	13.05
Trans Fatty Acid (g)	0.08	0.18
Cholesterol (mg)	0.00	0.00
Water (g)	13.03	30.64
VITAMINS		
Vitamin A - IU (IU)	2.29	5.38
Vitamin A - RAE (RAE)	0.11	0.27
Carotenoid RE (RE)	0.23	0.54
Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)	1.21	2.85
Vitamin B1 (mg)	0.00	0.00
Vitamin B2 (mg)	0.00	0.00
Vitamin B3 (mg)	0.00	0.00
Vitamin B3 - Niacin Equiv (mg)	0.00	0.00
Vitamin B6 (mg)	0.00	0.00
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	-	-
Vitamin C (mg)	0.00	0.01
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	3.45	8.11
Folate (mcg)	0.05	0.12
Folate, DFE (mcg)	0.05	0.12
Vitamin K (mcg)	14.26	33.53
Pantothenic Acid (mg)	0.00	0.00

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	0.73	1.72
Chromium (mcg)	-	-
Copper (mg)	0.00	0.00
Fluoride (mg)	0.01	0.02
Iodine (mcg)	-	-
Iron (mg)	0.01	0.03
Magnesium (mg)	0.22	0.52
Manganese (mg)	0.00	0.00
Molybdenum (mcg)	-	-
Phosphorus (mg)	0.05	0.12
Potassium (mg)	0.56	1.31
Selenium (mcg)	0.00	0.00
Sodium (mg)	374.83	881.44
Zinc (mg)	0.00	0.00
POLYFATS		
Omega 3 Fatty Acid (g)	1.80	4.24
Omega 6 Fatty Acid (g)	3.75	8.82
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	0.05	0.12

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



KC Classic BBQ Sauce

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	35.25	124.35
Calories from Fat (kcal)	1.14	4.03
Calories from SatFat (kcal)	0.14	0.50
Protein (g)	0.35	1.24
Carbohydrates (g)	8.39	29.59
Dietary Fiber (g)	0.19	0.67
Soluble Fiber (g)	0.01	0.05
Total Sugars (g)	6.49	22.89
Monosaccharides (g)	3.79	13.35
Disaccharides (g)	2.69	9.50
Other Carbs (g)	1.70	6.01
Fat (g)	0.13	0.45
Saturated Fat (g)	0.02	0.06
Mono Fat (g)	0.03	0.12
Poly Fat (g)	0.04	0.14
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	0.00	0.00
Water (g)	13.96	49.22
VITAMINS		
Vitamin A - IU (IU)	169.59	598.19
Vitamin A - RAE (RAE)	8.48	29.91
Carotenoid RE (RE)	16.96	59.82
Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)	96.49	340.34
Vitamin B1 (mg)	0.00	0.01
Vitamin B2 (mg)	0.04	0.13
Vitamin B3 (mg)	0.31	1.10
Vitamin B3 - Niacin Equiv (mg)	0.33	1.17
Vitamin B6 (mg)	0.04	0.14
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	-	-
Vitamin C (mg)	0.94	3.31
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.35	1.25
Folate (mcg)	2.05	7.23
Folate, DFE (mcg)	2.05	7.23
Vitamin K (mcg)	0.72	2.54
Pantothenic Acid (mg)	0.01	0.04

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	7.22	25.46
Chromium (mcg)	1.19	4.19
Copper (mg)	0.03	0.11
Fluoride (mg)	0.00	0.01
Iodine (mcg)	-	-
Iron (mg)	0.22	0.76
Magnesium (mg)	3.99	14.08
Manganese (mg)	0.04	0.13
Molybdenum (mcg)	-	-
Phosphorus (mg)	7.64	26.95
Potassium (mg)	71.00	250.45
Selenium (mcg)	0.16	0.56
Sodium (mg)	476.02	1679.08
Zinc (mg)	0.07	0.24
POLYFATS		
Omega 3 Fatty Acid (g)	0.00	0.01
Omega 6 Fatty Acid (g)	0.04	0.14
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	2.77	9.79

NUTRITIONAL INFO



Memphis Belle BBQ Sauce

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	43.35	152.92
Calories from Fat (kcal)	0.22	0.77
Calories from SatFat (kcal)	0.04	0.15
Protein (g)	0.11	0.40
Carbohydrates (g)	9.35	32.99
Dietary Fiber (g)	0.03	0.10
Soluble Fiber (g)	0.01	0.02
Total Sugars (g)	8.46	29.85
Monosaccharides (g)	1.70	5.99
Disaccharides (g)	0.26	0.92
Other Carbs (g)	0.86	3.05
Fat (g)	0.02	0.09
Saturated Fat (g)	0.00	0.02
Mono Fat (g)	0.01	0.02
Poly Fat (g)	0.01	0.05
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	0.00	0.00
Water (g)	12.01	42.36
VITAMINS		
Vitamin A - IU (IU)	50.31	177.46
Vitamin A - RAE (RAE)	2.57	9.06
Carotenoid RE (RE)	5.04	17.76
Retinol RE (RE)	0.05	0.18
Beta-Carotene (mcg)	29.98	105.75
Vitamin B1 (mg)	0.02	0.03
Vitamin B2 (mg)	0.02	0.08
Vitamin B3 (mg)	0.24	0.85
Vitamin B3 - Niacin Equiv (mg)	0.25	0.87
Vitamin B6 (mg)	0.07	0.24
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	-	-
Vitamin C (mg)	1.03	3.65
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.14	0.48
Folate (mcg)	1.22	4.31
Folate, DFE (mcg)	1.22	4.31
Vitamin K (mcg)	0.30	1.07
Pantothenic Acid (mg)	0.07	0.24

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	23.37	82.43
Chromium (mcg)	0.52	1.85
Copper (mg)	0.06	0.22
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	0.69	2.42
Magnesium (mg)	21.42	75.57
Manganese (mg)	0.13	0.46
Molybdenum (mcg)	-	-
Phosphorus (mg)	8.08	28.49
Potassium (mg)	186.68	658.49
Selenium (mcg)	1.48	5.22
Sodium (mg)	195.00	687.83
Zinc (mg)	0.05	0.19
POLYFATS		
Omega 3 Fatty Acid (g)	0.00	0.00
Omega 6 Fatty Acid (g)	0.01	0.05
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	2.33	8.23

NUTRITIONAL INFO



NC Vinegar Sauce

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.50	100.00
Calories (kcal)	15.42	54.10
Calories from Fat (kcal)	0.16	0.58
Calories from SatFat (kcal)	0.04	0.14
Protein (g)	0.03	0.11
Carbohydrates (g)	2.92	10.24
Dietary Fiber (g)	0.08	0.28
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	2.60	9.12
Monosaccharides (g)	0.10	0.35
Disaccharides (g)	0.00	0.00
Other Carbs (g)	0.19	0.65
Fat (g)	0.02	0.06
Saturated Fat (g)	0.00	0.02
Mono Fat (g)	0.00	0.01
Poly Fat (g)	0.01	0.03
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	0.00	0.00
Water (g)	23.27	81.65
VITAMINS		
Vitamin A - IU (IU)	29.78	104.48
Vitamin A - RAE (RAE)	1.49	5.22
Carotenoid RE (RE)	2.98	10.45
Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)	15.65	54.93
Vitamin B1 (mg)	0.00	0.00
Vitamin B2 (mg)	0.00	0.00
Vitamin B3 (mg)	0.01	0.03
Vitamin B3 - Niacin Equiv (mg)	0.01	0.03
Vitamin B6 (mg)	0.00	0.01
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	-	-
Vitamin C (mg)	0.08	0.28
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.02	0.08
Folate (mcg)	0.11	0.37
Folate, DFE (mcg)	0.11	0.37
Vitamin K (mcg)	0.23	0.82
Pantothenic Acid (mg)	0.00	0.01

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	2.88	10.09
Chromium (mcg)	0.67	2.36
Copper (mg)	0.01	0.02
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	0.09	0.30
Magnesium (mg)	1.65	5.80
Manganese (mg)	0.08	0.29
Molybdenum (mcg)	-	-
Phosphorus (mg)	2.58	9.05
Potassium (mg)	21.11	74.06
Selenium (mcg)	0.04	0.14
Sodium (mg)	363.68	1276.08
Zinc (mg)	0.02	0.05
POLYFATS		
Omega 3 Fatty Acid (g)	0.00	0.00
Omega 6 Fatty Acid (g)	0.01	0.02
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	0.05	0.17

NUTRITIONAL INFO



Ranch Dressing

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	42.52	100.00
Calories (kcal)	116.67	274.35
Calories from Fat (kcal)	86.80	204.12
Calories from SatFat (kcal)	14.56	34.24
Protein (g)	0.73	1.72
Carbohydrates (g)	7.45	17.51
Dietary Fiber (g)	0.03	0.07
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	2.46	5.79
Monosaccharides (g)	0.00	0.00
Disaccharides (g)	0.00	0.01
Other Carbs (g)	4.95	11.65
Fat (g)	9.64	22.68
Saturated Fat (g)	1.62	3.80
Mono Fat (g)	2.59	6.09
Poly Fat (g)	4.97	11.69
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	8.71	20.47
Water (g)	23.53	55.33
VITAMINS		
Vitamin A - IU (IU)	92.40	217.28
Vitamin A - RAE (RAE)	12.80	30.34
Carotenoid RE (RE)	6.07	14.27
Retinol RE (RE)	9.87	23.20
Beta-Carotene (mcg)	31.24	73.46
Vitamin B1 (mg)	0.01	0.03
Vitamin B2 (mg)	0.03	0.07
Vitamin B3 (mg)	0.02	0.04
Vitamin B3 - Niacin Equiv (mg)	0.17	0.40
Vitamin B6 (mg)	0.01	0.03
Vitamin B12 (mcg)	0.12	0.29
Biotin (mcg)	-	-
Vitamin C (mg)	0.03	0.07
Vitamin D - IU (IU)	8.53	20.06
Vitamin D - mcg (mcg)	0.21	0.50
Vitamin E - Alpha-Toco (mg)	0.58	1.37
Folate (mcg)	2.46	5.77
Folate, DFE (mcg)	2.46	5.77
Vitamin K (mcg)	11.72	27.55
Pantothenic Acid (mg)	0.12	0.29

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	20.81	48.94
Chromium (mcg)	0.01	0.02
Copper (mg)	0.01	0.02
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	0.07	0.17
Magnesium (mg)	2.20	5.17
Manganese (mg)	0.03	0.08
Molybdenum (mcg)	-	-
Phosphorus (mg)	19.86	46.71
Potassium (mg)	24.11	56.70
Selenium (mcg)	1.00	2.34
Sodium (mg)	286.51	673.76
Zinc (mg)	0.11	0.26
POLYFATS		
Omega 3 Fatty Acid (g)	0.56	1.32
Omega 6 Fatty Acid (g)	4.41	10.37
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	6.17	14.52

NUTRITIONAL INFO



St. Louis Red BBQ Sauce

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	36.29	128.01
Calories from Fat (kcal)	0.23	0.80
Calories from SatFat (kcal)	0.05	0.16
Protein (g)	0.19	0.66
Carbohydrates (g)	9.12	32.17
Dietary Fiber (g)	0.05	0.18
Soluble Fiber (g)	0.01	0.03
Total Sugars (g)	7.19	25.37
Monosaccharides (g)	2.53	8.93
Disaccharides (g)	0.39	1.38
Other Carbs (g)	1.88	6.62
Fat (g)	0.03	0.09
Saturated Fat (g)	0.01	0.02
Mono Fat (g)	0.01	0.02
Poly Fat (g)	0.01	0.05
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	0.00	0.00
Water (g)	14.64	51.65
VITAMINS		
Vitamin A - IU (IU)	74.39	262.39
Vitamin A - RAE (RAE)	3.79	13.37
Carotenoid RE (RE)	7.45	26.26
Retinol RE (RE)	0.07	0.24
Beta-Carotene (mcg)	44.36	156.48
Vitamin B1 (mg)	0.01	0.02
Vitamin B2 (mg)	0.03	0.11
Vitamin B3 (mg)	0.24	0.85
Vitamin B3 - Niacin Equiv (mg)	0.25	0.90
Vitamin B6 (mg)	0.02	0.08
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	-	-
Vitamin C (mg)	1.43	5.06
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.20	0.71
Folate (mcg)	1.81	6.38
Folate, DFE (mcg)	1.81	6.38
Vitamin K (mcg)	0.45	1.57
Pantothenic Acid (mg)	0.01	0.03

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	9.55	33.69
Chromium (mcg)	0.79	2.77
Copper (mg)	0.03	0.11
Fluoride (mg)	0.00	0.01
Iodine (mcg)	-	-
Iron (mg)	0.42	1.49
Magnesium (mg)	2.99	10.55
Manganese (mg)	0.01	0.05
Molybdenum (mcg)	-	-
Phosphorus (mg)	8.31	29.33
Potassium (mg)	98.01	345.73
Selenium (mcg)	0.10	0.35
Sodium (mg)	275.42	971.50
Zinc (mg)	0.05	0.17
POLYFATS		
Omega 3 Fatty Acid (g)	0.00	0.00
Omega 6 Fatty Acid (g)	0.01	0.05
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	1.94	6.85

NUTRITIONAL INFO

MISSION BBQ®
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Texas Twang BBQ Sauce

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.25	100.00
Calories (kcal)	32.16	113.85
Calories from Fat (kcal)	0.56	1.99
Calories from SatFat (kcal)	0.05	0.18
Protein (g)	0.13	0.45
Carbohydrates (g)	7.27	25.75
Dietary Fiber (g)	0.08	0.29
Soluble Fiber (g)	0.01	0.04
Total Sugars (g)	6.35	22.47
Monosaccharides (g)	2.57	9.08
Disaccharides (g)	0.30	1.06
Other Carbs (g)	0.50	1.75
Fat (g)	0.06	0.22
Saturated Fat (g)	0.01	0.02
Mono Fat (g)	0.01	0.02
Poly Fat (g)	0.01	0.05
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	0.00	0.00
Water (g)	19.90	70.46
VITAMINS		
Vitamin A - IU (IU)	179.12	634.04
Vitamin A - RAE (RAE)	3.36	11.89
Carotenoid RE (RE)	4.28	15.15
Retinol RE (RE)	0.01	0.04
Beta-Carotene (mcg)	40.07	141.82
Vitamin B1 (mg)	0.00	0.02
Vitamin B2 (mg)	0.02	0.06
Vitamin B3 (mg)	0.14	0.48
Vitamin B3 - Niacin Equiv (mg)	0.15	0.52
Vitamin B6 (mg)	0.02	0.09
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	0.03	0.09
Vitamin C (mg)	2.08	7.35
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.12	0.43
Folate (mcg)	1.00	3.53
Folate, DFE (mcg)	1.00	3.53
Vitamin K (mcg)	0.30	1.05
Pantothenic Acid (mg)	0.01	0.05

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	5.17	18.31
Chromium (mcg)	0.48	1.71
Copper (mg)	0.02	0.09
Fluoride (mg)	0.00	0.01
Iodine (mcg)	-	-
Iron (mg)	0.17	0.60
Magnesium (mg)	4.09	14.49
Manganese (mg)	0.03	0.11
Molybdenum (mcg)	-	-
Phosphorus (mg)	4.44	15.71
Potassium (mg)	60.04	212.54
Selenium (mcg)	0.21	0.74
Sodium (mg)	249.14	881.91
Zinc (mg)	0.04	0.13
POLYFATS		
Omega 3 Fatty Acid (g)	0.00	0.00
Omega 6 Fatty Acid (g)	0.01	0.04
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	1.26	4.47

NUTRITIONAL INFO

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Tupelo Honey Heat BBQ Sauce

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	28.35	100.00
Calories (kcal)	49.75	175.50
Calories from Fat (kcal)	0.51	1.78
Calories from SatFat (kcal)	0.08	0.28
Protein (g)	0.19	0.69
Carbohydrates (g)	13.02	45.93
Dietary Fiber (g)	0.11	0.40
Soluble Fiber (g)	0.01	0.02
Total Sugars (g)	12.20	43.02
Monosaccharides (g)	10.96	38.67
Disaccharides (g)	0.51	1.80
Other Carbs (g)	0.69	2.44
Fat (g)	0.06	0.20
Saturated Fat (g)	0.01	0.03
Mono Fat (g)	0.01	0.03
Poly Fat (g)	0.03	0.09
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	0.00	0.00
Water (g)	12.46	43.94
VITAMINS		
Vitamin A - IU (IU)	81.90	288.89
Vitamin A - RAE (RAE)	4.10	14.44
Carotenoid RE (RE)	8.19	28.89
Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)	46.35	163.50
Vitamin B1 (mg)	0.00	0.01
Vitamin B2 (mg)	0.02	0.08
Vitamin B3 (mg)	0.15	0.54
Vitamin B3 - Niacin Equiv (mg)	0.17	0.62
Vitamin B6 (mg)	0.03	0.10
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	-	-
Vitamin C (mg)	4.47	15.78
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.15	0.53
Folate (mcg)	1.40	4.93
Folate, DFE (mcg)	1.40	4.93
Vitamin K (mcg)	0.42	1.49
Pantothenic Acid (mg)	0.02	0.07

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	3.04	10.73
Chromium (mcg)	0.47	1.67
Copper (mg)	0.02	0.06
Fluoride (mg)	0.00	0.01
Iodine (mcg)	-	-
Iron (mg)	0.14	0.48
Magnesium (mg)	1.95	6.89
Manganese (mg)	0.02	0.08
Molybdenum (mcg)	-	-
Phosphorus (mg)	3.96	13.98
Potassium (mg)	41.96	148.02
Selenium (mcg)	0.15	0.52
Sodium (mg)	332.57	1172.84
Zinc (mg)	0.06	0.20
POLYFATS		
Omega 3 Fatty Acid (g)	0.00	0.00
Omega 6 Fatty Acid (g)	0.03	0.09
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	1.37	4.82

NUTRITIONAL INFO

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NUTRITIONAL INFO

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Hawaiian Ribeye

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	295.50	100.00
Calories (kcal)	955.12	312.23
Calories from Fat (kcal)	662.61	224.24
Calories from SatFat (kcal)	286.70	97.02
Protein (g)	46.77	15.83
Carbohydrates (g)	24.74	15.83
Dietary Fiber (g)	1.22	0.10
Soluble Fiber (g)	0.04	0.01
Total Sugars (g)	18.40	6.23
Monosaccharides (g)	0.12	0.04
Disaccharides (g)	0.13	0.04
Other Carbs (g)	4.94	1.67
Fat (g)	73.73	24.95
Saturated Fat (g)	31.86	10.78
Mono Fat (g)	31.00	10.49
Poly Fat (g)	2.61	0.80
Trans Fatty Acid (g)	0.24	0.08
Cholesterol (mg)	186.30	63.05
Water (g)	127.91	43.29
VITAMINS		
Vitamin A - IU (IU)	510.55	172.78
Vitamin A - RAE (RAE)	67.03	22.68
Carotenoid RE (RE)	34.43	11.65
Retinol RE (RE)	49.82	16.86
Beta-Carotene (mcg)	169.61	57.40
Vitamin B1 (mg)	0.17	0.06
Vitamin B2 (mg)	0.38	0.13
Vitamin B3 (mg)	6.92	2.34
Vitamin B3 - Niacin Equiv (mg)	15.49	5.24
Vitamin B6 (mg)	0.59	0.20
Vitamin B12 (mcg)	5.14	1.74
Biotin (mcg)	0.17	0.06
Vitamin C (mg)	2.87	0.97
Vitamin D - IU (IU)	4.45	1.51
Vitamin D - mcg (mcg)	0.11	0.04
Vitamin E - Alpha-Toco (mg)	0.25	0.08
Folate (mcg)	17.38	5.88
Folate, DFE (mcg)	17.38	5.88
Vitamin K (mcg)	5.79	1.96
Pantothenic Acid (mg)	0.81	0.27

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	44.51	15.06
Chromium (mcg)	5.33	1.80
Copper (mg)	0.24	0.08
Fluoride (mg)	0.02	0.01
Iodine (mcg)	0.04	0.01
Iron (mg)	4.88	1.65
Magnesium (mg)	50.17	16.98
Manganese (mg)	0.60	0.20
Molybdenum (mcg)	-	-
Phosphorus (mg)	371.30	125.65
Potassium (mg)	719.51	243.69
Selenium (mcg)	57.88	19.59
Sodium (mg)	3720.25	1258.99
Zinc (mg)	10.95	3.71
POLYFATS		
Omega 3 Fatty Acid (g)	0.67	0.23
Omega 6 Fatty Acid (g)	1.90	0.64
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	4.66	1.58

NUTRITIONAL INFO



Seasoned Seared Ribeye

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.80	100.00
Calories (kcal)	906.95	399.89
Calories from Fat (kcal)	687.61	303.18
Calories from SatFat (kcal)	284.83	125.59
Protein (g)	51.17	22.56
Carbohydrates (g)	0.03	0.01
Dietary Fiber (g)	0.01	0.01
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	0.00	0.00
Monosaccharides (g)	0.00	0.00
Disaccharides (g)	0.00	0.00
Other Carbs (g)	0.02	0.01
Fat (g)	76.40	33.69
Saturated Fat (g)	31.65	13.95
Mono Fat (g)	33.30	14.68
Poly Fat (g)	2.65	1.17
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	192.69	84.96
Water (g)	98.39	43.38
VITAMINS		
Vitamin A - IU (IU)	10.66	4.70
Vitamin A - RAE (RAE)	0.53	0.23
Carotenoid RE (RE)	1.07	0.47
Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)	5.66	2.50
Vitamin B1 (mg)	0.16	0.07
Vitamin B2 (mg)	0.41	0.18
Vitamin B3 (mg)	7.71	3.40
Vitamin B3 - Niacin Equiv (mg)	17.27	7.61
Vitamin B6 (mg)	0.59	0.26
Vitamin B12 (mcg)	5.80	2.56
Biotin (mcg)	-	-
Vitamin C (mg)	0.00	0.00
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.01	0.00
Folate (mcg)	15.89	7.01
Folate, DFE (mcg)	15.89	7.01
Vitamin K (mcg)	0.04	0.02
Pantothenic Acid (mg)	0.82	0.36

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	25.12	11.08
Chromium (mcg)	5.33	2.35
Copper (mg)	0.19	0.08
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	4.93	2.17
Magnesium (mg)	45.43	20.03
Manganese (mg)	0.03	0.01
Molybdenum (mcg)	-	-
Phosphorus (mg)	396.89	175.00
Potassium (mg)	690.09	304.28
Selenium (mcg)	64.39	28.39
Sodium (mg)	165.20	72.84
Zinc (mg)	12.22	5.39
POLYFATS		
Omega 3 Fatty Acid (g)	0.73	0.32
Omega 6 Fatty Acid (g)	1.88	0.83
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	0.02	0.01

NUTRITIONAL INFO



Shrimp on the BBQ

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	301.59	
Calories (kcal)	> 602.84	
Calories from Fat (kcal)	> 408.30	
Calories from SatFat (kcal)	> 161.66	
Protein (g)	> 52.56	50.00
Carbohydrates (g)	> 1.57	275.00
Total Dietary Fiber (g)	> 0.20	
Total Soluble Fiber (g)	> 0	
Dietary Fiber (US 2016) (g)	> 0.14	28.00
Soluble Fiber (US 2016) (g)	> 0	
Total Sugars (g)	> 1.00	
Added Sugar (g)	> 0.52	50.00
Monosaccharides (g)	> 0.08	
Disaccharides (g)	> 0.14	
Other Carbs (g)	> 0.36	
Fat (g)	> 45.45	78.00
Saturated Fat (g)	> 17.96	20.00
Mono Fat (g)	> 5.62	
Poly Fat (g)	> 13.14	
Trans Fatty Acid (g)	> 0.05	
Cholesterol (mg)	> 434.96	300.00
Water (g)	> 13.30	
VITAMINS		
Vitamin A - IU (IU)	> 895.11	
Vitamin A - RAE (mcg)	> 257.42	900.00
Carotenoid RE (mcg)	> 8.30	
Retinol RE (mcg)	> 253.11	
Beta-Carotene (mcg)	> 45.23	
Vitamin B1 - Thiamin (mg)	> 0.01	1.20
Vitamin B2 - Riboflavin (mg)	> 0.01	1.30
Vitamin B3 - Niacin (mg)	> 0.04	
Vitamin B3 - Niacin Equiv (mg)	> 0.12	16.00
Vitamin B6 (mg)	> 0.01	1.70
Vitamin B12 (mcg)	> 0.03	2.40
Biotin (mcg)	--	30.00
Vitamin C (mg)	> 1.78	90.00
Vitamin D - IU (IU)	> 2.12	
Vitamin D - mcg (mcg)	> 0.06	20.00
Vitamin E - Alpha-Toco (mg)	> 1.32	15.00
Folate (mcg)	> 3.25	
Folate, DFE (mcg DFE)	> 3.25	400.00
Vitamin K (mcg)	> 45.90	120.00
Pantothenic Acid (mg)	> 0.06	5.00

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	> 155.61	1300.00
Chromium (mcg)	> 0.11	35.00
Copper (mg)	> 0.01	0.90
Fluoride (mg)	> 0.00	
Iodine (mcg)	> 9.54	150.00
Iron (mg)	> 1.51	18.00
Magnesium (mg)	> 2.07	420.00
Manganese (mg)	> 0.02	2.30
Molybdenum (mcg)	--	45.00
Phosphorus (mg)	> 9.83	1250.00
Potassium (mg)	> 627.21	4700.00
Selenium (mcg)	> 1.04	55.00
Sodium (mg)	1052.26	2300.00
Zinc (mg)	> 0.08	11.00
POLYFATS		
Omega 3 Fatty Acid (g)	> 1.52	
Omega 6 Fatty Acid (g)	> 10.86	
OTHER NUTRIENTS		
Alcohol (g)	> 0	
Caffeine (mg)	> 0	
Choline (mg)	> 10.31	550.00

NUTRITIONAL INFO



Smoked Jumbo Wings

NUTRIENTS	Per Serving	Rcmd
BASIC COMPONENTS		
Gram Weight (g)	409.41	
Calories (kcal)	1035.11	
Calories from Fat (kcal)	627.78	
Calories from SatFat (kcal)	> 173.46	
Protein (g)	85.74	50.00
Carbohydrates (g)	11.15	275.00
Total Dietary Fiber (g)	1.57	
Total Soluble Fiber (g)	> 0	
Dietary Fiber (US 2016) (g)	> 1.54	28.00
Soluble Fiber (US 2016) (g)	> 0	
Total Sugars (g)	> 2.62	
Added Sugar (g)	> 0	50.00
Monosaccharides (g)	> 0.03	
Disaccharides (g)	> 0.05	
Other Carbs (g)	> 6.73	
Fat (g)	69.75	78.00
Saturated Fat (g)	> 19.27	20.00
Mono Fat (g)	> 29.87	
Poly Fat (g)	> 17.70	
Trans Fatty Acid (g)	0.30	
Cholesterol (mg)	> 507.57	300.00
Water (g)	234.25	
VITAMINS		
Vitamin A - IU (IU)	> 992.04	
Vitamin A - RAE (mcg)	> 93.44	900.00
Carotenoid RE (mcg)	> 82.23	
Retinol RE (mcg)	> 52.32	
Beta-Carotene (mcg)	> 348.35	
Vitamin B1 - Thiamin (mg)	> 0.25	1.20
Vitamin B2 - Riboflavin (mg)	> 0.58	1.30
Vitamin B3 - Niacin (mg)	> 22.45	
Vitamin B3 - Niacin Equiv (mg)	> 40.37	16.00
Vitamin B6 (mg)	> 2.03	1.70
Vitamin B12 (mcg)	> 1.36	2.40
Biotin (mcg)	--	30.00
Vitamin C (mg)	> 0.66	90.00
Vitamin D - IU (IU)	> 33.30	
Vitamin D - mcg (mcg)	> 0.92	20.00
Vitamin E - Alpha-Toco (mg)	> 3.19	15.00
Folate (mcg)	> 37.77	
Folate, DFE (mcg DFE)	> 37.77	400.00
Vitamin K (mcg)	> 24.38	120.00
Pantothenic Acid (mg)	> 3.19	5.00

NUTRIENTS	Per Serving	Rcmd
MINERALS		
Calcium (mg)	> 115.73	1300.00
Chromium (mcg)	> 0.19	35.00
Copper (mg)	> 0.18	0.90
Fluoride (mg)	> 0.00	
Iodine (mcg)	> 359.92	150.00
Iron (mg)	> 4.40	18.00
Magnesium (mg)	> 74.57	420.00
Manganese (mg)	> 0.25	2.30
Molybdenum (mcg)	--	45.00
Phosphorus (mg)	> 550.60	1250.00
Potassium (mg)	> 834.71	4700.00
Selenium (mcg)	> 91.75	55.00
Sodium (mg)	3420.08	2300.00
Zinc (mg)	> 6.03	11.00
POLYFATS		
Omega 3 Fatty Acid (g)	> 1.24	
Omega 6 Fatty Acid (g)	> 16.15	
OTHER NUTRIENTS		
Alcohol (g)	> 0	
Caffeine (mg)	0.00	
Choline (mg)	> 401.68	550.00

NUTRITIONAL INFO



Smoked Meat Loaf

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	296.63	100.00
Calories (kcal)	472.87	208.50
Calories from Fat (kcal)	282.90	124.74
Calories from SatFat (kcal)	113.27	49.94
Protein (g)	29.25	12.90
Carbohydrates (g)	17.07	7.53
Dietary Fiber (g)	1.50	0.66
Soluble Fiber (g)	0.04	0.02
Total Sugars (g)	2.24	0.99
Monosaccharides (g)	1.65	0.73
Disaccharides (g)	0.54	0.24
Other Carbs (g)	12.60	5.55
Fat (g)	31.43	13.86
Saturated Fat (g)	12.59	5.55
Mono Fat (g)	9.16	4.04
Poly Fat (g)	1.43	0.63
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	145.69	64.24
Water (g)	146.01	64.38
VITAMINS		
Vitamin A - IU (IU)	151.25	66.69
Vitamin A - RAE (RAE)	21.33	9.41
Carotenoid RE (RE)	9.63	4.25
Retinol RE (RE)	16.52	7.28
Beta-Carotene (mcg)	51.42	22.67
Vitamin B1 (mg)	0.26	0.12
Vitamin B2 (mg)	0.41	0.18
Vitamin B3 (mg)	6.31	2.78
Vitamin B3 - Niacin Equiv (mg)	7.15	3.15
Vitamin B6 (mg)	0.38	0.17
Vitamin B12 (mcg)	2.38	1.05
Biotin (mcg)	2.84	1.25
Vitamin C (mg)	7.95	3.51
Vitamin D - IU (IU)	8.46	3.73
Vitamin D - mcg (mcg)	0.21	0.09
Vitamin E - Alpha-Toco (mg)	0.25	0.11
Folate (mcg)	38.02	16.76
Folate, DFE (mcg)	48.35	21.32
Vitamin K (mcg)	4.14	1.83
Pantothenic Acid (mg)	0.72	0.32

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	58.96	26.00
Chromium (mcg)	0.14	0.06
Copper (mg)	0.17	0.07
Fluoride (mg)	0.00	0.00
Iodine (mcg)	5.90	2.60
Iron (mg)	3.41	1.50
Magnesium (mg)	33.71	14.86
Manganese (mg)	0.34	0.15
Molybdenum (mcg)	2.60	1.15
Phosphorus (mg)	206.86	91.21
Potassium (mg)	408.72	180.21
Selenium (mcg)	22.10	9.74
Sodium (mg)	1255.48	553.57
Zinc (mg)	4.78	2.11
POLYFATS		
Omega 3 Fatty Acid (g)	0.13	0.06
Omega 6 Fatty Acid (g)	0.70	0.31
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	35.25	15.54

NUTRITIONAL INFO

MISSION BBQ®
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Smoked Pastrami

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.80	100.00
Calories (kcal)	449.24	198.08
Calories from Fat (kcal)	300.34	132.43
Calories from SatFat (kcal)	95.19	41.97
Protein (g)	32.92	14.52
Carbohydrates (g)	1.51	0.66
Dietary Fiber (g)	0.22	0.10
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	0.55	0.24
Monosaccharides (g)	0.04	0.02
Disaccharides (g)	0.50	0.22
Other Carbs (g)	0.42	0.19
Fat (g)	33.37	14.71
Saturated Fat (g)	10.58	4.66
Mono Fat (g)	16.07	7.08
Poly Fat (g)	1.22	0.54
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	120.59	53.17
Water (g)	148.73	65.58
VITAMINS		
Vitamin A - IU (IU)	157.78	69.57
Vitamin A - RAE (RAE)	7.89	3.48
Carotenoid RE (RE)	15.78	6.96
Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)	83.60	36.86
Vitamin B1 (mg)	0.10	0.04
Vitamin B2 (mg)	0.36	0.16
Vitamin B3 (mg)	8.22	3.62
Vitamin B3 - Niacin Equiv (mg)	13.16	5.80
Vitamin B6 (mg)	0.66	0.29
Vitamin B12 (mcg)	3.97	1.75
Biotin (mcg)	-	-
Vitamin C (mg)	60.41	26.64
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.11	0.05
Folate (mcg)	11.78	5.19
Folate, DFE (mcg)	11.78	5.19
Vitamin K (mcg)	0.66	0.29
Pantothenic Acid (mg)	1.29	0.57

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	18.75	8.27
Chromium (mcg)	0.04	0.02
Copper (mg)	0.25	0.11
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	3.88	1.71
Magnesium (mg)	32.97	14.54
Manganese (mg)	0.09	0.04
Molybdenum (mcg)	7.59	3.35
Phosphorus (mg)	264.74	116.73
Potassium (mg)	678.50	299.17
Selenium (mcg)	42.76	18.85
Sodium (mg)	2745.18	1210.42
Zinc (mg)	6.40	2.82
POLYFATS		
Omega 3 Fatty Acid (g)	0.34	0.15
Omega 6 Fatty Acid (g)	0.88	0.39
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	0.51	0.23

NUTRITIONAL INFO

MISSION BBQ®
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Smoked Prime Rib

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.80	100.00
Calories (kcal)	805.75	355.28
Calories from Fat (kcal)	608.24	268.19
Calories from SatFat (kcal)	251.95	111.09
Protein (g)	45.40	20.02
Carbohydrates (g)	0.86	0.38
Dietary Fiber (g)	0.16	0.07
Soluble Fiber (g)	0.01	0.00
Total Sugars (g)	0.17	0.07
Monosaccharides (g)	0.10	0.04
Disaccharides (g)	0.07	0.03
Other Carbs (g)	0.37	0.16
Fat (g)	67.58	29.80
Saturated Fat (g)	27.99	12.34
Mono Fat (g)	29.41	12.97
Poly Fat (g)	2.35	1.04
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	170.34	75.11
Water (g)	110.31	48.64
VITAMINS		
Vitamin A - IU (IU)	281.05	123.92
Vitamin A - RAE (RAE)	14.05	6.20
Carotenoid RE (RE)	28.10	12.39
Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)	137.57	60.66
Vitamin B1 (mg)	0.14	0.06
Vitamin B2 (mg)	0.36	0.16
Vitamin B3 (mg)	6.83	3.01
Vitamin B3 - Niacin Equiv (mg)	15.28	6.74
Vitamin B6 (mg)	0.53	0.23
Vitamin B12 (mcg)	5.13	2.26
Biotin (mcg)	0.17	0.07
Vitamin C (mg)	0.18	0.08
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.02	0.01
Folate (mcg)	14.75	6.50
Folate, DFE (mcg)	14.75	6.50
Vitamin K (mcg)	0.59	0.26
Pantothenic Acid (mg)	0.73	0.32

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	24.99	11.02
Chromium (mcg)	4.75	2.09
Copper (mg)	0.17	0.08
Fluoride (mg)	0.02	0.01
Iodine (mcg)	0.04	0.02
Iron (mg)	4.40	1.94
Magnesium (mg)	41.22	18.17
Manganese (mg)	0.06	0.03
Molybdenum (mcg)	-	-
Phosphorus (mg)	353.11	155.69
Potassium (mg)	623.63	274.97
Selenium (mcg)	56.96	25.12
Sodium (mg)	693.45	305.76
Zinc (mg)	10.81	4.77
POLYFATS		
Omega 3 Fatty Acid (g)	0.64	0.28
Omega 6 Fatty Acid (g)	1.67	0.73
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	0.51	0.22

NUTRITIONAL INFO

MISSION BBQ®
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Smoked Steak

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	226.80	100.00
Calories (kcal)	685.87	302.42
Calories from Fat (kcal)	543.53	239.66
Calories from SatFat (kcal)	292.36	128.91
Protein (g)	36.10	15.92
Carbohydrates (g)	0.09	0.04
Dietary Fiber (g)	0.02	0.01
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	0.03	0.01
Monosaccharides (g)	0.00	0.00
Disaccharides (g)	0.00	0.00
Other Carbs (g)	0.04	0.02
Fat (g)	61.05	26.92
Saturated Fat (g)	32.48	14.32
Mono Fat (g)	22.36	9.86
Poly Fat (g)	2.17	0.95
Trans Fatty Acid (g)	2.95	1.30
Cholesterol (mg)	220.68	97.30
Water (g)	127.74	56.32
VITAMINS		
Vitamin A - IU (IU)	1158.74	510.92
Vitamin A - RAE (RAE)	317.34	139.92
Carotenoid RE (RE)	12.06	5.32
Retinol RE (RE)	311.31	137.26
Beta-Carotene (mcg)	73.06	32.22
Vitamin B1 (mg)	0.15	0.07
Vitamin B2 (mg)	0.42	0.18
Vitamin B3 (mg)	6.46	2.85
Vitamin B3 - Niacin Equiv (mg)	13.17	5.81
Vitamin B6 (mg)	0.72	0.32
Vitamin B12 (mcg)	4.92	2.17
Biotin (mcg)	-	-
Vitamin C (mg)	0.00	0.00
Vitamin D - IU (IU)	36.25	15.98
Vitamin D - mcg (mcg)	0.86	0.38
Vitamin E - Alpha-Toco (mg)	1.05	0.46
Folate (mcg)	6.82	3.01
Folate, DFE (mcg)	6.82	3.01
Vitamin K (mcg)	6.04	2.66
Pantothenic Acid (mg)	0.05	0.02

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	22.19	9.78
Chromium (mcg)	0.56	0.25
Copper (mg)	0.24	0.10
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	4.37	1.93
Magnesium (mg)	40.95	18.06
Manganese (mg)	0.01	0.00
Molybdenum (mcg)	-	-
Phosphorus (mg)	357.28	157.53
Potassium (mg)	601.38	265.16
Selenium (mcg)	50.67	22.34
Sodium (mg)	516.20	227.61
Zinc (mg)	12.89	5.69
POLYFATS		
Omega 3 Fatty Acid (g)	0.20	0.09
Omega 6 Fatty Acid (g)	1.97	0.87
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	8.54	3.77

NUTRITIONAL INFO

MISSION BBQ®
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SEASONAL SIDES

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



Baked Cheesy Potato

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	170.10	100.00
Calories (kcal)	380.21	223.52
Calories from Fat (kcal)	229.47	134.90
Calories from SatFat (kcal)	99.19	58.31
Protein (g)	9.88	5.81
Carbohydrates (g)	28.35	16.66
Dietary Fiber (g)	2.63	1.54
Soluble Fiber (g)	0.07	0.04
Total Sugars (g)	2.49	1.46
Monosaccharides (g)	0.51	0.30
Disaccharides (g)	1.35	0.79
Other Carbs (g)	23.25	13.67
Fat (g)	25.52	15.01
Saturated Fat (g)	11.02	6.48
Mono Fat (g)	6.77	3.98
Poly Fat (g)	5.72	3.36
Trans Fatty Acid (g)	0.29	0.17
Cholesterol (mg)	51.29	30.16
Water (g)	102.33	60.16
VITAMINS		
Vitamin A - IU (IU)	625.37	367.65
Vitamin A - RAE (RAE)	143.13	84.15
Carotenoid RE (RE)	18.14	10.67
Retinol RE (RE)	134.06	78.81
Beta-Carotene (mcg)	106.95	62.88
Vitamin B1 (mg)	0.10	0.06
Vitamin B2 (mg)	0.15	0.09
Vitamin B3 (mg)	1.94	1.14
Vitamin B3 - Niacin Equiv (mg)	3.93	2.31
Vitamin B6 (mg)	0.20	0.12
Vitamin B12 (mcg)	0.29	0.17
Biotin (mcg)	1.62	0.95
Vitamin C (mg)	0.83	0.49
Vitamin D - IU (IU)	14.59	8.58
Vitamin D - mcg (mcg)	0.36	0.21
Vitamin E - Alpha-Toco (mg)	1.63	0.96
Folate (mcg)	9.30	5.47
Folate, DFE (mcg)	9.30	5.47
Vitamin K (mcg)	28.43	16.71
Pantothenic Acid (mg)	1.06	0.62

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	218.71	128.58
Chromium (mcg)	0.04	0.02
Copper (mg)	0.16	0.09
Fluoride (mg)	0.01	0.00
Iodine (mcg)	10.93	6.43
Iron (mg)	1.07	0.63
Magnesium (mg)	32.70	19.23
Manganese (mg)	0.28	0.16
Molybdenum (mcg)	1.52	0.89
Phosphorus (mg)	235.77	138.61
Potassium (mg)	496.11	291.66
Selenium (mcg)	5.02	2.95
Sodium (mg)	795.28	467.54
Zinc (mg)	1.24	0.73
POLYFATS		
Omega 3 Fatty Acid (g)	0.65	0.38
Omega 6 Fatty Acid (g)	5.03	2.96
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	14.58	8.57

NUTRITIONAL INFO

MISSION BBQ®
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Baked Sweet Potato

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	255.14	100.00
Calories (kcal)	470.90	184.57
Calories from Fat (kcal)	238.63	93.53
Calories from SatFat (kcal)	105.34	41.29
Protein (g)	3.32	1.30
Carbohydrates (g)	53.96	21.15
Dietary Fiber (g)	6.35	2.49
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	17.39	6.82
Monosaccharides (g)	3.51	1.38
Disaccharides (g)	5.33	2.09
Other Carbs (g)	30.23	11.85
Fat (g)	26.58	10.42
Saturated Fat (g)	11.70	4.59
Mono Fat (g)	0.84	0.33
Poly Fat (g)	2.43	0.95
Trans Fatty Acid (g)	1.52	0.60
Cholesterol (mg)	42.72	16.74
Water (g)	163.51	64.09
VITAMINS		
Vitamin A - IU (IU)	30586.04	11987.94
Vitamin A - RAE (RAE)	1500.82	588.23
Carotenoid RE (RE)	3001.64	1176.47
Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)	18003.08	7056.16
Vitamin B1 (mg)	0.17	0.06
Vitamin B2 (mg)	0.13	0.05
Vitamin B3 (mg)	1.18	0.46
Vitamin B3 - Niacin Equiv (mg)	2.27	0.89
Vitamin B6 (mg)	0.44	0.17
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	-	-
Vitamin C (mg)	5.08	1.99
Vitamin D - IU (IU)	0.00	0.00
Vitamin D - mcg (mcg)	0.00	0.00
Vitamin E - Alpha-Toco (mg)	0.89	0.35
Folate (mcg)	23.27	9.12
Folate, DFE (mcg)	23.27	9.12
Vitamin K (mcg)	11.10	4.35
Pantothenic Acid (mg)	1.69	0.66

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	63.47	24.88
Chromium (mcg)	-	-
Copper (mg)	0.32	0.13
Fluoride (mg)	-	-
Iodine (mcg)	-	-
Iron (mg)	1.29	0.51
Magnesium (mg)	52.89	20.73
Manganese (mg)	0.55	0.21
Molybdenum (mcg)	10.58	4.15
Phosphorus (mg)	99.44	38.98
Potassium (mg)	713.01	279.46
Selenium (mcg)	1.27	0.50
Sodium (mg)	230.29	90.26
Zinc (mg)	0.63	0.25
POLYFATS		
Omega 3 Fatty Acid (g)	0.28	0.11
Omega 6 Fatty Acid (g)	2.16	0.85
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	26.02	10.20

NUTRITIONAL INFO



Broccoli Salad

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	144.88	100.00
Calories (kcal)	435.43	300.54
Calories from Fat (kcal)	266.89	184.21
Calories from SatFat (kcal)	82.02	56.61
Protein (g)	17.31	11.94
Carbohydrates (g)	26.68	18.42
Dietary Fiber (g)	1.52	1.05
Soluble Fiber (g)	0.15	0.10
Total Sugars (g)	15.14	10.45
Monosaccharides (g)	7.05	4.87
Disaccharides (g)	5.79	3.99
Other Carbs (g)	10.03	6.92
Fat (g)	29.65	20.47
Saturated Fat (g)	9.11	6.29
Mono Fat (g)	10.37	7.16
Poly Fat (g)	7.68	5.30
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	59.26	40.90
Water (g)	63.21	43.63
VITAMINS		
Vitamin A - IU (IU)	455.98	314.73
Vitamin A - RAE (RAE)	59.59	41.13
Carotenoid RE (RE)	30.84	21.28
Retinol RE (RE)	44.17	30.48
Beta-Carotene (mcg)	175.75	121.31
Vitamin B1 (mg)	0.18	0.12
Vitamin B2 (mg)	0.21	0.14
Vitamin B3 (mg)	3.94	2.72
Vitamin B3 - Niacin Equiv (mg)	6.69	4.62
Vitamin B6 (mg)	0.22	0.15
Vitamin B12 (mcg)	0.59	0.40
Biotin (mcg)	1.08	0.74
Vitamin C (mg)	33.29	22.98
Vitamin D - IU (IU)	18.35	12.67
Vitamin D - mcg (mcg)	0.44	0.31
Vitamin E - Alpha-Toco (mg)	1.13	0.78
Folate (mcg)	30.13	20.80
Folate, DFE (mcg)	30.13	20.80
Vitamin K (mcg)	52.30	36.10
Pantothenic Acid (mg)	0.75	0.52

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	135.66	93.64
Chromium (mcg)	0.06	0.04
Copper (mg)	0.12	0.08
Fluoride (mg)	0.03	0.02
Iodine (mcg)	6.33	4.37
Iron (mg)	1.14	0.79
Magnesium (mg)	27.56	19.02
Manganese (mg)	0.18	0.12
Molybdenum (mcg)	2.83	1.95
Phosphorus (mg)	291.83	201.42
Potassium (mg)	411.71	284.17
Selenium (mcg)	23.66	16.33
Sodium (mg)	840.40	590.05
Zinc (mg)	1.83	1.26
POLYFATS		
Omega 3 Fatty Acid (g)	0.80	0.55
Omega 6 Fatty Acid (g)	6.82	4.70
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	55.70	38.44

NUTRITIONAL INFO

MISSION BBQ®
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Buttered Corn on the Cob

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	192.07	100.00
Calories (kcal)	208.86	108.74
Calories from Fat (kcal)	106.08	55.23
Calories from SatFat (kcal)	66.32	34.53
Protein (g)	2.55	1.33
Carbohydrates (g)	17.75	9.24
Dietary Fiber (g)	1.83	0.95
Soluble Fiber (g)	0.09	0.05
Total Sugars (g)	2.28	1.19
Monosaccharides (g)	0.69	0.36
Disaccharides (g)	1.57	0.82
Other Carbs (g)	10.27	5.35
Fat (g)	11.99	6.24
Saturated Fat (g)	7.37	3.84
Mono Fat (g)	3.12	1.63
Poly Fat (g)	0.65	0.34
Trans Fatty Acid (g)	0.47	0.24
Cholesterol (mg)	30.53	15.89
Water (g)	153.61	79.97
VITAMINS		
Vitamin A - IU (IU)	502.00	261.36
Vitamin A - RAE (RAE)	104.49	54.40
Carotenoid RE (RE)	18.41	9.58
Retinol RE (RE)	95.28	49.61
Beta-Carotene (mcg)	59.53	31.00
Vitamin B1 (mg)	0.11	0.06
Vitamin B2 (mg)	0.05	0.03
Vitamin B3 (mg)	0.97	0.50
Vitamin B3 - Niacin Equiv (mg)	1.23	0.64
Vitamin B6 (mg)	0.15	0.08
Vitamin B12 (mcg)	0.02	0.01
Biotin (mcg)	--	--
Vitamin C (mg)	3.03	1.58
Vitamin D - IU (IU)	8.52	4.44
Vitamin D - mcg (mcg)	0.21	0.11
Vitamin E - Alpha-Toco (mg)	0.38	0.20
Folate (mcg)	20.11	10.47
Folate, DFE (mcg)	20.11	10.47
Vitamin K (mcg)	1.54	0.80
Pantothenic Acid (mg)	0.18	0.09

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	11.09	5.77
Chromium (mcg)	0.21	0.11
Copper (mg)	0.04	0.02
Fluoride (mg)	0.00	0.00
Iodine (mcg)	--	--
Iron (mg)	0.42	0.22
Magnesium (mg)	27.02	14.07
Manganese (mg)	0.13	0.07
Molybdenum (mcg)	--	--
Phosphorus (mg)	66.79	34.77
Potassium (mg)	204.16	106.53
Selenium (mcg)	0.66	0.34
Sodium (mg)	506.77	263.84
Zinc (mg)	0.42	0.22
POLYFATS		
Omega 3 Fatty Acid (g)	0.05	0.03
Omega 6 Fatty Acid (g)	0.60	0.31
OTHER NUTRIENTS		
Alcohol (g)	4.42	2.30
Caffeine (mg)	0.00	0.00
Choline (mg)	2.87	1.49

NUTRITIONAL INFO

MISSION BBQ®
The American Way.



Corn Casserole

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	192.97	100.00
Calories (kcal)	429.22	222.42
Calories from Fat (kcal)	186.75	96.77
Calories from SatFat (kcal)	78.45	40.65
Protein (g)	8.99	4.66
Carbohydrates (g)	52.28	27.09
Dietary Fiber (g)	2.20	1.14
Soluble Fiber (g)	0.37	0.19
Total Sugars (g)	14.49	7.51
Monosaccharides (g)	0.86	0.44
Disaccharides (g)	10.08	5.22
Other Carbs (g)	35.60	18.45
Fat (g)	20.90	10.83
Saturated Fat (g)	8.72	4.52
Mono Fat (g)	5.37	2.78
Poly Fat (g)	5.24	2.71
Trans Fatty Acid (g)	0.38	0.20
Cholesterol (mg)	38.94	20.18
Water (g)	69.78	36.16
VITAMINS		
Vitamin A - IU (IU)	487.19	252.46
Vitamin A - RAE (RAE)	114.61	59.39
Carotenoid RE (RE)	12.53	6.49
Retinol RE (RE)	108.34	56.14
Beta-Carotene (mcg)	57.71	29.91
Vitamin B1 (mg)	0.29	0.15
Vitamin B2 (mg)	0.28	0.15
Vitamin B3 (mg)	2.31	1.19
Vitamin B3 - Niacin Equiv (mg)	3.90	2.02
Vitamin B6 (mg)	0.10	0.05
Vitamin B12 (mcg)	0.26	0.05
Biotin (mcg)	2.25	1.17
Vitamin C (mg)	3.87	2.01
Vitamin D - IU (IU)	16.37	8.48
Vitamin D - mcg (mcg)	0.41	0.21
Vitamin E - Alpha-Toco (mg)	0.87	0.45
Folate (mcg)	81.55	42.26
Folate, DFE (mcg)	120.87	62.64
Vitamin K (mcg)	13.49	6.99
Pantothenic Acid (mg)	0.38	0.19

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	138.41	71.72
Chromium (mcg)	0.12	0.06
Copper (mg)	0.07	0.04
Fluoride (mg)	0.01	0.00
Iodine (mcg)	8.94	4.63
Iron (mg)	1.89	0.98
Magnesium (mg)	22.69	11.76
Manganese (mg)	0.27	0.14
Molybdenum (mcg)	1.84	0.95
Phosphorus (mg)	157.26	81.49
Potassium (mg)	166.83	86.45
Selenium (mcg)	12.99	6.73
Sodium (mg)	639.25	331.26
Zinc (mg)	0.95	0.49
POLYFATS		
Omega 3 Fatty Acid (g)	0.61	0.31
Omega 6 Fatty Acid (g)	4.62	2.40
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	18.83	9.76

NUTRITIONAL INFO



Creamed Corn

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	170.10	100.00
Calories (kcal)	291.62	171.44
Calories from Fat (kcal)	186.04	109.37
Calories from SatFat (kcal)	111.66	65.64
Protein (g)	5.91	3.47
Carbohydrates (g)	24.10	14.17
Dietary Fiber (g)	2.09	1.23
Soluble Fiber (g)	0.10	0.06
Total Sugars (g)	7.71	4.53
Monosaccharides (g)	0.01	0.01
Disaccharides (g)	5.03	2.96
Other Carbs (g)	14.30	8.41
Fat (g)	20.72	12.18
Saturated Fat (g)	12.41	7.29
Mono Fat (g)	5.68	3.34
Poly Fat (g)	0.98	0.58
Trans Fatty Acid (g)	0.62	0.36
Cholesterol (mg)	68.90	40.51
Water (g)	117.37	69.00
VITAMINS		
Vitamin A - IU (IU)	786.30	462.27
Vitamin A - RAE (RAE)	217.23	127.71
Carotenoid RE (RE)	7.63	4.49
Retinol RE (RE)	213.41	125.46
Beta-Carotene (mcg)	44.26	26.02
Vitamin B1 (mg)	0.11	0.06
Vitamin B2 (mg)	0.18	0.11
Vitamin B3 (mg)	1.27	0.75
Vitamin B3 - Niacin Equiv (mg)	2.44	1.43
Vitamin B6 (mg)	0.14	0.08
Vitamin B12 (mcg)	0.29	0.17
Biotin (mcg)	1.32	0.77
Vitamin C (mg)	2.79	1.64
Vitamin D - IU (IU)	29.57	17.38
Vitamin D - mcg (mcg)	0.75	0.44
Vitamin E - Alpha-Toco (mg)	0.53	0.31
Folate (mcg)	34.28	20.16
Folate, DFE (mcg)	36.37	21.38
Vitamin K (mcg)	2.11	1.24
Pantothenic Acid (mg)	0.44	0.26

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	99.71	58.62
Chromium (mcg)	0.09	0.05
Copper (mg)	0.05	0.03
Fluoride (mg)	0.00	0.00
Iodine (mcg)	11.41	6.71
Iron (mg)	0.49	0.29
Magnesium (mg)	23.96	14.09
Manganese (mg)	0.13	0.08
Molybdenum (mcg)	1.00	0.59
Phosphorus (mg)	127.98	75.24
Potassium (mg)	212.93	125.18
Selenium (mcg)	3.36	1.97
Sodium (mg)	626.68	368.42
Zinc (mg)	0.70	0.41
POLYFATS		
Omega 3 Fatty Acid (g)	0.23	0.13
Omega 6 Fatty Acid (g)	0.73	0.43
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	32.95	19.37

NUTRITIONAL INFO



Cucumber and Tomato Salad

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	84.00	100.00
Calories (kcal)	32.60	38.80
Total Fat (g)	1.44	1.72
Saturated Fat (g)	0.21	0.25
Monounsaturated Fat (g)	0.30	0.35
Polyunsaturated Fat (g)	0.78	0.92
Trans Fats (g)	0.00	0.00
Cholesterol (g)	0.00	0.00
Sodium (mg)	325.64	387.67
Carbohydrates (g)	4.58	5.45
Dietary Fiber (g)	0.90	1.07
Total Sugars (g)	3.06	3.65
Added Sugars (g)	1.16	1.38
Protein (g)	0.65	0.77
Water (g)	75.90	90.30
VITAMINS		
Vitamin A (Retinol) (IU)	302.53	360.15
Vitamin B1 (Thiamin) (mg)	0.03	0.03
Vitamin B2 (Riboflavin) (mg)	0.02	0.02
Vitamin B3 (Niacin) (mg)	0.22	0.26
Vitamin B5 (Pantothenic Acid) (mg)	0.12	0.15
Vitamin B6 (Pyridoxine) (mg)	0.06	0.07
Vitamin C (Ascorbic Acid) (mg)	6.44	7.67
Vitamin K (mcg)	5.03	5.98

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	12.18	14.50
Iron (mg)	0.23	0.27
Potassium (mg)	143.73	
Copper (mcg)	0.05	0.06
Folate (mcg)	7.54	8.97
Magnesium (mg)	9.21	10.97
Manganese (mg)	0.10	0.12
Selenium (mcg)	0.13	0.15
Phosphorus (mg)	19.10	22.74
Zinc (mg)	0.14	0.16

NUTRITIONAL INFO

MISSION BBQ®
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Granny's Sweet Potato Mash

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	170.10	100.00
Calories (kcal)	192.71	113.29
Calories from Fat (kcal)	39.89	23.45
Calories from SatFat (kcal)	23.56	13.85
Protein (g)	2.81	1.65
Carbohydrates (g)	36.28	21.33
Dietary Fiber (g)	3.67	2.16
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	18.73	11.01
Monosaccharides (g)	1.43	0.84
Disaccharides (g)	15.26	8.97
Other Carbs (g)	13.87	8.16
Fat (g)	4.50	2.64
Saturated Fat (g)	2.62	1.54
Mono Fat (g)	1.17	0.69
Poly Fat (g)	0.33	0.19
Trans Fatty Acid (g)	0.16	0.09
Cholesterol (mg)	28.31	16.65
Water (g)	125.21	73.61
VITAMINS		
Vitamin A - IU (IU)	22999.82	13521.59
Vitamin A - RAE (RAE)	1184.30	696.25
Carotenoid RE (RE)	2286.25	1344.09
Retinol RE (RE)	41.17	24.21
Beta-Carotene (mcg)	13717.27	8064.38
Vitamin B1 (mg)	0.09	0.05
Vitamin B2 (mg)	0.10	0.06
Vitamin B3 (mg)	0.80	0.47
Vitamin B3 - Niacin Equiv (mg)	1.65	0.97
Vitamin B6 (mg)	0.25	0.15
Vitamin B12 (mcg)	0.08	0.05
Biotin (mcg)	7.31	4.30
Vitamin C (mg)	18.60	10.94
Vitamin D - IU (IU)	9.12	5.36
Vitamin D - mcg (mcg)	0.22	0.13
Vitamin E - Alpha-Toco (mg)	1.52	0.90
Folate (mcg)	11.46	6.74
Folate, DFE (mcg)	11.40	6.70
Vitamin K (mcg)	3.41	2.00
Pantothenic Acid (mg)	0.94	0.55

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	49.80	29.28
Chromium (mcg)	0.12	0.07
Copper (mg)	0.14	0.08
Fluoride (mg)	0.00	0.00
Iodine (mcg)	6.65	3.91
Iron (mg)	1.15	0.68
Magnesium (mg)	27.54	16.19
Manganese (mg)	0.40	0.23
Molybdenum (mcg)	0.92	0.54
Phosphorus (mg)	62.04	36.47
Potassium (mg)	349.68	205.58
Selenium (mcg)	2.00	1.18
Sodium (mg)	128.56	75.58
Zinc (mg)	0.39	0.23
POLYFATS		
Omega 3 Fatty Acid (g)	0.02	0.01
Omega 6 Fatty Acid (g)	0.30	0.18
OTHER NUTRIENTS		
Alcohol (g)	0.06	0.03
Caffeine (mg)	0.00	0.00
Choline (mg)	31.63	18.59

NUTRITIONAL INFO

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Kickin' Collard Greens

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	189.39	100.00
Calories (kcal)	66.74	35.24
Calories from Fat (kcal)	24.58	12.98
Calories from SatFat (kcal)	13.62	7.19
Protein (g)	3.39	1.79
Carbohydrates (g)	9.14	4.83
Dietary Fiber (g)	3.15	1.66
Soluble Fiber (g)	1.16	0.61
Total Sugars (g)	1.60	0.84
Monosaccharides (g)	0.17	0.09
Disaccharides (g)	0.06	0.03
Other Carbs (g)	4.31	2.28
Fat (g)	2.77	1.46
Saturated Fat (g)	1.51	0.80
Mono Fat (g)	0.60	0.32
Poly Fat (g)	0.09	0.05
Trans Fatty Acid (g)	0.09	0.05
Cholesterol (mg)	6.34	3.35
Water (g)	171.11	90.35
VITAMINS		
Vitamin A - IU (IU)	11578.57	6113.53
Vitamin A - RAE (RAE)	594.78	314.04
Carotenoid RE (RE)	1151.51	608.00
Retinol RE (RE)	19.02	10.04
Beta-Carotene (mcg)	6711.70	3543.81
Vitamin B1 (mg)	0.05	0.03
Vitamin B2 (mg)	0.12	0.06
Vitamin B3 (mg)	0.64	0.34
Vitamin B3 - Niacin Equiv (mg)	1.28	0.68
Vitamin B6 (mg)	0.12	0.07
Vitamin B12 (mcg)	0.00	0.00
Biotin (mcg)	0.19	0.10
Vitamin C (mg)	31.97	16.88
Vitamin D - IU (IU)	1.70	0.90
Vitamin D - mcg (mcg)	0.04	0.02
Vitamin E - Alpha-Toco (mg)	1.31	0.69
Folate (mcg)	75.97	40.11
Folate, DFE (mcg)	75.97	40.11
Vitamin K (mcg)	612.72	323.52
Pantothenic Acid (mg)	0.13	0.07

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	215.67	113.88
Chromium (mcg)	0.05	0.03
Copper (mg)	0.06	0.03
Fluoride (mg)	0.04	0.02
Iodine (mcg)	0.11	0.06
Iron (mg)	1.33	0.70
Magnesium (mg)	30.85	16.29
Manganese (mg)	0.66	0.35
Molybdenum (mcg)	0.27	0.14
Phosphorus (mg)	30.13	15.91
Potassium (mg)	261.45	138.05
Selenium (mcg)	1.61	0.85
Sodium (mg)	979.52	517.19
Zinc (mg)	0.29	0.15
POLYFATS		
Omega 3 Fatty Acid (g)	0.01	0.00
Omega 6 Fatty Acid (g)	0.08	0.04
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	45.41	23.97

NUTRITIONAL INFO



Potato Salad

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	157.74	100.00
Calories (kcal)	198.93	126.11
Calories from Fat (kcal)	80.06	50.76
Calories from SatFat (kcal)	11.95	7.57
Protein (g)	2.65	1.68
Carbohydrates (g)	26.80	16.99
Dietary Fiber (g)	2.77	1.76
Soluble Fiber (g)	0.53	0.33
Total Sugars (g)	3.90	2.47
Monosaccharides (g)	1.09	0.69
Disaccharides (g)	0.29	0.18
Other Carbs (g)	20.13	12.76
Fat (g)	8.90	5.64
Saturated Fat (g)	1.33	0.84
Mono Fat (g)	2.37	1.50
Poly Fat (g)	4.78	3.03
Trans Fatty Acid (g)	0.00	0.00
Cholesterol (mg)	6.79	4.31
Water (g)	109.16	69.20
VITAMINS		
Vitamin A - IU (IU)	217.39	137.82
Vitamin A - RAE (RAE)	13.48	8.55
Carotenoid RE (RE)	20.69	13.12
Retinol RE (RE)	3.14	1.99
Beta-Carotene (mcg)	113.00	71.64
Vitamin B1 (mg)	0.10	0.06
Vitamin B2 (mg)	0.05	0.03
Vitamin B3 (mg)	1.14	0.72
Vitamin B3 - Niacin Equiv (mg)	1.61	1.02
Vitamin B6 (mg)	0.34	0.22
Vitamin B12 (mcg)	0.05	0.03
Biotin (mcg)	0.32	0.20
Vitamin C (mg)	20.92	13.26
Vitamin D - IU (IU)	1.05	0.66
Vitamin D - mcg (mcg)	0.03	0.02
Vitamin E - Alpha-Toco (mg)	0.65	0.41
Folate (mcg)	24.03	15.23
Folate, DFE (mcg)	24.03	15.23
Vitamin K (mcg)	17.07	10.82
Pantothenic Acid (mg)	0.42	0.26

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	25.64	16.25
Chromium (mcg)	0.11	0.07
Copper (mg)	0.13	0.08
Fluoride (mg)	0.00	0.00
Iodine (mcg)	0.18	0.11
Iron (mg)	1.01	0.64
Magnesium (mg)	27.54	17.46
Manganese (mg)	0.26	0.17
Molybdenum (mcg)	1.01	0.64
Phosphorus (mg)	74.13	46.99
Potassium (mg)	488.83	309.89
Selenium (mcg)	1.03	0.65
Sodium (mg)	969.50	614.61
Zinc (mg)	0.41	0.26
POLYFATS		
Omega 3 Fatty Acid (g)	0.53	0.34
Omega 6 Fatty Acid (g)	4.24	2.69
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	17.93	11.37

NUTRITIONAL INFO



Smashed Potatoes

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	113.40	100.00
Calories (kcal)	138.39	122.04
Calories from Fat (kcal)	62.78	55.37
Calories from SatFat (kcal)	38.94	34.34
Protein (g)	2.44	2.15
Carbohydrates (g)	17.09	15.07
Dietary Fiber (g)	2.10	1.86
Soluble Fiber (g)	0.49	0.43
Total Sugars (g)	1.10	0.97
Monosaccharides (g)	0.57	0.50
Disaccharides (g)	0.52	0.46
Other Carbs (g)	13.86	12.22
Fat (g)	7.04	6.21
Saturated Fat (g)	4.33	3.82
Mono Fat (g)	1.85	1.63
Poly Fat (g)	0.31	0.27
Trans Fatty Acid (g)	0.25	0.22
Cholesterol (mg)	21.19	18.69
Water (g)	84.60	74.61
VITAMINS		
Vitamin A - IU (IU)	249.50	220.02
Vitamin A - RAE (RAE)	68.36	60.28
Carotenoid RE (RE)	2.56	2.25
Retinol RE (RE)	67.08	59.16
Beta-Carotene (mcg)	15.38	13.56
Vitamin B1 (mg)	0.08	0.07
Vitamin B2 (mg)	0.05	0.05
Vitamin B3 (mg)	1.01	0.89
Vitamin B3 - Niacin Equiv (mg)	1.44	1.27
Vitamin B6 (mg)	0.28	0.25
Vitamin B12 (mcg)	0.05	0.05
Biotin (mcg)	0.23	0.20
Vitamin C (mg)	18.57	16.38
Vitamin D - IU (IU)	7.52	6.63
Vitamin D - mcg (mcg)	0.19	0.16
Vitamin E - Alpha-Toco (mg)	0.18	0.16
Folate (mcg)	16.09	14.19
Folate, DFE (mcg)	16.09	14.19
Vitamin K (mcg)	2.46	2.17
Pantothenic Acid (mg)	0.34	0.30

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	25.95	22.89
Chromium (mcg)	0.08	0.07
Copper (mg)	0.10	0.09
Fluoride (mg)	0.00	0.00
Iodine (mcg)	1.96	1.73
Iron (mg)	0.77	0.68
Magnesium (mg)	23.16	20.42
Manganese (mg)	0.15	0.14
Molybdenum (mcg)	0.17	0.15
Phosphorus (mg)	66.73	58.84
Potassium (mg)	414.28	365.33
Selenium (mcg)	0.59	0.52
Sodium (mg)	440.17	388.17
Zinc (mg)	0.34	0.30
POLYFATS		
Omega 3 Fatty Acid (g)	0.06	0.05
Omega 6 Fatty Acid (g)	0.24	0.21
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	14.94	13.18

NUTRITIONAL INFO

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Tailgate Chili

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	295.07	100.00
Calories (kcal)	353.16	119.69
Calories from Fat (kcal)	142.21	48.20
Calories from SatFat (kcal)	47.82	16.21
Protein (g)	53.82	18.24
Carbohydrates (g)	23.37	7.92
Dietary Fiber (g)	7.92	2.32
Soluble Fiber (g)	0.81	0.27
Total Sugars (g)	6.53	2.21
Monosaccharides (g)	3.84	1.30
Disaccharides (g)	0.99	0.34
Other Carbs (g)	9.41	3.19
Fat (g)	15.80	5.36
Saturated Fat (g)	5.31	1.80
Mono Fat (g)	6.58	2.23
Poly Fat (g)	1.95	0.66
Trans Fatty Acid (g)	0.44	0.15
Cholesterol (mg)	74.67	25.30
Water (g)	200.27	67.87
VITAMINS		
Vitamin A - IU (IU)	725.00	245.70
Vitamin A - RAE (RAE)	38.45	13.03
Carotenoid RE (RE)	71.62	24.27
Retinol RE (RE)	2.64	0.90
Beta-Carotene (mcg)	390.64	132.39
Vitamin B1 (mg)	0.26	0.09
Vitamin B2 (mg)	0.28	0.10
Vitamin B3 (mg)	6.61	2.24
Vitamin B3 - Niacin Equiv (mg)	10.12	3.43
Vitamin B6 (mg)	0.57	0.19
Vitamin B12 (mcg)	2.00	0.68
Biotin (mcg)	0.74	0.25
Vitamin C (mg)	20.78	7.04
Vitamin D - IU (IU)	11.09	3.76
Vitamin D - mcg (mcg)	0.28	0.10
Vitamin E - Alpha-Toco (mg)	2.09	0.71
Folate (mcg)	47.62	16.14
Folate, DFE (mcg)	47.77	16.19
Vitamin K (mcg)	13.66	4.63
Pantothenic Acid (mg)	1.07	0.36

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	88.96	30.15
Chromium (mcg)	1.38	0.47
Copper (mg)	0.38	0.13
Fluoride (mg)	0.01	0.00
Iodine (mcg)	0.28	0.09
Iron (mg)	4.74	1.61
Magnesium (mg)	64.14	21.74
Manganese (mg)	0.43	0.15
Molybdenum (mcg)	33.25	11.27
Phosphorus (mg)	317.88	107.73
Potassium (mg)	890.08	301.65
Selenium (mcg)	24.12	8.17
Sodium (mg)	1047.00	354.83
Zinc (mg)	5.27	1.78
POLYFATS		
Omega 3 Fatty Acid (g)	0.18	0.06
Omega 6 Fatty Acid (g)	1.31	0.44
OTHER NUTRIENTS		
Alcohol (g)	0.56	0.19
Caffeine (mg)	0.00	0.00
Choline (mg)	104.61	35.45

NUTRITIONAL INFO

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SEASONAL SWEETS

NUTRITIONAL INFO

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Banana Puddin'

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	85.05	100.00
Calories (kcal)	147.10	172.95
Calories from Fat (kcal)	59.57	70.04
Calories from SatFat (kcal)	40.16	47.21
Protein (g)	1.65	1.94
Carbohydrates (g)	19.63	23.08
Dietary Fiber (g)	0.09	0.10
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	18.20	21.40
Monosaccharides (g)	0.28	0.33
Disaccharides (g)	2.46	2.90
Other Carbs (g)	0.37	0.43
Fat (g)	6.62	7.78
Saturated Fat (g)	4.46	5.25
Mono Fat (g)	1.30	1.53
Poly Fat (g)	0.24	0.28
Trans Fatty Acid (g)	0.15	0.18
Cholesterol (mg)	13.72	16.13
Water (g)	56.05	65.90
VITAMINS		
Vitamin A - IU (IU)	181.80	213.76
Vitamin A - RAE (RAE)	51.09	60.07
Carotenoid RE (RE)	1.72	2.02
Retinol RE (RE)	50.23	59.06
Beta-Carotene (mcg)	8.35	9.82
Vitamin B1 (mg)	0.03	0.02
Vitamin B2 (mg)	0.10	0.12
Vitamin B3 (mg)	0.07	0.09
Vitamin B3 - Niacin Equiv (mg)	0.40	0.47
Vitamin B6 (mg)	0.04	0.04
Vitamin B12 (mcg)	0.23	0.27
Biotin (mcg)	1.36	1.60
Vitamin C (mg)	0.41	0.48
Vitamin D - IU (IU)	22.50	26.45
Vitamin D - mcg (mcg)	0.58	0.68
Vitamin E - Alpha-Toco (mg)	0.12	0.14
Folate (mcg)	3.80	4.46
Folate, DFE (mcg)	3.80	4.46
Vitamin K (mcg)	0.48	0.57
Pantothenic Acid (mg)	0.22	0.26

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	66.41	78.09
Chromium (mcg)	0.04	0.05
Copper (mg)	0.03	0.03
Fluoride (mg)	0.00	0.00
Iodine (mcg)	9.24	10.86
Iron (mg)	0.06	0.07
Magnesium (mg)	6.65	7.82
Manganese (mg)	0.01	0.01
Molybdenum (mcg)	0.78	0.92
Phosphorus (mg)	163.04	191.70
Potassium (mg)	89.58	105.33
Selenium (mcg)	2.05	2.41
Sodium (mg)	254.85	299.65
Zinc (mg)	0.23	0.27
POLYFATS		
Omega 3 Fatty Acid (g)	0.05	0.06
Omega 6 Fatty Acid (g)	0.17	0.20
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	9.55	11.23

NUTRITIONAL INFO

MISSION BBQ®
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Blueberry Cobbler

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	175.78	100.00
Calories (kcal)	390.55	222.18
Calories from Fat (kcal)	110.32	62.76
Calories from SatFat (kcal)	66.75	37.97
Protein (g)	2.82	1.60
Carbohydrates (g)	69.67	39.64
Dietary Fiber (g)	3.14	1.79
Soluble Fiber (g)	0.02	0.01
Total Sugars (g)	58.50	33.28
Monosaccharides (g)	0.59	0.33
Disaccharides (g)	50.52	28.74
Other Carbs (g)	7.61	4.33
Fat (g)	12.46	7.09
Saturated Fat (g)	7.42	4.22
Mono Fat (g)	3.13	1.78
Poly Fat (g)	0.88	0.50
Trans Fatty Acid (g)	0.47	0.27
Cholesterol (mg)	30.48	17.34
Water (g)	81.09	46.13
VITAMINS		
Vitamin A - IU (IU)	478.10	271.98
Vitamin A - RAE (RAE)	98.66	56.13
Carotenoid RE (RE)	3.70	2.10
Retinol RE (RE)	95.11	54.11
Beta-Carotene (mcg)	46.21	26.29
Vitamin B1 (mg)	0.13	0.08
Vitamin B2 (mg)	0.23	0.13
Vitamin B3 (mg)	1.16	0.66
Vitamin B3 - Niacin Equiv (mg)	1.26	0.72
Vitamin B6 (mg)	0.08	0.04
Vitamin B12 (mcg)	0.22	0.13
Biotin (mcg)	0.15	0.08
Vitamin C (mg)	2.18	1.24
Vitamin D - IU (IU)	15.10	8.59
Vitamin D - mcg (mcg)	0.38	0.21
Vitamin E - Alpha-Toco (mg)	0.77	0.44
Folate (mcg)	33.75	19.20
Folate, DFE (mcg)	33.46	19.04
Vitamin K (mcg)	14.97	8.52
Pantothenic Acid (mg)	0.36	0.21

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	46.88	26.67
Chromium (mcg)	0.42	0.24
Copper (mg)	0.05	0.03
Fluoride (mg)	0.00	0.00
Iodine (mcg)	0.76	0.43
Iron (mg)	0.90	0.51
Magnesium (mg)	8.18	4.65
Manganese (mg)	0.22	0.12
Molybdenum (mcg)	-	-
Phosphorus (mg)	27.91	15.88
Potassium (mg)	83.17	47.31
Selenium (mcg)	3.97	2.26
Sodium (mg)	183.09	104.16
Zinc (mg)	0.30	0.17
POLYFATS		
Omega 3 Fatty Acid (g)	0.07	0.04
Omega 6 Fatty Acid (g)	0.57	0.33
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.05
Caffeine (mg)	0.00	0.00
Choline (mg)	4.70	2.68

NUTRITIONAL INFO

MISSION BBQ®
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Caramel Apple Cobbler

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	154.92	100.00
Calories (kcal)	334.94	216.20
Calories from Fat (kcal)	78.25	50.51
Calories from SatFat (kcal)	47.77	30.84
Protein (g)	3.31	2.14
Carbohydrates (g)	63.01	40.67
Dietary Fiber (g)	1.95	1.26
Soluble Fiber (g)	0.01	0.01
Total Sugars (g)	37.83	24.42
Monosaccharides (g)	0.11	0.07
Disaccharides (g)	31.58	20.38
Other Carbs (g)	14.42	9.31
Fat (g)	8.83	5.70
Saturated Fat (g)	5.31	3.43
Mono Fat (g)	2.19	1.41
Poly Fat (g)	0.53	0.34
Trans Fatty Acid (g)	0.33	0.21
Cholesterol (mg)	22.30	14.39
Water (g)	73.49	47.43
VITAMINS		
Vitamin A - IU (IU)	362.55	234.02
Vitamin A - RAE (RAE)	72.44	46.76
Carotenoid RE (RE)	6.25	4.03
Retinol RE (RE)	69.32	44.74
Beta-Carotene (mcg)	20.56	13.27
Vitamin B1 (mg)	0.19	0.12
Vitamin B2 (mg)	0.20	0.13
Vitamin B3 (mg)	1.56	1.00
Vitamin B3 - Niacin Equiv (mg)	2.09	1.35
Vitamin B6 (mg)	0.05	0.03
Vitamin B12 (mcg)	0.13	0.08
Biotin (mcg)	0.22	0.14
Vitamin C (mg)	0.13	0.08
Vitamin D - IU (IU)	9.75	6.30
Vitamin D - mcg (mcg)	0.24	0.16
Vitamin E - Alpha-Toco (mg)	0.34	0.22
Folate (mcg)	43.56	28.12
Folate, DFE (mcg)	59.22	38.22
Vitamin K (mcg)	1.04	0.67
Pantothenic Acid (mg)	0.24	0.16

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	22.77	14.70
Chromium (mcg)	0.26	0.16
Copper (mg)	0.09	0.06
Fluoride (mg)	0.00	0.00
Iodine (mcg)	0.18	0.12
Iron (mg)	1.24	0.80
Magnesium (mg)	8.54	5.51
Manganese (mg)	0.44	0.28
Molybdenum (mcg)	-	-
Phosphorus (mg)	29.75	19.21
Potassium (mg)	102.41	66.11
Selenium (mcg)	8.42	5.44
Sodium (mg)	93.85	60.58
Zinc (mg)	0.29	0.19
POLYFATS		
Omega 3 Fatty Acid (g)	0.06	0.04
Omega 6 Fatty Acid (g)	0.47	0.30
OTHER NUTRIENTS		
Alcohol (g)	0.02	0.01
Caffeine (mg)	0.00	0.00
Choline (mg)	4.29	2.77

NUTRITIONAL INFO



Caramel Bread Pudding

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	113.40	100.00
Calories (kcal)	370.46	326.69
Calories from Fat (kcal)	205.08	180.85
Calories from SatFat (kcal)	122.22	107.78
Protein (g)	4.95	4.36
Carbohydrates (g)	37.76	33.30
Dietary Fiber (g)	0.73	0.64
Soluble Fiber (g)	0.00	0.00
Total Sugars (g)	24.82	21.89
Monosaccharides (g)	1.01	0.89
Disaccharides (g)	22.02	19.42
Other Carbs (g)	12.21	10.77
Fat (g)	22.85	20.15
Saturated Fat (g)	13.58	11.98
Mono Fat (g)	6.52	5.75
Poly Fat (g)	1.43	1.26
Trans Fatty Acid (g)	0.67	0.59
Cholesterol (mg)	118.99	104.93
Water (g)	46.82	41.29
VITAMINS		
Vitamin A - IU (IU)	863.82	761.75
Vitamin A - RAE (RAE)	241.99	213.39
Carotenoid RE (RE)	6.87	6.05
Retinol RE (RE)	238.55	210.37
Beta-Carotene (mcg)	40.54	35.75
Vitamin B1 (mg)	0.16	0.14
Vitamin B2 (mg)	0.18	0.14
Vitamin B3 (mg)	1.29	1.14
Vitamin B3 - Niacin Equiv (mg)	1.84	1.63
Vitamin B6 (mg)	0.06	0.05
Vitamin B12 (mcg)	0.20	0.18
Biotin (mcg)	3.37	2.97
Vitamin C (mg)	0.29	0.25
Vitamin D - IU (IU)	25.23	22.25
Vitamin D - mcg (mcg)	0.64	0.56
Vitamin E - Alpha-Toco (mg)	0.78	0.69
Folate (mcg)	37.01	32.64
Folate, DFE (mcg)	52.79	46.55
Vitamin K (mcg)	1.89	1.67
Pantothenic Acid (mg)	0.45	0.40

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	107.33	94.65
Chromium (mcg)	0.21	0.18
Copper (mg)	0.05	0.04
Fluoride (mg)	0.00	0.00
Iodine (mcg)	15.16	13.37
Iron (mg)	1.19	1.05
Magnesium (mg)	11.58	10.21
Manganese (mg)	0.16	0.14
Molybdenum (mcg)	2.07	1.83
Phosphorus (mg)	81.74	72.08
Potassium (mg)	84.27	74.32
Selenium (mcg)	9.94	8.77
Sodium (mg)	193.79	170.89
Zinc (mg)	0.49	0.44
POLYFATS		
Omega 3 Fatty Acid (g)	0.33	0.29
Omega 6 Fatty Acid (g)	1.10	0.97
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	48.41	42.69

NUTRITIONAL INFO

MISSION BBQ®
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Carrot Cake

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	131.56	100.00
Calories (kcal)	469.91	357.17
Calories from Fat (kcal)	243.08	184.76
Calories from SatFat (kcal)	18.69	14.21
Protein (g)	4.43	3.37
Carbohydrates (g)	52.88	40.19
Dietary Fiber (g)	1.57	1.19
Soluble Fiber (g)	0.54	0.41
Total Sugars (g)	35.29	26.83
Monosaccharides (g)	0.32	0.25
Disaccharides (g)	34.52	26.24
Other Carbs (g)	16.01	12.17
Fat (g)	27.49	20.90
Saturated Fat (g)	2.08	1.58
Mono Fat (g)	6.21	4.72
Poly Fat (g)	17.84	13.56
Trans Fatty Acid (g)	0.70	0.53
Cholesterol (mg)	0.00	0.00
Water (g)	27.01	20.53
VITAMINS		
Vitamin A - IU (IU)	4845.48	3683.02
Vitamin A - RAE (RAE)	229.77	174.65
Carotenoid RE (RE)	459.55	349.30
Retinol RE (RE)	0.00	0.00
Beta-Carotene (mcg)	2278.87	1732.16
Vitamin B1 (mg)	0.23	0.18
Vitamin B2 (mg)	0.41	0.31
Vitamin B3 (mg)	1.51	1.15
Vitamin B3 - Niacin Equiv (mg)	1.98	1.51
Vitamin B6 (mg)	0.07	0.06
Vitamin B12 (mcg)	0.40	0.30
Biotin (mcg)	1.59	1.21
Vitamin C (mg)	1.64	1.25
Vitamin D - IU (IU)	13.33	10.13
Vitamin D - mcg (mcg)	0.33	0.25
Vitamin E - Alpha-Toco (mg)	2.71	2.06
Folate (mcg)	63.41	48.20
Folate, DFE (mcg)	65.91	50.10
Vitamin K (mcg)	57.57	43.76
Pantothenic Acid (mg)	0.50	0.38

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	23.79	18.08
Chromium (mcg)	0.28	0.22
Copper (mg)	0.05	0.04
Fluoride (mg)	0.00	0.00
Iodine (mcg)	-	-
Iron (mg)	1.47	1.12
Magnesium (mg)	8.27	6.29
Manganese (mg)	0.26	0.20
Molybdenum (mcg)	1.38	1.05
Phosphorus (mg)	32.52	24.72
Potassium (mg)	145.22	110.38
Selenium (mcg)	7.31	5.55
Sodium (mg)	461.69	350.93
Zinc (mg)	0.42	0.32
POLYFATS		
Omega 3 Fatty Acid (g)	2.02	1.54
Omega 6 Fatty Acid (g)	15.82	12.02
OTHER NUTRIENTS		
Alcohol (g)	0.12	0.09
Caffeine (mg)	0.00	0.00
Choline (mg)	4.64	3.53

NUTRITIONAL INFO



Double Chip Brownies

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	176.33	100.00
Calories (kcal)	649.92	368.58
Calories from Fat (kcal)	245.44	139.20
Calories from SatFat (kcal)	143.42	81.34
Protein (g)	7.49	4.25
Carbohydrates (g)	103.73	58.83
Dietary Fiber (g)	5.41	3.07
Soluble Fiber (g)	0.21	0.12
Total Sugars (g)	80.24	45.51
Monosaccharides (g)	0.07	0.04
Disaccharides (g)	62.87	35.66
Other Carbs (g)	17.94	10.17
Fat (g)	27.54	15.62
Saturated Fat (g)	15.94	9.04
Mono Fat (g)	7.82	4.44
Poly Fat (g)	1.32	0.75
Trans Fatty Acid (g)	0.63	0.36
Cholesterol (mg)	110.46	62.64
Water (g)	35.41	20.08
VITAMINS		
Vitamin A - IU (IU)	574.40	325.75
Vitamin A - RAE (RAE)	159.58	90.50
Carotenoid RE (RE)	5.06	2.87
Retinol RE (RE)	157.04	89.06
Beta-Carotene (mcg)	29.91	16.97
Vitamin B1 (mg)	0.19	0.11
Vitamin B2 (mg)	0.24	0.13
Vitamin B3 (mg)	1.39	0.79
Vitamin B3 - Niacin Equiv (mg)	2.86	1.62
Vitamin B6 (mg)	0.05	0.03
Vitamin B12 (mcg)	0.20	0.11
Biotin (mcg)	3.96	2.25
Vitamin C (mg)	0.00	0.00
Vitamin D - IU (IU)	26.74	15.16
Vitamin D - mcg (mcg)	0.66	0.37
Vitamin E - Alpha-Toco (mg)	0.73	0.41
Folate (mcg)	51.60	29.26
Folate, DFE (mcg)	74.10	42.02
Vitamin K (mcg)	3.21	1.82
Pantothenic Acid (mg)	0.43	0.25

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	29.43	16.69
Chromium (mcg)	0.62	0.35
Copper (mg)	0.27	0.15
Fluoride (mg)	0.01	0.01
Iodine (mcg)	9.94	5.64
Iron (mg)	2.86	1.62
Magnesium (mg)	43.65	24.75
Manganese (mg)	0.40	0.23
Molybdenum (mcg)	3.19	1.81
Phosphorus (mg)	105.78	59.99
Potassium (mg)	169.89	96.35
Selenium (mcg)	14.71	8.34
Sodium (mg)	318.14	180.43
Zinc (mg)	0.92	0.52
POLYFATS		
Omega 3 Fatty Acid (g)	0.11	0.06
Omega 6 Fatty Acid (g)	1.21	0.68
OTHER NUTRIENTS		
Alcohol (g)	0.18	0.10
Caffeine (mg)	31.53	17.88
Choline (mg)	67.74	38.42

NUTRITIONAL INFO



Peach Cobbler

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	154.92	100.00
Calories (kcal)	331.54	214.01
Calories from Fat (kcal)	100.32	64.75
Calories from SatFat (kcal)	61.12	39.45
Protein (g)	3.45	2.23
Carbohydrates (g)	56.40	36.41
Dietary Fiber (g)	1.45	0.93
Soluble Fiber (g)	0.32	0.21
Total Sugars (g)	44.77	28.90
Monosaccharides (g)	0.03	0.02
Disaccharides (g)	33.53	21.65
Other Carbs (g)	10.17	6.57
Fat (g)	11.33	7.31
Saturated Fat (g)	6.79	4.38
Mono Fat (g)	3.01	1.94
Poly Fat (g)	0.67	0.43
Trans Fatty Acid (g)	0.42	0.27
Cholesterol (mg)	60.57	39.10
Water (g)	83.08	53.63
VITAMINS		
Vitamin A - IU (IU)	642.31	360.66
Vitamin A - RAE (RAE)	179.03	100.52
Carotenoid RE (RE)	5.32	2.99
Retinol RE (RE)	176.36	99.03
Beta-Carotene (mcg)	32.70	18.36
Vitamin B1 (mg)	0.04	0.02
Vitamin B2 (mg)	0.20	0.11
Vitamin B3 (mg)	0.17	0.10
Vitamin B3 - Niacin Equiv (mg)	1.00	0.56
Vitamin B6 (mg)	0.04	0.02
Vitamin B12 (mcg)	0.48	0.27
Biotin (mcg)	2.06	1.16
Vitamin C (mg)	0.22	0.12
Vitamin D - IU (IU)	46.70	26.22
Vitamin D - mcg (mcg)	1.15	0.64
Vitamin E - Alpha-Toco (mg)	0.24	0.14
Folate (mcg)	7.71	4.33
Folate, DFE (mcg)	7.91	4.44
Vitamin K (mcg)	1.44	0.81
Pantothenic Acid (mg)	0.44	0.25

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	15.96	10.30
Chromium (mcg)	0.36	0.23
Copper (mg)	0.08	0.05
Fluoride (mg)	0.00	0.00
Iodine (mcg)	4.77	3.08
Iron (mg)	1.04	0.67
Magnesium (mg)	10.69	6.90
Manganese (mg)	0.16	0.10
Molybdenum (mcg)	1.53	0.99
Phosphorus (mg)	49.03	31.65
Potassium (mg)	136.68	88.23
Selenium (mcg)	8.93	5.76
Sodium (mg)	106.69	68.87
Zinc (mg)	0.34	0.22
POLYFATS		
Omega 3 Fatty Acid (g)	0.06	0.04
Omega 6 Fatty Acid (g)	0.61	0.39
OTHER NUTRIENTS		
Alcohol (g)	0.00	0.00
Caffeine (mg)	0.00	0.00
Choline (mg)	33.70	21.75

NUTRITIONAL INFO

MISSION BBQ®
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Strawberry Shortcake

NUTRIENTS	Per Serving	Per 100g
BASIC COMPONENTS		
Gram Weight (g)	85.05	100.00
Calories (kcal)	153.80	180.83
Calories from Fat (kcal)	42.41	49.87
Calories from SatFat (kcal)	25.00	29.40
Protein (g)	1.49	1.75
Carbohydrates (g)	27.37	32.18
Dietary Fiber (g)	0.75	0.88
Soluble Fiber (g)	0.18	0.21
Total Sugars (g)	22.89	26.91
Monosaccharides (g)	1.44	1.69
Disaccharides (g)	19.05	22.40
Other Carbs (g)	3.73	4.38
Fat (g)	4.76	5.60
Saturated Fat (g)	2.78	3.27
Mono Fat (g)	1.28	1.50
Poly Fat (g)	0.30	0.35
Trans Fatty Acid (g)	0.16	0.19
Cholesterol (mg)	25.75	30.28
Water (g)	51.10	60.08
VITAMINS		
Vitamin A - IU (IU)	169.37	199.14
Vitamin A - RAE (RAE)	46.11	54.21
Carotenoid RE (RE)	1.86	2.19
Retinol RE (RE)	45.18	53.12
Beta-Carotene (mcg)	11.09	13.04
Vitamin B1 (mg)	0.04	0.05
Vitamin B2 (mg)	0.05	0.06
Vitamin B3 (mg)	0.35	0.41
Vitamin B3 - Niacin Equiv (mg)	0.60	0.70
Vitamin B6 (mg)	0.02	0.03
Vitamin B12 (mcg)	0.05	0.05
Biotin (mcg)	1.16	1.36
Vitamin C (mg)	18.99	22.33
Vitamin D - IU (IU)	6.03	7.09
Vitamin D - mcg (mcg)	0.15	0.18
Vitamin E - Alpha-Toco (mg)	0.24	0.28
Folate (mcg)	16.41	19.29
Folate, DFE (mcg)	20.29	23.86
Vitamin K (mcg)	1.10	1.29
Pantothenic Acid (mg)	0.13	0.16

NUTRIENTS	Per Serving	Per 100g
MINERALS		
Calcium (mg)	12.83	15.08
Chromium (mcg)	0.15	0.17
Copper (mg)	0.03	0.03
Fluoride (mg)	0.01	0.02
Iodine (mcg)	5.12	6.02
Iron (mg)	0.38	0.45
Magnesium (mg)	6.02	7.08
Manganese (mg)	0.15	0.18
Molybdenum (mcg)	0.64	0.75
Phosphorus (mg)	23.25	27.34
Potassium (mg)	64.28	75.58
Selenium (mcg)	2.65	3.12
Sodium (mg)	48.60	57.14
Zinc (mg)	0.14	0.16
POLYFATS		
Omega 3 Fatty Acid (g)	0.05	0.06
Omega 6 Fatty Acid (g)	0.24	0.28
OTHER NUTRIENTS		
Alcohol (g)	0.01	0.02
Caffeine (mg)	0.00	0.00
Choline (mg)	14.10	16.58

NUTRITIONAL INFO



Sweet Potato Pie

NUTRIENTS	Per Serving
BASIC COMPONENTS	
Gram Weight (g)	210.7
Calories (kcal)	404.73
Calories from Fat (kcal)	102.38
Calories from SatFat (kcal)	>60.19
Protein (g)	6.06
Carbohydrates (g)	71.08
Total Dietary Fiber (g)	2.75
Soluble Fiber (g)	>0
Dietary Fiber (2016) (g)	2.75
Soluble Fiber (2016) (g)	>0
Total Sugars (g)	55.13
Added Sugars (g)	>45.83
Monosaccharides (g)	>0.84
Disaccharides (g)	>49.97
Other Carbs (g)	>13.17
Fat (g)	11.44
Saturated Fat (g)	>6.69
Mono Fat (g)	2.68
Poly Fat (g)	>0.53
Trans Fatty Acid (g)	0.38
Cholesterol (mg)	31.06
Water (g)	>119.75
VITAMINS	
Vitamin A - IU (IU)	>15450.65
Vitamin A - RAE (RAE)	864.43
Carotenoid RE (RE)	>1508.63
Retinol RE (RE)	>110.12
Beta-Carotene (mcg)	>9032.62
Vitamin B1 Thiamin (mg)	>0.10
Vitamin B2 Riboflavin (mg)	>0.18
Vitamin B3 Niacin (mg)	>1.22
Vitamin B3 - Niacin Equiv (mg)	>2.14
Vitamin B6 (mg)	>0.24
Vitamin B12 (mcg)	>0.19
Biotin (mcg)	>4.25
Vitamin C (mg)	15.48
Vitamin D - IU (IU)	>27.86
Vitamin D - mcg (mcg)	>0.71
Vitamin E - Alpha-Toco (mg)	>0.84
Folate (mcg)	>7.37
Folate, DFE (mcg)	>7.37
Vitamin K (mcg)	>2.79
Pantothenic Acid (mg)	>0.91

NUTRIENTS	Per Serving
MINERALS	
Calcium (mg)	>85.79
Chromium (mcg)	>0.28
Copper (mg)	>0.14
Fluoride (mg)	>0.00
Iodine (mcg)	>12.77
Iron (mg)	>0.81
Magnesium (mg)	>26.45
Manganese (mg)	>0.44
Molybdenum (mcg)	>0.70
Phosphorus (mg)	>82.51
Potassium (mg)	>484.06
Selenium (mcg)	>2.24
Sodium (mg)	242.21
Zinc (mg)	>0.44
POLYFATS	
Omega 3 Fatty Acid (g)	>0.07
Omega 6 Fatty Acid (g)	>0.45
OTHER NUTRIENTS	
Alcohol (g)	0.31
Caffeine (mg)	0
Choline (mg)	>18.80