

**Cache Lake Camping Food
Original Line
Nutrition Facts**

	Cream of Wild Rice Soup		Cream of Wild Rice Asparagus Soup		Wild Rice Leek & Potato Soup		Wild Rice Vegetable Soup		Cheesy Vegetable Chowder	
Serving Size	1/2 Package		1/2 Package		1/2 Package		1/2 Package		1/2 Package	
Net Weight	56.5g, about 1/2 cup		56.5g, about 1/2 cup		52g, about 1/2 cup		50g, about 1/3 cup		75g, about 2/3 cup	
Servings Per Container	2		2		2		2		2	
Calories	150		150		36		111		175	
Calories from Fat	32		32		0		0		32	
	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams	Daily Value*
Total Fat	4.5	7.2%	4.5	7.2%	0	0.0%	0	0.0%	3.6	5.6%
Saturated Fat	1	5.0%	1	5.0%	0	0.0%	0	0.0%	1.4	7.0%
Cholesterol	0	0.0%	0	0.0%	0	0.0%	0	0.0%	2.8	1.0%
Sodium	888mg	38.0%	888mg	38.0%	136mg	6.0%	655mg	27.0%	1291mg	55.0%
Total Carbohydrate	28	9.0%	28	9.0%	5.5	2.2%	9	3.0%	31	10.0%
Dietary Fiber	1.2	5.0%	1.2	5.0%	3.4	13.0%	1	6.0%	1.2	5.0%
Sugars	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Protein	2.5	0.0%	2.5	0.0%	1.5	0.0%	1.5	0.0%	3	0.0%
Calcium	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Vitamin A	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Vitamin C	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Ingredients	wild rice, unbleached flour, broth (hydrolyzed soy protein, sea salt, herbs, yeast, safflower oil, parsley, and dulse), onion, cream powder (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono- and diglycerides, sodium citrate, salt, silicoaluminate, carraglenan, artificial flavors), celery, dried mushroom.		wild rice, unbleached flour, broth (hydrolyzed soy protein, sea salt, herbs, yeast, safflower oil, parsley, and dulse), onion, cream powder (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono- and diglycerides, sodium citrate, salt, silicoaluminate, carraglenan, artificial flavors), celery, asparagus.		wild rice, potato, onion, broth (hydrolyzed soy protein, sea salt, herbs, yeast, safflower oil, parsley, dulse), leek.		wild rice, broth (toasted onion & onion powder, hydrolyzed soy protein, potato flour, sea salt, herbs and spices), onions, broth (maltodextrin, salt, autolyzed yeast extract, natural flavor, onion, celery, parsley, spinach, garlic, carrot, potato flour, soybean oil, xanthan gum, spices, extractive of spices, lecithin), soy flour, carrots, mushrooms, green pepper, leek, celery, tomato.		potatoes, unbleached flour, broth (hydrolyzed soy protein, sea salt, herbs, yeast safflower oil, parsley, and dulse), cheese powder (maltodextrin, whey solids, natural cheddar cheese flavor, salt), onion, cream powder (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono- and diglycerides, sodium citrate, salt, silicoaluminate, carraglenan, artificial flavors), carrot, green pepper, leek, celery, tomato.	

* Percent Daily Values (DV) are based on a 2,000 calorie diet

** Not a significant source

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	Creamy Fish Chowder		Minnesota Minnestrone		Really Tasty™ Beef Stew		Really Tasty™ Chicken Stew		Wild Rice Vegetable Salad (Mix Only)***	
Serving Size	1/2 Package		1/2 Package		approx. 2.5oz		approx. 2.5oz		1/2 Package	
Net Weight	70g, about 2/3 cup		65g, 2cups/serving		71g		71g		50g, about 1/2 cup	
Servings Per Container	2		2		2		2		2	
Calories	137		278		211		211		112	
Calories from Fat	32		14		27		27		0	
	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams	Daily Value*
Total Fat	2.3	4.6%	1.24	1.0%	3	4.0%	3	4.0%	0	0.0%
Saturated Fat	0.5	2.5%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Cholesterol	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Sodium	889mg	35.0%	1126mg	43.0%	1613mg	88.0%	1613mg	88.0%	147mg	6.0%
Total Carbohydrate	25	8.0%	52	26.0%	18.7	5.0%	18.7	5.0%	24	7.0%
Dietary Fiber	1	4.0%	4.3	17.0%	4.5	18.0%	4.5	18.0%	2.5	10.0%
Sugars	0	0.0%	1.6	17.0%	0.6	0.0%	0.6	0.0%	1	0.0%
Protein	3	0.0%	10	0.0%	12.4	0.0%	12.4	0.0%	4	0.0%
Calcium	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Vitamin A	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Vitamin C	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Ingredients	potatoes, unbleached flour, broth (hydrolyzed soy protein, sea salt, herbs, yeast safflower oil, parsley, and dulse), onion, cream powder (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono- and diglycerides, sodium citrate, salt, silicoaluminate, carraglenan, artificial flavors), carrot, green pepper, leek, celery, tomato, herbs and spices, sesame seeds.	wild rice, broth (tomato, dairy whey, nonfat dry milk, salt, dehydrated onion, guar gum, microcrystalline cellulose (a natural anti-caking agent), natural flavors, dehydrated garlic, fructose, basil, celery seed, white pepper, parsley), broth (maltodextrin, salt, autolyzed yeast extract, onion, celery, spinach, parsley, carrot, garlic, natural flavors, caramel color and spices), kidney beans, onion, garbanzo beans, potato, carrots, tomato, green pepper, leek, garlic, herbs.	Textured vegetable protein (defatted soy flour, purified water, autolyzed yeast, soybean oil, soy sauce (water, soybeans, salt) and/or spices, potassium sorbate (a polyunsaturated fat used to preserve freshness), natural beef flavoring), potatoes, broth (dehydrated onion, potato flour, barley malt, hydrolyzed corn and soy protein, salt, potato starch, autolyzed yeast extract, dehydrated garlic, spices, natural flavors), onion, broth maltodextrin, salt, autolyzed yeast extract, natural flavor, dehydrated vegetables (onion, celery, parsley, spinach, garlic, carrot, potato flour, soybean oil, xanthan gum, spices, extractive of spices, lecithin), carrot, broth (cornstarch, corn syrup solids, salt, onion, garlic, natural flavor, black pepper, yeast extract, hickory smoke (torula yeast and hickory smoke)), peas, barley, beef, tomato, leeks, celery, peppers.	Texturized vegetable protein (defatted soy flour, purified water, autolyzed yeast, soybean oil, soy sauce (water, soybeans, salt) and/or spices, potassium sorbate (a polyunsaturated fat used to preserve freshness), natural chicken flavoring), potatoes, broth (dehydrated onion, potato flour, barley malt, hydrolyzed corn and soy protein, salt, potato starch, autolyzed yeast extract, garlic, spices, natural flavors), onion, broth (maltodextrin, salt, autolyzed yeast extract, natural flavor, onion, celery, parsley, spinach, garlic, carrot, potato flour, soybean oil, xanthan gum, spices, extractive of spices, lecithin), carrot, broth (cornstarch, corn syrup solids, salt, onion, garlic, natural flavor, black pepper, celery seed, turmeric), corn, barley, chicken, tomato, leeks, celery, peppers.	wild rice, onion, peas, carrot, celery, broth (hydrolyzed soy protein, sea salt, herbs, yeast, safflower oil, parsley, dulse), green pepper, leek, tomato.					

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** Not a significant source

*** See dressing packet for nutritional information

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Nutrition Facts**

	Wild Rice Vegetable Salad Italian Dressing		Wild Rice Vegetable Salad Ranch Dressing		Fryin' Pan Bread™		Pizza Fryin' Pan Bread™		Breakfast Fryin' Pan Bread™ Cinnamon	
Serving Size	1 Pouch		1 Pouch		1oz.		approx. 2oz		1/4 Package	
Net Weight	28.35g		28.35g		(makes over 1/2# bread)		2oz (52.5g)		52.5g	
Servings Per Container	1		1		4		4		4	
Calories	100		140		121		165		224	
Calories from Fat	90		140		0		13		24	
	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams (g)	Daily Value*
Total Fat	10	15.00%	15	23.0%	2.85	3.86%	4	8.0%	3	4.0%
Saturated Fat	1.5	8.0%	2.5	13.0%	0.89	5.0%	1.7	1.0%	0.9	5.0%
Trans Fat	0	0.0%	0	0.0%	0.5	0.0%	0	0.0%	0	0.0%
Cholesterol	0	0.0%	10mg	3.0%	117	35.0%	121mg	35.0%	32mg	35.0%
Sodium	230mg	10.0%	270mg	11.0%	473.8mg	20.0%	558mg	24.0%	474mg	20.0%
Total Carbohydrate	2	1.0%	1	0.0%	17.71	6.0%	21	7.0%	32	11.0%
Dietary Fiber	0	0.0%	0	0.0%	0.5	2.0%	1	3.0%	0.5	2.0%
Sugars	2	0.0%	1	0.0%	3.2	0.0%	4.3	0.0%	3.2	0.0%
Protein	0	0.0%	0	0.0%	5.25	0.0%	6	0.0%	5	0.0%
Calcium	NA**	0.0%	0	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Vitamin A	NA**	0.0%	0	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Vitamin C	NA**	0.0%	0	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Ingredients	Soybean oil, water, vinegar, sugar, contains less than 2% of salt, garlic*, xanthan gum, onions*, polysorbate 60, propylene glycol, alginate, spice, red bell pappers* garlic parsley*, lemon juice concentrate, calcium disodium EDTA as a preservative, natural flavor. *Dried		Soybean oil, water, vinegar, sugar, egg yolks, salt, contains less than 2% of whey, garlic juice, natural buttermilk flavor (muttermilk, natural flavor, dried sour cream [cultured cream, salt], modified food starch, lactic acid, citric acid, karaya gum), xanthan gum, with sorbic acid and calcium disodium EDTA as preservatives, phosphoric acid, polysorbate 60, spice, dried parsley, lemon juice concentrate, disodium inosinate, disodium guanylate, natural flavour		Unbleached wheat flour, sugar, aluminum-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, herbs and spices, dried whole egg, butter flavor (whey solids, enzyme-modified butter oil and dehydrated butter, corn syrup solids, alt, guar gum, annatto and turmeric (for color)). Onion variety contains onion. Garlic variety contains garlic, Italian variety contains herbs and spices. Dill variety contains dill.		Unbleached wheat flour, sugar, aluminum-free backing powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, herbs and spices, cheese powder (malto-dextrin, whey solids, natural romano flavor, salt), tomatoes, dried whole egg, butter flavor (whey solids, enzyme-modified butter oil and dehydrated butter, corn syrup solids, salt, guar gum, annatto and turmeric (for color))		Unbleached wheat flour, sugar, corn syrup solids, aluminum-free backing powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, herbs and spices, dried whole egg, butter flavor (whey solids, enzyme-modified butter oil and dehydrated butter, corn syrup solids, salt, guar gum, annatto and turmeric (for color)). Cinnamon.	

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	Breakfast Fryin' Pan Bread™ Cinnamon Raisin		Breakfast Fryin' Pan Bread™ Cranberry Raisin		Breakfast Fryin' Pan Bread™ Caramel		Fryin' Pan™ Scones with Raisins		Fryin' Pan™ Scones with Cranberries	
Serving Size	1/4 Package		1/4 Package		1/4 Package		approx. 1/4 cup		approx. 1/4 cup	
Net Weight	59g		59g		63g		85g		85g	
Servings Per Container	4		4		4		4		4	
Calories	263		263		276		260		260	
Calories from Fat	24		24		24		60		60	
	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams (g)	Daily Value*
Total Fat	3	4.0%	3	4.0%	3	4.00%	7	11.0%	7	11.0%
Saturated Fat	0.9	5.0%	0.9	5.0%	0.9	5.0%	29	10.0%	29	10.0%
Cholesterol	117mg	35.0%	117mg	35.0%	345mg	35.0%	10mg	3.0%	10mg	3.0%
Sodium	477mg	20.0%	477mg	20.0%	529mg	22.0%	810mg	34.0%	810mg	34.0%
Total Carbohydrate	41	14.0%	41	14.0%	45	15.0%	45	15.0%	45	15.0%
Dietary Fiber	0.5	2.0%	0.5	2.0%	0.5	2.0%	3	16.0%	3	16.0%
Sugars	12	0.0%	12	0.0%	15.2	0.0%	6	0.0%	6	0.0%
Protein	5	0.0%	5	0.0%	5	0.0%	6	0.0%	6	0.0%
Calcium	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Vitamin A	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Vitamin C	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Ingredients	Unbleached wheat flour, raisins sugar, corn syrup solids, aluminum-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, herbs and spices, dried whole egg, butter flavor (whey solids, enzyme-modified butter oil and dehydrated butter, corn syrup solids, salt, guar gum, annatto and turmeric (for color)), Cinnamon.		Unbleached wheat flour, craisins (cranberries, sugar, sunflower oil), sugar, corn syrup solids, aluminum-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, spices, dried whole egg, butter flavor (whey solids, enzyme-modified butter oil and dehydrated butter, corn syrup solids, salt, guar gum, annatto and turmeric (for color)), Cinnamon		Unbleached wheat flour, sugar, corn syrup solids, aluminum-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, herbs and spices, dried whole egg, butter flavor (whey solids, enzyme-modified butter oil and dehydrated butter, corn syrup solids, salt, guar gum, annatto and turmeric (for color)), Cinnamon. Topping: brown sugar, butter flavor.		Enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), raisins, partially hydrogenated vegetable shortening (soybean and/or cottonseed oil), sugar, leavening (sodium aluminum phosphate and baking soda), dry buttermilk, salt, dry whole egg, sodium propionate (as preservative), artificial flavors, maltodextrin, food starch-modified, propylene glycol.		Enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), craisins (cranberries, sugar, sunflower oil), partially hydrogenated vegetable shortening (soybean and/or cottonseed oil), sugar, leavening (sodium aluminum phosphate and baking soda), dry buttermilk, salt, dry whole egg, sodium propionate (as preservative), artificial flavors, maltodextrin, food starch-modified, propylene glycol.	

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	Fryin' Pan™ Scones with Blueberries		Fryin' Pan™ Biscuits		Fryin' Pan™ Biscuits & Gravy for Biscuits		Fryin' Pan™ Biscuits & Gravy for Gravy		Wild Rice Blueberry Pancakes	
Serving Size	approx. 1/4 cup		1/2 Package		1/2 Package		1/2 Package		1/2 Package	
Net Weight	85g		142g		142g		1.25 oz		90g	
Servings Per Container	4		2		2		2		2	
Calories	260		190		190		84		216	
Calories from Fat	60		0		0		23		32	
	Grams (g)	Daily Value*	Grams	Daily Value*	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams (g)	Daily Value*
Total Fat	7	11.0%	3.25	4.0%	3.25	4.00%	5	8.0%	9.3	12.0%
Saturated Fat	29	10.0%	0.5	3.0%	0.5	3.0%	5	28.0%	2	12.0%
Cholesterol	10mg	3.0%	0	0.0%	0	0.0%	0	0.0%	47mg	70.0%
Sodium	810mg	34.0%	519mg	21.0%	519mg	21.0%	1915mg	76.0%	790mg	33.0%
Total Carbohydrate	45	15.0%	25	8.0%	25	8.0%	19	6.0%	47	16.0%
Dietary Fiber	3	16.0%	0.5	2.0%	0.5	2.0%	3	6.0%	1.6	6.0%
Sugars	6	0.0%	0.2	0.0%	0.2	0.0%	1	0.0%	3.2	0.0%
Protein	6	0.0%	5	0.0%	5	0.0%	5	0.0%	8	0.0%
Calcium	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Vitamin A	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Vitamin C	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Ingredients	Enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated vegetable shortening (soybean and/or cottonseed oil), sugar, blueberries, leavening (sodium aluminum phosphate and baking soda), dry buttermilk, salt, dry whole egg, sodium propionate (as preservative), artificial flavors, maltodextrin, food starch-modified, propylene glycol.		Unbleached wheat flour, creamer (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate (a milk derivative), mono and diglycerides, sodium citrate, salt, dipotassium phosphate, sodium silicoaluminumate, carrageenan, artificial flavors), aluminum-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), butter flavor (whey solids, enzyme-modified butter oil and dehydrated butter, corn syrup solids, salt, guar gum, annatto and turmeric (for color)), salt.		Unbleached wheat flour, creamer (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono and diglycerides, sodium citrate, salt, dipotassium phosphate, sodium silico-aluminumate, carrageenan, artificial flavors), aluminum-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), butter flavor (whey solids, enzyme-modified butter oil and dehydrated butter, corn syrup solids, salt, guar gum, annatto and turmeric (for color)), salt.		Cornstarch, nonfat dry milk, corn syrup solids, inactive dried yeast, natural flavors, salt, dehydrated onion, yeast extract, black pepper, dehydrated garlic. IMITATION SAUSAGE FLAVORED CRUMBLES: Textured vegetable protein (soy flour, caramel color) partially hydrogenated soybean oil, water, salt, sugar, hydrolyzed corn gluten-soy-wheat gluten protein, natural flavors, corn syrup, maple syrup.		Unbleached wheat flour, wild rice flour, sugar, corn syrup solids, creamer (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono and diglycerides, sodium citrate, salt, dipotassium phosphate, sodium silico-aluminumate, carrageenan, artificial flavors), aluminum-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), whole egg powder, butter flavor (whey solids, enzyme-modified butter oil and dehydrated butter, corn syrup solids, salt, guar gum, annatto and turmeric (for color)), salt, real blueberries.	

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Nutrition Facts**

	Quick & Tasty™ Vanilla Pudding		Quick & Tasty™ Chocolate Pudding		Really Tasty™ Dumplings		Sweet Potato Fryin' Pan Bread™		Sweet Potato Corn Bread Fryin' Pan Bread™	
Serving Size	1/2 Package		1/2 Package		approx 1/2 cup		approx 1oz each		1/4 cup	
Net Weight	63g		63g		45g		32g		47g	
Servings Per Container	2		2		2		4 (approx 1/2# bread)		4	
Calories	208		208		220		83		150	
Calories from Fat	1		1		1		0		0	
	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams (g)	Daily Value*	Grams (g)	Daily Value*
Total Fat	0.12	0.02%	0.9	1.4%	3	4.0%	2.2	3.0%	2.8	4.0%
Saturated Fat	0	0.0%	0.4	2.0%	0	0.0%	0.6	3.0%	0.9	5.0%
Trans Fat	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Cholesterol	49.7mg	0.0%	45.8mg	0.0%	35mg	10.0%	78mg	26.0%	117mg	39.0%
Sodium	322mg	14.0%	449.6mg	19.0%	286mg	12.0%	430mg	18.0%	474mg	20.0%
Total Carbohydrate	49.7	17.0%	45.8	16.0%	41	14.0%	14	4.5%	20	6.0%
Dietary Fiber	0	0.0%	1.8	7.0%	0.2	0.0%	0.5	2.0%	0.5	2.0%
Sugars	35.7	0.0%	31.2	0.0%	0	0.0%	3.8	0.0%	4.5	0.0%
Protein	3	0.0%	3.9	0.0%	6.5	0.0%	4	0.0%	5	0.0%
Calcium	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Iron	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%	NA**	0.0%
Vitamin A	NA**	0.0%	NA**	0.0%	NA**	0.0%	0	8.0%	0	4.0%
Vitamin C	NA**	0.0%	NA**	0.0%	NA**	0.0%	0	5.0%	0	2.5%
Ingredients	Sugar, nonfat dry milk solids, food starch modified, titanium dioxide, tetra sodium pyrophosphate, artificial flavors, potassium sorbate (a preservative), yellow 5 & 6.		Sugar, nonfat dry milk solids, food starch modified, dutch cocoa, tetra sodium pyrophosphate, disodium phosphate, partially hydrogenated vegetable shortening (soybean oil, corn syrup solids, sodium caseinate, mono & diglycerides, dipotassium phosphate), salt, potassium sorbate (a preservative), titanium dioxide, artificial flavors.		Unbleached wheat flour, creamer (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate (a milk derivative), mono and diglycerides, sodium citrate, salt, dipotassium phosphate, sodium silicoaluminumate, carrageenan, artificial flavors), whole egg powder, leavening (calcium acid phosphate, bicarbonate of soda, corn starch), butterbuds (whey solids, enzyme-modified butter oil, dehydrated butter, corn syrup solids, salt, guar gum, annatto and turmeric (for color)), salt, parsley.		Unbleached wheat flour, yams (dehydrated sweet potatoes, sodium acid pyrophosphate, tetra sodium phosphate), sugar, dried whole egg, aluminum-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, butter flavor (whey solids, enzyme-modified butter oil and dehydrated butter, corn syrup solids, salt, guar gum, arratto and turmeric (for color)).		Cornmeal, unbleached wheat flour, yams (dehydrated sweet potatoes, sodium acid pyrophosphate, tetra sodium phosphate), sugar, bell peppers, corn, aluminum-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, butter flavor (whey solids, enzyme-modified butter oil and dehydrated butter, corn syrup solids, salt, guar gum, arratto and turmeric (for color)), salt.	

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Nutrition Facts**

	Curried Sweet Potato Latke		Quick & Tasty™ Cheesy Sweet Potatoes	
Serving Size	1/2 cup		1/2 cup	
Net Weight	91g		37g	
Servings Per Container	2		2	
Calories	374		370	
Calories from Fat	105		0	
	Grams (g)	Daily Value*	Grams	Daily Value*
Total Fat	8	12	5.5	8.0%
Saturated Fat	2.2	11.0%	2	10.0%
Trans Fat	5.3	0.0%	0	0.0%
Cholesterol	117mg	39.0%	40mg	13.0%
Sodium	717mg	30.0%	530mg	26.0%
Total Carbohydrate	65	21.0%	75	24.0%
Dietary Fiber	1	4.0%	3	12.0%
Sugars	26	0.0%	61	0.0%
Protein	8	0.0%	7	0.0%
Calcium	NA**	0.0%	0	16.0%
Iron	NA**	0.0%	0	4.5%
Vitamin A	0	4.0%	0	137.0%
Vitamin C	0	2.5%	0	37.0%
Ingredients	Yams (dehydrated sweet potatoes, sodium acid pyrophosphate, tetra sodium phosphate), unbleached wheat flour, non-dairy creamer (partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, mono & diglycerides, sodium silicoaluminate, sodium citrate, salt, dipotassium phosphate, carrageenan, artificial flavors, soy lethicin), dried whole eggs, aluminum-free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, spices.		Yams (dehydrated sweet potatoes, sodium acid pyrophosphate, tetra sodium phosphate), lemon juice (corn syrup solids, lemon solids, lemon oil), salt spices. Cheese Crumbles: Cheese (milk, salt, cheese cultures, enzymes), powdered cellulose, soy protein, natural flavors, autolyzed yeast extract, maltodextrin from corn, soybean oil, yeast extract.	