

<b>12" BBQ Chicken Bacon Ranch GP</b>			<b>Nutrient Details</b>																			Total Calories: 2769.0	% Protein: 17.2	% Carbohydrates: 36.9	% Fat: 46.7	% Sat. Fat: 15.3
0058937	Portion Unit	12" Pizza	KCAL	FAT	SFA	FATRN	CHOL	NA	CHO	TDFB	SUGR	PRO	VTAIU	VITC	FE	CA	VTDIU	K	P	ZN	B2	B1				
Name	Qty	Unit	KCAL	GM	GM	GM	MG	MG	GM	GM	GM	GM	IU	MG	MG	MG	IU	MG	MG	MG	MG	MG				
Dough GP	1.000	1 Serving	1,070	19.48	<b>2.790</b>			1,419	188.82	<b>6.2</b>	<b>12.47</b>	33.94			<b>2.43</b>	<b>65.03</b>		<b>254</b>	<b>246.49</b>	<b>2.16</b>	<b>0.25</b>	<b>0.25</b>				
Buttermilk Ranch Dressing	4.000	Ounce	605	68.04	11.340	0.000	19	983	3.78	0.0	3.78	0.00	0.00	0.00	0.00	0.00										
Yellow Cornmeal	2.000	Ounce	189	1.05	0.000		0	0	44.10	4.2		4.20			2.10	2.10					0.21					
Chicken GP	2.000	Ounce	94	2.05	<b>0.580</b>		<b>48</b>	85	0.04		<b>0.03</b>	17.51	<b>11.46</b>		<b>0.59</b>	<b>8.65</b>		<b>145</b>	<b>128.56</b>	<b>0.56</b>	<b>0.06</b>	<b>0.04</b>				
BBQ Sauce	2.000	Ounce	68	0.00	0.000	0.000	0	630	15.32	0.0	10.21	0.00	0.00	0.00	0.00	0.00										
Diced Bacon Topping	2.000	Ounce	243	18.22	8.100	0.000	101	1,296	0.00	0.0	0.00	20.25	0.00	0.00	0.00	0.00		313								
2% Mozzarella Cheese Loaf	6.000	Ounce	500	34.75	24.358	1.225	99	813	3.67	0.0	2.01	43.36	1,479.84	0.00	0.34	1,216.19										
Cellophane Wrapped California Parsley	1.000	Ounce		0.00	0.000	0.000	0	0	0.00	0.0	0.00	0.00	1,417.48	34.02	2.55	0.00										
<b>Nutrients per Standard Portion Size:</b>			<b>2,769</b>	143.59	<b>47.168</b>	<b>1.225</b>	<b>267</b>	5,226	255.73	<b>10.4</b>	<b>28.50</b>	119.26	<b>2,908.78</b>	<b>34.02</b>	<b>8.01</b>	<b>1,291.97</b>		<b>712</b>	<b>375.05</b>	<b>2.72</b>	<b>0.52</b>	<b>0.29</b>				

<b>12" Black Bean GP</b>			<b>Nutrient Details</b>																			Total Calories: 2352.0	% Protein: 20.2	% Carbohydrates: 46.6	% Fat: 35.3	% Sat. Fat: 18.3
0058939	Portion Unit	12" Pizza	KCAL	FAT	SFA	FATRN	CHOL	NA	CHO	TDFB	SUGR	PRO	VTAIU	VITC	FE	CA	VTDIU	K	P	ZN	B2	B1				
Name	Qty	Unit	KCAL	GM	GM	GM	MG	MG	GM	GM	GM	GM	IU	MG	MG	MG	IU	MG	MG	MG	MG	MG				
Yellow Cornmeal	2.000	Ounce	189	1.05	0.000		0	0	44.10	4.2		4.20			2.10	2.10						0.21				
Dough GP	1.000	1 Serving	1,070	19.48	<b>2.790</b>			1,419	188.82	<b>6.2</b>	<b>12.47</b>	33.94			<b>2.43</b>	<b>65.03</b>		<b>254</b>	<b>246.49</b>	<b>2.16</b>	<b>0.25</b>	<b>0.25</b>				
Black Bean GP	1.000	1 Serving	144	0.65				1,148	26.17	<b>7.9</b>	<b>1.31</b>	7.85			<b>1.88</b>	<b>26.17</b>										
Grated Parmesan Cheese	1.000	Ounce	113	11.34	5.670	0.000	28	510	0.00	0.0	0.00	11.34	566.99	0.00	0.00	340.19										
2% Mozzarella Cheese Loaf	4.000	Ounce	333	23.17	16.239	0.816	66	542	2.45	0.0	1.34	28.91	986.56	0.00	0.23	810.80										
Fresh Vine Ripened Beefsteak Tomato	3.000	Ounce	15	0.17	0.039	0.000	0	4	3.34	1.0	2.23	0.75	708.27	10.82	0.23	8.50		202	20.32	0.15	0.02	0.03				
Jumbo Red Onion	2.000	Ounce	24	0.05	0.015		0	2	5.73	0.8	2.43	0.52	1.13	3.63	0.11	12.47		82	15.31	0.09	0.01	0.03				
Mild Cheddar Cheese Block	3.000	Ounce	343	28.19	17.938	1.004	89	528	1.09	0.0	0.00	21.18	852.19	0.00	0.58	613.20	10.21	83	435.45	2.65	0.32	0.02				
Feta Cheese	2.000	Ounce	121	8.10	5.062	0.000	30	749	2.02	0.0	0.00	10.12	404.99	0.00	0.00	121.50										
Oregano Leaf	0.500	Ounce	0	0.00	0.000	0.000	0	0	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00										
<b>Nutrients per Standard Portion Size:</b>			2,352	92.20	<b>47.753</b>	<b>1.820</b>	<b>213</b>	4,902	273.72	<b>20.1</b>	<b>19.78</b>	118.81	<b>3,520.13</b>	<b>14.45</b>	<b>7.56</b>	<b>1,999.96</b>	<b>10.21</b>	<b>621</b>	<b>717.57</b>	<b>5.05</b>	<b>0.81</b>	<b>0.33</b>				

<b>12" Chipotle Pizza GP</b>			<b>Nutrient Details</b>																			Total Calories: 2622.0	% Protein: 16.6	% Carbohydrates: 38.8	% Fat: 45.9	% Sat. Fat: 13.9
0058942	Portion Unit	12" Pizza	KCAL	FAT	SFA	FATRN	CHOL	NA	CHO	TDFB	SUGR	PRO	VTAIU	VITC	FE	CA	VTDIU	K	P	ZN	B2	B1				
Name	Qty	Unit	KCAL	GM	GM	GM	MG	MG	GM	GM	GM	GM	IU	MG	MG	MG	IU	MG	MG	MG	MG	MG				
Chipotle Sauce GP	6.000	Ounce	683	75.20	12.536	0.000	21	1,639	8.06	0.4	6.71	0.57		<u>0.10</u>	<u>0.11</u>	<u>1.60</u>										
Chicken GP	1.000	1 Serving	132	2.89	<u>0.819</u>		<u>68</u>	120	0.06		<u>0.04</u>	24.71	<u>16.17</u>		<u>0.83</u>	<u>12.20</u>		<u>205</u>	<u>181.44</u>	<u>0.80</u>	<u>0.09</u>	<u>0.06</u>				
Dough GP	1.000	1 Serving	1,070	19.48	<u>2.790</u>			1,419	188.82	<u>6.2</u>	<u>12.47</u>	33.94			<u>2.43</u>	<u>65.03</u>		<u>254</u>	<u>246.49</u>	<u>2.16</u>	<u>0.25</u>	<u>0.25</u>				
Yellow Cornmeal	2.000	Ounce	189	1.05	0.000		0	0	44.10	4.2		4.20			2.10	2.10					0.21					
2% Mozzarella Cheese Loaf	6.000	Ounce	500	34.75	24.358	1.225	99	813	3.67	0.0	2.01	43.36	1,479.84	0.00	0.34	1,216.19										
Crushed Red Pepper	0.250	Ounce	0	0.00	0.000	0.000	0	0	0.00	0.0	0.00	0.00	2,834.95	0.00	0.00	0.00										
Red Bell Peppers	3.000	Ounce	22	0.26	0.050		0	2	5.13	1.7	3.57	0.84	2,662.87	161.59	0.37	5.95		179	22.11	0.21	0.07	0.05				
Fresh Green Peppers	0.060	1 Med Each	1	0.00	0.000	0.000	0	0	0.34	0.1	0.19	0.05	19.30	5.50	0.02	0.96										
Fresh Vine Ripened Beefsteak Tomato	3.500	Ounce	18	0.20	0.046	0.000	0	5	3.89	1.2	2.61	0.87	826.31	12.62	0.27	9.92		235	23.70	0.17	0.02	0.04				
Fresh Cleaned Cilantro Bunches	1.000	Ounce	7	0.00	0.000	0.000	0	14	0.00	0.0	0.00	0.00	1,771.84	8.50	0.00	0.00										
<b>Nutrients per Standard Portion Size:</b>			<b>2,622</b>	<b>133.83</b>	<b><u>40.599</u></b>	<b><u>1.225</u></b>	<b><u>188</u></b>	<b>4,012</b>	<b>254.07</b>	<b><u>13.8</u></b>	<b><u>27.60</u></b>	<b>108.54</b>	<b><u>9,611.28</u></b>	<b><u>188.31</u></b>	<b><u>6.47</u></b>	<b><u>1,313.95</u></b>		<b><u>873</u></b>	<b><u>473.74</u></b>	<b><u>3.34</u></b>	<b><u>0.64</u></b>	<b><u>0.40</u></b>				

<b>12" Nacho GP</b>			<b>Nutrient Details</b>																			Total Calories: 2526.0	% Protein: 20.1	% Carbohydrates: 41.3	% Fat: 38.7	% Sat. Fat: 18.5
0058944	Portion Unit	12" Pizza	KCAL	FAT	SFA	FATRN	CHOL	NA	CHO	TDFB	SUGR	PRO	VTAIU	VITC	FE	CA	VTDIU	K	P	ZN	B2	B1				
Name	Qty	Unit	KCAL	GM	GM	GM	MG	MG	GM	GM	GM	GM	IU	MG	MG	MG	IU	MG	MG	MG	MG	MG				
Yellow Cornmeal	2.000	Ounce	189	1.05	0.000		0	0	44.10	4.2		4.20			2.10	2.10						0.21				
Dough GP	1.000	1 Serving	1,070	19.48	<b>2.790</b>			1,419	188.82	<b>6.2</b>	<b>12.47</b>	33.94			<b>2.43</b>	<b>65.03</b>		<b>254</b>	<b>246.49</b>	<b>2.16</b>	<b>0.25</b>	<b>0.25</b>				
Salsa GP	4.000	Ounce	27	0.17	<b>0.040</b>			788	6.22	<b>1.3</b>	<b>3.80</b>	1.06	<b>796.81</b>	<b>11.24</b>	<b>0.28</b>	<b>11.36</b>		<b>196</b>	<b>21.56</b>	<b>0.15</b>	<b>0.02</b>	<b>0.03</b>				
Ground Beef GP	3.000	Ounce	215	13.67	5.882	0.953	76	97	0.04	0.0	0.01	21.34	0.07	0.00	2.18	19.54		<b>230</b>	<b>151.04</b>	<b>5.27</b>	<b>0.14</b>	<b>0.04</b>				
2% Mozzarella Cheese Loaf	7.000	Ounce	583	40.54	28.418	1.429	115	949	4.29	0.0	2.34	50.58	1,726.48	0.00	0.40	1,418.89										
Fresh Vine Ripened Beefsteak Tomato	3.000	Ounce	15	0.17	0.039	0.000	0	4	3.34	1.0	2.23	0.75	708.27	10.82	0.23	8.50		202	20.32	0.15	0.02	0.03				
Fresh Green Onion	2.000	Ounce	23	0.00	0.000	0.000	0	23	4.54	2.3	2.27	0.00	226.80	10.89	0.00	45.36										
Sliced Ripe Olives	2.000	Ounce	106	8.86	1.772	0.000	0	532	3.54			0.00														
Sliced Jalapeno Peppers	2.000	Ounce	0	0.00	0.000	0.000	0	952	1.42	0.0	0.00	0.00														
Sharp Cheddar Cheese Sauce	2.000	Ounce	70	5.97	0.995	0.000	0	408	3.98	0.0	0.99	0.99	49.74	0.00	0.00	9.95										
Mild Cheddar Cheese Block	2.000	Ounce	228	18.79	11.959	0.669	60	352	0.73	0.0	0.00	14.12	568.12	0.00	0.39	408.80	6.80	56	290.30	1.76	0.21	0.02				
<b>Nutrients per Standard Portion Size:</b>			2,526	108.70	<b>51.895</b>	<b>3.051</b>	<b>251</b>	5,524	261.02	<b>15.0</b>	<b>24.11</b>	126.98	<b>4,076.29</b>	<b>32.95</b>	<b>8.01</b>	<b>1,989.53</b>	<b>6.80</b>	<b>938</b>	<b>729.71</b>	<b>9.49</b>	<b>0.85</b>	<b>0.37</b>				

<b>12" Potato GP</b>			<b>Nutrient Details</b>																			Total Calories: 2734.0	% Protein: 15.0	% Carbohydrates: 48.7	% Fat: 38.3	% Sat. Fat: 19.5
0058946	Portion Unit	12" Potato Serving	KCAL	FAT	SFA	FATRN	CHOL	NA	CHO	TDFB	SUGR	PRO	VTAIU	VITC	FE	CA	VTDIU	K	P	ZN	B2	B1				
Name	Qty	Unit	KCAL	GM	GM	GM	MG	MG	GM	GM	GM	GM	IU	MG	MG	MG	IU	MG	MG	MG	MG	MG				
Dough GP	1.000	1 Serving	1,070	19.48	<u>2.790</u>			1,419	188.82	<u>6.2</u>	<u>12.47</u>	33.94			<u>2.43</u>	<u>65.03</u>		<u>254</u>	<u>246.49</u>	<u>2.16</u>	<u>0.25</u>	<u>0.25</u>				
Fresh Idaho Baker Potato	2.000	1 Each	422	0.59	0.159		0	45	95.86	10.0	5.35	11.33	45.32	43.51	4.89	67.98		2,425	317.26	1.63	0.22	0.29				
2% Mozzarella Cheese Loaf	2.000	Ounce	167	11.58	8.119	0.408	33	271	1.22	0.0	0.67	14.45	493.28	0.00	0.11	405.40										
Mild Cheddar Cheese Block	1.000	Ounce	114	9.40	5.979	0.335	30	176	0.36	0.0	0.00	7.06	284.06	0.00	0.19	204.40	3.40	28	145.15	0.88	0.11	0.01				
Grated Parmesan Cheese	1.000	Ounce	113	11.34	5.670	0.000	28	510	0.00	0.0	0.00	11.34	566.99	0.00	0.00	340.19										
Grade A Unsalted Butter Print	2.000	Ounce	405	44.55	28.350	0.000	121	0	0.00	0.0	0.00	0.00	1,619.97	0.00	0.00	0.00		12								
Yellow Cornmeal	2.000	Ounce	189	1.05	0.000		0	0	44.10	4.2		4.20			2.10	2.10					0.21					
Diced Bacon Topping	2.000	Ounce	243	18.22	8.100	0.000	101	1,296	0.00	0.0	0.00	20.25	0.00	0.00	0.00	0.00		313								
Fresh Green Onion	1.000	Ounce	11	0.00	0.000	0.000	0	11	2.27	1.1	1.13	0.00	113.40	5.44	0.00	22.68										
<b>Nutrients per Standard Portion Size:</b>			2,734	116.21	<u>59.167</u>	<u>0.743</u>	<u>313</u>	3,728	332.63	<u>21.5</u>	<u>19.62</u>	102.57	<u>3,123.02</u>	<u>48.95</u>	<u>9.72</u>	<u>1,107.78</u>	<u>3.40</u>	<u>3,032</u>	<u>708.90</u>	<u>4.67</u>	<u>0.79</u>	<u>0.55</u>				

12" Taco GP			Nutrient Details																			Total Calories: 2429.0	% Protein: 21.3	% Carbohydrates: 44.2	% Fat: 34.6	% Sat. Fat: 18.2										
0058948	Portion Unit	12" Pizza																																		
Name	Qty	Unit	KCAL	FAT	SFA	FATRN	CHOL	NA	CHO	TDFB	SUGR	PRO	VTAIU	VITC	FE	CA	VTDIU	K	P	ZN	B2	B1														
			KCAL	GM	GM	GM	MG	MG	GM	GM	GM	GM	IU	MG	MG	MG	IU	MG	MG	MG	MG	MG														
Yellow Cornmeal	2.000	Ounce	201	0.28	0.062	0.000	0		44.85	2.6	0.17	4.25	234.17	0.00	0.45	1.30		77	43.09		0.03	0.08														
Dough GP	1.000	1 Serving	1,070	19.48	<b>2.790</b>			1,419	188.82	<b>6.2</b>	<b>12.47</b>	33.94			<b>2.43</b>	<b>65.03</b>		<b>254</b>	<b>246.49</b>	<b>2.16</b>	<b>0.25</b>	<b>0.25</b>														
Salsa GP	4.000	Ounce	27	0.17	<b>0.040</b>			788	6.22	<b>1.3</b>	<b>3.80</b>	1.06	<b>796.81</b>	<b>11.24</b>	<b>0.28</b>	<b>11.36</b>		<b>196</b>	<b>21.56</b>	<b>0.15</b>	<b>0.02</b>	<b>0.03</b>														
Ground Beef GP	3.000	Ounce	215	13.67	5.882	0.953	76	97	0.04	0.0	0.01	21.34	0.07	0.00	2.18	19.54		<b>230</b>	<b>151.04</b>	<b>5.27</b>	<b>0.14</b>	<b>0.04</b>														
2% Mozzarella Cheese Loaf	7.000	Ounce	583	40.54	28.418	1.429	115	949	4.29	0.0	2.34	50.58	1,726.48	0.00	0.40	1,418.89																				
Taco Seasoning Mix	0.500	Ounce	40	0.00	0.000	0.000	0	952	8.10		2.02	2.02	2,024.96	0.00	0.73	0.00																				
Fresh Vine Ripened Beefsteak Tomato	3.000	Ounce	15	0.17	0.039	0.000	0	4	3.34	1.0	2.23	0.75	708.27	10.82	0.23	8.50		202	20.32	0.15	0.02	0.03														
Red Bell Peppers	2.000	Ounce	15	0.17	0.033		0	1	3.42	1.1	2.38	0.56	1,775.25	107.73	0.24	3.97		120	14.74	0.14	0.05	0.03														
Green Peppers	2.000	Ounce	11	0.00	0.000		0	0	2.68	0.8	1.53	0.38	153.24	55.17	0.14	7.66																				
Jumbo Red Onion	2.000	Ounce	24	0.05	0.015		0	2	5.73	0.8	2.43	0.52	1.13	3.63	0.11	12.47		82	15.31	0.09	0.01	0.03														
Mild Cheddar Cheese Block	2.000	Ounce	228	18.79	11.959	0.669	60	352	0.73	0.0	0.00	14.12	568.12	0.00	0.39	408.80	6.80	56	290.30	1.76	0.21	0.02														
Regular Grind Black Pepper	1.000	Tablespoon	0	0.00	0.000	0.000	0	0	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00																				
<b>Nutrients per Standard Portion Size:</b>			<b>2,429</b>	<b>93.32</b>	<b>49.238</b>	<b>3.051</b>	<b>251</b>	<b>4,564</b>	268.22	<b>13.8</b>	<b>29.38</b>	129.52	<b>7,988.50</b>	<b>188.59</b>	<b>7.58</b>	<b>1,957.52</b>	<b>6.80</b>	<b>1,217</b>	<b>802.85</b>	<b>9.72</b>	<b>0.73</b>	<b>0.51</b>														

<b>Black Bean GP</b>			<b>Nutrient Details</b>																			Total Calories: 144.0	% Protein: 21.8	% Carbohydrates: 72.7	% Fat: 4.1	% Sat. Fat: 0.0
0058940	Portion Unit	1 Serving	KCAL	FAT	SFA	FATR	CHOL	NA	CHO	TDFB	SUGR	PRO	VTAIU	VITC	FE	CA	VTDIU	K	P	ZN	B2	B1				
Name	Qty	Unit	KCAL	GM	GM	GM	MG	MG	GM	GM	GM	GM	IU	MG	MG	MG	IU	MG	MG	MG	MG	MG				
Canned Black Beans	6.001	Ounce	144	0.65	0.000	0.000	0	576	26.17	7.9	1.31	7.85	0.00	0.00	1.88	26.17										
Salt	0.109	Tablespoon	0	0.00				572	0.00			0.00														
Regular Grind Black Pepper	0.109	Tablespoon	0	0.00	0.000	0.000	0	0	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00										
Granulated Garlic	0.109	Tablespoon	0	0.00	0.000	0.000	0	0	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00										
<b>Nutrients per Standard Portion Size:</b>			144	0.65	<u>0.000</u>	<u>0.000</u>	<u>0</u>	1,148	26.17	<u>7.9</u>	<u>1.31</u>	7.85	<u>0.00</u>	<u>0.00</u>	<u>1.88</u>	<u>26.17</u>										

<b>Chicken GP</b>			<b>Nutrient Details</b>																			Total Calories: 132.2	% Protein: 74.8	% Carbohydrates: 0.2	% Fat: 19.7	% Sat. Fat: 5.6
0058936	Portion Unit	1 Serving	KCAL	FAT	SFA	FATR	CHOL	NA	CHO	TDFB	SUGR	PRO	VTAIU	VITC	FE	CA	VTDIU	K	P	ZN	B2	B1				
Name	Qty	Unit	KCAL	GM	GM	GM	MG	MG	GM	GM	GM	GM	IU	MG	MG	MG	IU	MG	MG	MG	MG	MG				
Marinated Bone/Skin-less Chix Breast	0.175	Pound	131	2.84	0.804		68	59	0.00	0.0	0.00	24.68	15.92	0.00	0.83	11.94		204	181.44	0.80	0.09	0.06				
No Added MSG Chicken Base	0.018	Tablespoon	1	0.05	0.015	0.000	0	38	0.06	0.0	0.05	0.03	0.25	0.00	0.00	0.27		1								
Salt	0.013	Teaspoon	0	0.00				23	0.00			0.00														
Granulated Garlic	0.009	Tablespoon	0	0.00	0.000	0.000	0	0	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00										
<b>Nutrients per Standard Portion Size:</b>			132	2.89	<u>0.819</u>	<u>0.000</u>	<u>68</u>	120	0.06	<u>0.0</u>	<u>0.05</u>	24.71	<u>16.17</u>	<u>0.00</u>	<u>0.83</u>	<u>12.20</u>		<u>205</u>	<u>181.44</u>	<u>0.80</u>	<u>0.09</u>	<u>0.06</u>				

<b>Chipotle Sauce GP</b>			<b>Nutrient Details</b>																			Total Calories: 540.4	% Protein: 0.3	% Carbohydrates: 4.7	% Fat: 99.1	% Sat. Fat: 16.5
0058935	Portion Unit	1 Serving	KCAL	FAT	SFA	FATR	CHOL	NA	CHO	TDFB	SUGR	PRO	VTAIU	VITC	FE	CA	VTDIU	K	P	ZN	B2	B1				
Name	Qty	Unit	KCAL	GM	GM	GM	MG	MG	GM	GM	GM	GM	IU	MG	MG	MG	IU	MG	MG	MG	MG	MG				
Sliced Jalapeno Peppers	0.917	Ounce	0	0.00	0.000	0.000	0	436	0.65	0.0	0.00	0.00														
Buttermilk Ranch Dressing	0.500	Cup	529	59.50	9.916	0.000	17	859	3.31	0.0	3.31	0.00	0.00	0.00	0.00	0.00										
Chopped Garlic in Water	0.333	Ounce	12	0.01	0.004	0.000	0	1	2.43	0.4	2.01	0.45	0.00	0.08	0.09	1.26										
<b>Nutrients per Standard Portion Size:</b>			540	59.50	9.920	0.000	16	1,297	6.38	0.3	5.31	0.45	<b>0.00</b>	<b>0.08</b>	<b>0.09</b>	<b>1.26</b>										

<b>Dough GP</b>			<b>Nutrient Details</b>																			Total Calories: 1069.6		% Protein: 12.7		% Carbohydrates: 70.6		% Fat: 16.4		% Sat. Fat: 2.3	
0058931	Portion Unit	1 Serving	KCAL	FAT	SFA	FATR	CHOL	NA	CHO	TDFB	SUGR	PRO	VTAIU	VITC	FE	CA	VTDIU	K	P	ZN	B2	B1									
Name	Qty	Unit	KCAL	GM	GM	GM	MG	MG	GM	GM	GM	GM	IU	MG	MG	MG	IU	MG	MG	MG	MG	MG									
Fresh Yeast	0.034	Ounce	1	0.01	0.002	0.000	0	1	0.12	0.1	0.00	0.14	0.00	0.00	0.14	0.54															
Granulated Sugar	0.050	Cup	37	0.00	0.000	0.000	0	0	9.68	0.0	9.67	0.00	0.00	0.00	0.00	0.10		0													
Salt	0.017	Cup	0	0.00				1,409	0.00			0.00																			
Salad Oil	0.538	Fluid Oz	142	15.25	2.178		0	0	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00															
Hi-gluten Flour	0.022	25 Lb Bag	889	4.22	0.610	0.000	0	5	179.02	6.1	2.80	33.80	0.00	0.00	2.29	60.99		254	246.49	2.16	0.25	0.25									
Water	0.179	Quart	0	0.00	0.000		0	3	0.00	0.0	0.00	0.00	0.00	0.00	0.00	3.40		0	0.00	0.00	0.00	0.00									
<b>Nutrients per Standard Portion Size:</b>			1,070	19.48	<u>2.790</u>	<u>0.000</u>	<u>0</u>	1,419	188.82	<u>6.2</u>	<u>12.47</u>	33.94	<u>0.00</u>	<u>0.00</u>	<u>2.43</u>	<u>65.03</u>		<u>254</u>	<u>246.49</u>	<u>2.16</u>	<u>0.25</u>	<u>0.25</u>									

<b>Ground Beef GP</b>			<b>Nutrient Details</b>																			Total Calories: 317.8	% Protein: 39.7	% Carbohydrates: 0.1	% Fat: 57.3	% Sat. Fat: 24.6
0058934	Portion Unit	1 Serving	KCAL	FAT	SFA	FATRNR	CHOL	NA	CHO	TDFB	SUGR	PRO	VTAIU	VITC	FE	CA	VTDIU	K	P	ZN	B2	B1				
Name	Qty	Unit	KCAL	GM	GM	GM	MG	MG	GM	GM	GM	GM	IU	MG	MG	MG	IU	MG	MG	MG	MG	MG				
Ground Beef	0.055	5 Lb Pkg	317	20.19	8.691	1.410	112	84	0.00	0.0	0.00	31.53	0.00	0.00	3.22	28.72		338	223.49	7.79	0.21	0.06				
Regular Grind Black Pepper	0.041	Tablespoon	0	0.00	0.000	0.000	0	0	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00										
Granulated Garlic	0.028	Tablespoon	0	0.00	0.000	0.000	0	0	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00										
No Msg Added Beef Base	0.014	Ounce	1	0.03	0.012	0.000	0	60	0.07	0.0	0.02	0.05	0.10	0.00	0.00	0.20		2								
<b>Nutrients per Standard Portion Size:</b>			318	20.22	8.703	1.410	112	144	0.07	0.0	0.02	31.58	0.10	0.00	3.23	28.92		<b>340</b>	<b>223.49</b>	<b>7.79</b>	<b>0.21</b>	<b>0.06</b>				

Salsa GP			Nutrient Details																			Total Calories: 23.2	% Protein: 15.7	% Carbohydrates: 91.9	% Fat: 5.5	% Sat. Fat: 1.3
0058932	Portion Unit	1 Serving	KCAL	FAT	SFA	FATRN	CHOL	NA	CHO	TDFB	SUGR	PRO	VTAIU	VITC	FE	CA	VTDIU	K	P	ZN	B2	B1				
Name	Qty	Unit	KCAL	GM	GM	GM	MG	MG	GM	GM	GM	GM	IU	MG	MG	MG	IU	MG	MG	MG	MG	MG				
Fresh Vine Ripened Beefsteak Tomato	0.352	1 Cup Chpd	11	0.13	0.029	0.000	0	3	2.48	0.8	1.66	0.56	527.12	8.05	0.17	6.33		150	15.12	0.11	0.01	0.02				
Jumbo Red Onion	0.440	Ounce	5	0.01	0.003		0	0	1.26	0.2	0.53	0.11	0.25	0.80	0.02	2.74		18	3.36	0.02	0.00	0.01				
Sliced Jalapeno Peppers	0.440	Ounce	0	0.00	0.000	0.000	0	209	0.31	0.0	0.00	0.00														
Salt	0.005	Cup	0	0.00				461	0.00			0.00														
Chopped Garlic in Water	0.176	Ounce	6	0.00	0.002	0.000	0	1	1.28	0.2	1.06	0.24	0.00	0.04	0.05	0.67										
Fresh Cleaned Cilantro Bunches	0.088	Ounce	1	0.00	0.000	0.000	0	1	0.00	0.0	0.00	0.00	155.77	0.75	0.00	0.00										
Regular Grind Black Pepper	0.044	Tablespoon	0	0.00	0.000	0.000	0	0	0.00	0.0	0.00	0.00	0.00	0.00	0.00	0.00										
<b>Nutrients per Standard Portion Size:</b>			<b>23</b>	<b>0.14</b>	<b>0.034</b>	<b>0.000</b>	<b>0</b>	<b>675</b>	<b>5.33</b>	<b>1.1</b>	<b>3.26</b>	<b>0.91</b>	<b>683.14</b>	<b>9.64</b>	<b>0.24</b>	<b>9.74</b>		<b>168</b>	<b>18.49</b>	<b>0.13</b>	<b>0.01</b>	<b>0.03</b>				