

MOUNTAIN HOUSE® #10 Can Ingredients & Nutrition Info

BREAKFAST

Precooked Scrambled Eggs with Bacon (Net Weight 20.3 oz)



INGREDIENTS: Freeze Dried Precooked Scrambled Eggs: (whole eggs, egg yolks, nonfat dry milk, modified corn starch, corn oil, salt, yeast extract, sunflower oil and smoke flavor, xanthan gum). BACON: Bacon (cured with water, salt, sugar, sodium phosphates, sodium erythorbate, sodium nitrite), and Smoke Flavor. Contains: Eggs, Milk.

Servings: 16; Serving Size: 2/3 cup; Total Calories: 180; Total Fat: 180g; Saturated Fat: 3g; Cholesterol: 285mg; Sodium: 600mg; Carbs: 7g; Dietary Fiber: 0g; Sugars: 4g; Protein: 14g

Precooked Eggs w/Ham and Peppers - aka Western Omelette (Net Weight 19.4 oz)



INGREDIENTS: Precooked Scrambled Eggs (whole eggs, egg yolks, nonfat dry milk, modified corn starch, corn oil, salt, yeast extract, sunflower oil and smoke flavor, xanthan gum), Ham (ham, salt, dextrose, sodium tripolyphosphate, sodium erythorbate, smoke flavor, sodium nitrite), and Red and Green Peppers. Contains: Eggs, Milk.

Servings: 17; Serving Size: 2/3 cup; Total Calories: 160; Total Fat: 9g; Saturated Fat: 2.5g; Cholesterol: 285mg; Sodium: 580mg; Carbs: 7g; Dietary Fiber: 0g; Sugars: 4g; Protein: 13g

Raw Egg Mix, Butter Flavored (Requires Cooking!) (Net Weight 42.3 oz)



INGREDIENTS: Whole Eggs, Nonfat Dry Milk, Salt, Propylene Glycol, and Flavor -- Requires Cooking Contains: Eggs, Milk.

Servings: 50; Serving Size: 1/2 cup; Total Calories: 130; Total Fat: 8g; Saturated Fat: 2.5g; Cholesterol: 320mg; Sodium: 330mg; Carbs: 3g; Dietary Fiber: 0g; Sugars: 3g; Protein: 11g

Granola with Milk and Blueberries (Net Weight 39.5 oz)



INGREDIENTS: Granola (rolled oats, brown sugar, unsweetened coconut, soy oil, sesame seed, wheat germ, natural vanilla flavoring), Nonfat Dry Milk, Freeze Dried Blueberries, Dry Cream (sweet cream, lecithin, and tocopherols), and Natural & Artificial Vanilla Flavor. Contains: Milk, Wheat, Soy.

Servings: 20; Serving Size: 1/2 cup; Total Calories: 240; Total Fat: 9g; Saturated Fat: 4.5g; Cholesterol: 10mg; Sodium: 30mg; Carbs: 34g; Dietary Fiber: 4g; Sugars: 12g; Protein: 8g

Breakfast Skillet (Net Weight 24.7 oz)

IMAGE
COMING
SOON

INGREDIENTS: Hash Browns (potatoes, contains one or more of the following [canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil], salt, dehydrated potato, enriched bleached flour [wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid], potassium sorbate [to maintain freshness], natural flavoring, disodium dihydrogen pyrophosphate [to promote color retention], dextrose), Precooked Eggs (whole eggs, egg yolks, nonfat dry milk, modified corn starch, corn oil, salt, yeast extract, sunflower oil, smoke flavor, xanthan gum), Pork Sausage ([pork, salt, spices, sugar], textured vegetable protein [soy flour, salt]), Red and Green Bell Peppers, Chopped Onions. Contains: Egg, Milk, Wheat, Soy.

Servings: 10; Serving Size: 1 cup; Total Calories: 350; Total Fat: 22g; Saturated Fat: 6g; Cholesterol: 295mg; Sodium: 880mg; Carbs: 27g; Dietary Fiber: 4g; Sugars: 3g; Protein: 13g

ENTREES

Hearty Beef Stew (Net Weight 17.2 oz)



INGREDIENTS: Potatoes, Cooked Beef (beef, salt), Carrots, Peas, Corn Oil, Modified Corn Starch, Hydrolyzed Corn Torula and Brewers Yeast Wheat Gluten Soy Protein, Dehydrated Onions, Sugar, Spices, Soybean Oil, Garlic Powder, and Spice Extract. Contains: Wheat, Soy.

Servings: 10; Serving Size: 1 cup; Total Calories: 200; Total Fat: 7g; Saturated Fat: 1g; Cholesterol: 20mg; Sodium: 870mg; Carbs: 24g; Dietary Fiber: 3g; Sugars: 4g; Protein: 14g

ENTREES (continued)

Spaghetti with Meat and Sauce (Net Weight 19 oz)



INGREDIENTS: Enriched Spaghetti (durum semolina, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), Tomato Paste, Beef, and contains 1.5% or less of the following: Textured Soy Flour, Salt, Sugar, Dehydrated Cheese (cheddar cheese [milk, cheese culture, salt, enzymes], cream, salt, sodium phosphate, lactic acid), Hydrolyzed Corn Torula and Brewers Yeast Wheat Gluten Soy Protein, Spices, Onion Powder, Flavoring, Garlic Powder, Soybean Oil, and Caramel Color. Contains: Wheat, Soy, Milk.

Servings: 9; Serving Size: 1-1/4 cup; Total Calories: 230; Total Fat: 6g; Saturated Fat: 2g; Cholesterol: 20mg; Sodium: 950mg; Carbs: 33g; Dietary Fiber: 3g; Sugars: 3g; Protein: 12g

Vegetable Stew with Beef (Net Weight 16 oz)



INGREDIENTS: Potatoes, Peas, Cooked Beef (Beef, Salt), Carrots, Corn, Corn Oil, Modified Cornstarch, Hydrolyzed Corn Torula and Brewers Yeast Wheat Gluten Soy Protein, Dehydrated Onions, Salt, Sugar, Spices, Partially Hydrogenated Soybean Oil, and Garlic Powder and spice extract. Contains: Wheat, Soy.

Servings: 9; Serving Size: 1 cup; Total Calories: 220; Total Fat: 8g; Saturated Fat: 1.5g; Cholesterol: 10mg; Sodium: 1110mg; Carbs: 27g; Dietary Fiber: 3g; Sugars: 4g; Protein: 10g

Beef Stroganoff with Noodles (Net Weight 20.2 oz)



INGREDIENTS: Cooked Beef, Sour Cream (cultured cream, milk, whey, sodium phosphate, guar gum, carrageenan, calcium sulfate, locust bean gum, and cultures), Mushrooms, Modified Cornstarch, Corn Oil, Nonfat Dry Milk, Dehydrated Onions, Salt, Hydrolyzed Corn Torula and Brewers Yeast Wheat Gluten Soy Protein, Lemon Juice Concentrate and Lemon Oil, Beef Base (roasted beef and concentrated beef stock,

hydrolyzed corn gluten, soy, corn, and wheat Protein, sugar, dried whey, and yeast extract), Flavoring, Molasses, Spice, Garlic Powder, and Soybean Oil. Precooked Noodles: Durum Semolina, Whole Eggs, and Salt. Contains: Milk, Wheat, Soy, Egg.

Servings: 10; Serving Size: 1 cup; Total Calories: 260; Total Fat: 10g; Saturated Fat: 4g; Cholesterol: 40mg; Sodium: 850mg; Carbs: 30g; Dietary Fiber: 5g; Sugars: 5g; Protein: 11g

Lasagna with Meat Sauce (Net Weight 19.2 oz)



INGREDIENTS: Tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride), Tomato Paste, Enriched Macaroni Product (durum semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Cooked Beef, (beef, flavoring, salt), Dehydrated Onions, Modified Corn Starch, Sugar, Salt, Spices, Garlic Powder, and Dehydrated Parsley Flakes. Cheese Blend: Mozzarella Cheese [cultured milk, salt,

enzymes], calcium caseinate, corn oil, partially hydrogenated soybean oil, sodium caseinate, salt, glucono-delta-lactone, maltodextrin, sodium aluminum phosphate, butter [cream], natural and artificial flavors), and Dehydrated Parmesan and Romano (made from cow's milk) Cheeses (part-skim milk, cheese culture, salt, enzymes). Contains: Wheat, Milk, Soy.

Servings: 10; Serving Size: 1 cup; Total Calories: 240; Total Fat: 9g; Saturated Fat: 3.5g; Cholesterol: 25mg; Sodium: 500mg; Carbs: 27g; Dietary Fiber: 2g; Sugars: 6g; Protein: 14g

Chili Mac with Beef (Net Weight 20 oz)



INGREDIENTS: Cooked Beef, Enriched Macaroni (durum semolina, niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid), Kidney Beans, Tomato Paste, Chili Seasoning (chili pepper and other spices, dehydrated onion and garlic, hydrolyzed soybean Protein, potassium chloride, paprika, sugar, maltodextrin, beef

extract, disodium inosinate and disodium guanylate, autolyzed yeast extract, caramel color, natural flavors, citric acid), Modified Corn starch and Contains 2% or Less of the Following: Salt, Dehydrated Onions, and Flavoring. Contains: Wheat, Soy.

Servings: 10; Serving Size: 1 cup; Total Calories: 250; Total Fat: 7g; Saturated Fat: 2.5g; Cholesterol: 20mg; Sodium: 660mg; Carbs: 33g; Dietary Fiber: 4g; Sugars: 5g; Protein: 13g

ENTREES (continued)**Rice & Chicken** (Net Weight 21 oz)

INGREDIENTS: Instant Rice, Cooked Chicken, Corn Oil, Pimientos, Salt, Modified Corn Starch, Hydrolyzed Corn Soy Wheat Gluten Protein, Chicken Fat, Sugar, Onion Powder, Spices, Citric Acid, Soybean Oil, Turmeric, and Spice Extract. Contains: Soy, Wheat.

Servings: 8; Serving Size: 1 cup; Total Calories: 310; Total Fat: 9g; Saturated Fat: 2g; Cholesterol: 20mg; Sodium: 1160mg; Carbs: 47g; Dietary Fiber: 2g; Sugars: 2g; Protein: 10g

Chicken Stew (Net Weight 19 oz)

INGREDIENTS: Potatoes, Cooked Chicken, Carrots, Peas, Corn Oil, Nonfat Dry Milk, Modified Corn Starch, Hydrolyzed Corn Soy Wheat Gluten Protein, Dehydrated Onions, Sea Salt, Chicken Fat, Sugar, Spices, Soybean Oil, Garlic Powder, and Spice Extract. Contains: Milk, Wheat, Soy.

Servings: 10; Serving Size: 1 cup; Total Calories: 240; Total Fat: 10g; Saturated Fat: 2g; Cholesterol: 35mg; Sodium: 1120mg; Carbs: 23g; Dietary Fiber: 2g; Sugars: 3g; Protein: 13g

Noodles & Chicken (Net Weight 23.6 oz)

INGREDIENTS: Precooked Noodles: Durum Semolina, Whole Eggs, and Salt. Noodles & Chicken Sauce: Cooked Chicken, Sweet Red Peppers, Modified Corn Starch, Chicken Fat, and Contains 2% or Less of: Chicken Base (chicken including natural chicken juices, maltodextrin, dried whey), Salt, Sugar, Hydrolyzed Vegetable Protein (hydrolyzed corn soy wheat gluten Protein, soybean oil), Flavoring (autolyzed yeast extract, safflower oil, natural flavor), Onion Powder, Dried Parsley, Spices, and Turmeric (for color).

Contains: Wheat, Eggs, Milk, Soy.

Servings: 12; Serving Size: 1 cup; Total Calories: 210; Total Fat: 5g; Saturated Fat: 1.5g; Cholesterol: 40mg; Sodium: 980mg; Carbs: 33g; Dietary Fiber: 1g; Sugars: 2g; Protein: 10g

Oriental Style Spicy Chicken with Vegetable (Net Weight 21.4 oz)

INGREDIENTS: Green Beans, Cooked Chicken, Precooked White Rice, Mushrooms, Water chestnuts, Red Bell Peppers, Teriyaki Flavor (soy sauce [soybeans, wheat, salt], maltodextrin, yeast extract, salt, and spices), and Contains 2% or Less Modified Cornstarch, Brown Sugar, Flavoring (autolyzed yeast extract, dried torula yeast, safflower oil, natural flavor), Garlic Powder, Sesame/Soybean Oil, Spices, Salt. Contains: Wheat, Soy. (Peanuts in pouches manufactured prior to year 2005)

Servings: 10; Serving Size: 1 cup; Total Calories: 230; Total Fat: 3g; Saturated Fat: 1g; Cholesterol: 20mg; Sodium: 990mg; Carbs: 38g; Dietary Fiber: 2g; Sugars: 4g; Protein: 12g

Chicken Teriyaki with Rice (Net Weight 20 oz)

INGREDIENTS: Cooked Chicken, Soy Sauce (wheat, soybeans, salt), Brown Sugar, Bamboo Shoots, Mushrooms, Red Peppers, Green Peas, Modified Cornstarch, Sherry Wine (contains sulfite), Onions, Green Peppers, Garlic Powder, Spice, Salt. Rice: Precooked Rice. Contains: Wheat, Soy.

Servings: 9; Serving Size: 1 cup; Total Calories: 240; Total Fat: 3.5g; Saturated Fat: 1g; Cholesterol: 25mg; Sodium: 1050mg; Carbs: 40g; Dietary Fiber: 2g; Sugars: 13g; Protein: 12g

Chicken ala King with Noodles (Net Weight 25.4 oz)

INGREDIENTS: Cooked Chicken, Mushrooms, Pimientos, Green Peppers, Nonfat Dry Milk, Celery, Corn Oil, Wheat Flour, Chicken Base (chicken including natural chicken juices, maltodextrin, hydrolyzed corn gluten, dried whey, spice extractives and onion powder, autolyzed yeast extract, turmeric), Salt, Chicken Fat, Sugar, Modified Cornstarch. Yeast Extract, Safflower Oil, Natural Flavor, Onion Powder, Spices, Citric

Acid, and Ascorbic Acid. Precooked Noodles: Durum Semolina, Whole Eggs, and Salt. Contains: Egg, Milk, Wheat.

Servings: 11; Serving Size: 1 cup; Total Calories: 290; Total Fat: 11g; Saturated Fat: 2.5g; Cholesterol: 60mg; Sodium: 940mg; Carbs: 32g; Dietary Fiber: 2g; Sugars: 5g; Protein: 17g

ENTREES (continued)**Seafood Chowder (Net Weight 17.8 oz)**

INGREDIENTS: Cooked Clams and Clam Juice, Potatoes, Cream, Onions, Nonfat Dry Milk, Pacific Shrimp, Celery, and Contains 2% Or Less Of The Following: Modified Corn Starch, Butter (cream), Salt, Yeast Extract, Maltodextrin, Worcestershire Sauce (distilled vinegar, molasses, corn syrup, caramel color, sugar, anchovies, tamarind), Cultured Whey, Spices, Corn Oil, Onion Powder, sodium Tripolyphosphate, Potato Starch, Safflower Oil, Natural Flavors, Calcium Disodium EDTA. Contains: Clams, Milk, Shrimp, Anchovy.

Servings: 10; Serving Size: 1 cup; Total Calories: 230; Total Fat: 9g; Saturated Fat: 5g; Cholesterol: 70mg; Sodium: 840mg; Carbs: 21g; Dietary Fiber: 1g; Sugars: 1g; Protein: 15g

Sweet & Sour Pork with Rice (Net Weight 24.4 oz)

INGREDIENTS: Cooked Pork, Pineapple in Light Syrup (sugar and citric acid), Green Peppers, Vinegar, Onions, Red Peppers, Brown Sugar, Sugar, Modified Cornstarch, Salt, Chicken Base (chicken including natural chicken juices, chicken fat, maltodextrin, hydrolyzed corn gluten, dried whey, onion powder and natural flavorings, autolyzed yeast extract, turmeric), Worcestershire Sauce (distilled vinegar, molasses, corn

syrup, caramel color, garlic powder, sugar, spices, anchovies, tamarind, natural flavor), Soy Sauce (wheat, soybeans, salt), Corn Oil, Sesame/Soybean Oil, Seasoning (yeast extract, safflower oil, natural flavor), Garlic Powder, Spice, and Spice Extract. Rice: Precooked Rice. Contains: Milk, Anchovy, Wheat. Servings: 10; Serving Size: 1 cup; Total Calories: 2900; Total Fat: 89g; Saturated Fat: 2.5g; Cholesterol: 25mg; Sodium: 790mg; Carbs: 43g; Dietary Fiber: 2g; Sugars: 16g; Protein: 11g

Pasta Primavera (Net Weight 16.8 oz)

INGREDIENTS: Zucchini, Enriched Macaroni Product (durum semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Cream, Cauliflower, Broccoli, Red Peppers, Nonfat Dry Milk, Yellow Peppers, Modified Corn Starch, Green Peas, Seasonings (hydrolyzed soy and corn Protein, dextrose, torula yeast, soybean oil), Parmesan Cheese (part-skim milk, cheese culture, salt, enzymes), Onion Powder, Butter (cream), Maltodextrin, Salt, Culture Whey Powder, Autolyzed yeast extract, Spices, Natural Flavors, Granulated Garlic, Turmeric and Safflower Oil. Contains: Wheat, Milk, Soy.

Servings: 9; Serving Size: 1 cup; Total Calories: 230; Total Fat: 7g; Saturated Fat: 4.5g; Cholesterol: 25mg; Sodium: 960mg; Carbs: 30g; Dietary Fiber: 2g; Sugars: 7g; Protein: 9g

Macaroni & Cheese (Net Weight 20.4 oz)

INGREDIENTS: Enriched Macaroni (durum semolina, niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid), Dehydrated Cheddar Cheese Blend (cheddar cheese [milk, milk culture, cheese culture, salt, enzymes, annatto], cream, salt, sodium phosphate, lactic acid, yellow no. 5 and yellow no. 6), Nonfat Dry Milk, Modified Corn Starch, Corn Oil, Salt, and

Spice. Contains: Wheat, Milk Soy.

Servings: 8; Serving Size: 1 cup; Total Calories: 350; Total Fat: 17g; Saturated Fat: 9g; Cholesterol: 40mg; Sodium: 1140mg; Carbs: 33g; Dietary Fiber: 1g; Sugars: 5g; Protein: 16g

Long Grain & Wild Rice Mushroom Pilaf (Net Weight 20.3 oz)

INGREDIENTS: Long Grain White Rice, Mushrooms, Onions, Broccoli, Green Beans, Long Grain Brown Rice, Red Peppers, Wild Rice, Butter (cream, salt), Roasted Garlic Puree, Vegetable Flavor (yeast extract, natural flavors, wheat maltodextrin, sugar, soy sauce [soybeans, wheat, salt] dried onion, tapioca maltodextrin, dried carrots, salt, butter,

dried garlic, spice), Modified Corn Starch, Broth Seasonings (hydrolyzed soy and corn Protein, dextrose, maltodextrin, whey powder, autolyzed yeast, torula yeast, onion powder, turmeric), Salt, Mushroom Flavor (maltodextrin, modified corn starch, mushrooms, partially hydrogenated cottonseed and soybean oil, natural flavors), Parsley, Granulated Garlic, and Canola Oil. Parmesan Cheese: Pasteurized Milk, Salt, Cheese Culture, Enzymes, Powdered Cellulose (to prevent caking), Sorbic Acid (preservative) Contains: Milk, Wheat, Soy.

Servings: 10; Serving Size: 1 cup; Total Calories: 230; Total Fat: 4g; Saturated Fat: 2.5g; Cholesterol: 10mg; Sodium: 630mg; Carbs: 41g; Dietary Fiber: 2g; Sugars: 3g; Protein: 7g

ENTREES (continued)**Barbeque Sauce with Beef (Net Weight 25.3 oz)**

INGREDIENTS: Cooked Beef (beef, flavoring, salt), Seasoning (tomato powder, sugar, vinegar powder, sodium diacetate, onion, modified corn starch, salt, brown sugar, worcestershire powder [molasses, vinegar, corn syrup, salt, caramel color, garlic, sucrose, spices, tamarind and natural flavor], spices [including cayenne], red & green bell peppers, xanthan gum, natural flavors and less than 2% sunflower oil & silicon dioxide added to prevent caking), Tomatoes (diced tomatoes, tomato juice, citric acid, and calcium chloride), Red and Green Bell Peppers, Onions.

Servings: 10; Serving Size: 3/4 cup; Total Calories: 320; Total Fat: 16g; Saturated Fat: 6g; Cholesterol: 80mg; Sodium: 840mg; Carbs: 23g; Dietary Fiber: 4g; Sugars: 14g; Protein: 22g

Beef Teriyaki (Net Weight 25.3 oz)

INGREDIENTS: Cooked Beef, Soy Sauce (wheat, soybeans, salt), Red Peppers, Pineapple (contains sugar and citric acid), Water chestnuts, Brown Sugar, Mushrooms, Modified Corn Starch, Sherry Wine (contains sulfite), Onions, Pea Pods, Onion Powder, Sesame/Soybean Oil, Seasonings (yeast extract, safflower oil, natural flavor), Garlic Powder, Spices, Salt. Rice: Precooked Rice. Contains: Wheat, Soy.

Servings: 11; Serving Size: 1 cup; Total Calories: 270; Total Fat: 3g; Saturated Fat: 1g; Cholesterol: 15mg; Sodium: 1000mg; Carbs: 47g; Dietary Fiber: 1g; Sugars: 13g; Protein: 10g

Turkey Tetrazzini (Net Weight 17 oz)

INGREDIENTS: Cooked Turkey, Asparagus, Enriched Spaghetti (durum semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Modified Corn Starch, Nonfat Dry Milk, Pimientos, Mushrooms, Corn Oil, Salt, Chicken Base (chicken including natural chicken juices, maltodextrin, hydrolyzed corn gluten, dried whey, onion powder and spice extractives, autolyzed yeast extract), Sugar, Chicken Fat, Dehydrated Onion, Flavorings (yeast extract, safflower oil, and natural flavor), Hydrolyzed Corn Soy Wheat Gluten Protein, Spices, Sherry Wine (sulfite), Garlic Powder, Citric Acid, Turmeric (for color), Soybean Oil and Spice Extract. Contains: Wheat, Milk, Soy.

Servings: 10; Serving Size: 1 cup; Total Calories: 220; Total Fat: 8g; Saturated Fat: 1.5g; Cholesterol: 35mg; Sodium: 840mg; Carbs: 23g; Dietary Fiber: 2g; Sugars: 8g; Protein: 13g

MEATS**Cooked Diced Beef (Net Weight 17 oz)**

INGREDIENTS: Beef and Salt.

Servings: 15; Serving Size: 2/3 cup; Total Calories: 140; Total Fat: 4.5g; Saturated Fat: 2g; Cholesterol: 60mg; Sodium: 680mg; Carbs: 0g; Dietary Fiber: 0g; Sugars: 0g; Protein: 23g

Cooked Diced Chicken (Net Weight 17 oz)

INGREDIENTS: Chicken Meat and Salt.

Servings: 14; Serving Size: 3/4 cup; Total Calories: 170; Total Fat: 8g; Saturated Fat: 2.5g; Cholesterol: 105mg; Sodium: 380mg; Carbs: 0g; Dietary Fiber: 0g; Sugars: 0g; Protein: 24g

Ground Beef (Net Weight 29 oz)

INGREDIENTS: Beef, Flavoring, and Salt.

Servings: 18; Serving Size: 3/4 cup; Total Calories: 270; Total Fat: 21g; Saturated Fat: 9g; Cholesterol: 85mg; Sodium: 650mg; Carbs: 3g; Dietary Fiber: 0g; Sugars: 0g; Protein: 19g

MEATS (continued)

Creamed Beef (Net Weight 46.1 oz)



INGREDIENTS: Cooked Beef (beef, salt, natural flavor), Gravy Mix (partially hydrogenated soybean oil, modified corn starch, buttermilk powder, enriched wheat flour [niacin, reduced iron, thiamine, riboflavin and folic acid], corn syrup solids, nonfat dry milk powder, salt, spices, monododium glutamate, sodium caseinate, dipotassium phosphate, disodium inosinate and guanylate, caramel color). Contains: Milk, Wheat, Soy.

Servings: 50; Serving Size: 1/2 cup; Total Calories: 90; Total Fat: 5g; Saturated Fat: 1.5g; Cholesterol: 10mg; Sodium: 300mg; Carbs: 6g; Dietary Fiber: 0g; Sugars: 0g; Protein: 4g

Gulf Shrimp, Cooked



INGREDIENTS: Shrimp

Servings: 22; Serving Size: 7 shrimp; Total Calories: 60; Total Fat: 0.5g; Saturated Fat: 0g; Cholesterol: 125mg; Sodium: 140mg; Carbs: 0g; Dietary Fiber: 0g; Sugars: 0g; Protein: 13g

Pork Chops, Uncooked



INGREDIENTS: Pork (1 lb. of freeze dried pork chops is equal to 3 lbs. of fresh boned pork chops)
Nutrition info available soon.

Pork Pieces, Uncooked



INGREDIENTS: Pork pieces (Broken pieces from the whole pork chop run. 1 lb. of freeze dried pork chops is equal to 3 lbs. of fresh boned pork chops)
Nutrition info available soon.

VEGETABLES

Garden Green Beans (Net Weight 5.7oz)



INGREDIENTS: Green Beans.

Servings: 20; Serving Size: 1/2 cup; Total Calories: 30; Total Fat: 0g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 0mg; Carbs: 6g; Dietary Fiber: 2g; Sugars: 2g; Protein: 1g

Golden Sweet Whole Kernel Corn (Net Weight 16 oz)



INGREDIENTS: Whole Kernel Corn.

Servings: 22; Serving Size: 1/2 cup; Total Calories: 90; Total Fat: 1.5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 0mg; Carbs: 16g; Dietary Fiber: 2g; Sugars: 8g; Protein: 3g

Garden Green Peas (Net Weight 16 oz)



INGREDIENTS: Peas and Salt.

Servings: 23; Serving Size: 1/2 cup; Total Calories: 80; Total Fat: 0.5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 125mg; Carbs: 13g; Dietary Fiber: 5g; Sugars: 5g; Protein: 5g

FRUITS

Sliced Strawberries (Net Weight 6.2 oz)



INGREDIENTS: Freeze Dried Strawberries

Servings: 16; Serving Size: 1/2 cup; Total Calories: 35; Total Fat: 0g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 0mg; Carbs: 10g; Dietary Fiber: 2g; Sugars: 6g; Protein: 0g

Sliced Bananas (Net Weight 14 oz)



INGREDIENTS: Freeze Dried Bananas

Servings: 20; Serving Size: 1/2 cup; Total Calories: 70; Total Fat: 0g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 0mg; Carbs: 18g; Dietary Fiber: 2g; Sugars: 14g; Protein: 1g

DESSERTS

Raspberry Crumble (Net Weight 15.5 oz)

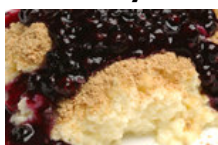


INGREDIENTS: RASPBERRY SAUCE MIX: Sugar, Freeze Dried Raspberries, Modified Corn Starch, Nonfat Dry Milk, and Corn Oil. CHOCOLATE COOKIE CRUMBS: Sugar, Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Partially Hydrogenated Soybean Oil, Cocoa Processed With Alkali, High Fructose Corn Syrup, Cornstarch, Baking Soda, Salt, Soy Lecithin, Vanillin (an artificial flavor), Chocolate, and Whey.

Contains: Milk, Wheat, Soy.

Servings: 12; Serving Size: 1/2 cup; Total Calories: 160; Total Fat: 2.5g; Saturated Fat: 0.5g; Cholesterol: 0mg; Sodium: 75mg; Carbs: 32g; Dietary Fiber: 3g; Sugars: 20g; Protein: 1g

Blueberry Cheesecake (Net Weight 20.7 oz)



INGREDIENTS: CHEESECAKE MIX: Cheesecake Powder (sugar, dried baker's cheese [skim milk, lactic acid, culture], dried buttermilk, partially hydrogenated palm kernel oil, modified food starch, dextrose, whey, corn syrup solids, sodium phosphate, tetraSodium pyrophosphate, sodium caseinate, lactic acid, salt, sour cream powder, calcium lactate, artificial flavor, glycerol monostearate, maltodextrin, lemon juice solids, yellow no. 5, yellow no. 6, natural flavor, BHA [preservative]), Vanilla Pudding, (sugar, food starch modified, dextrose, disodium phosphate and tetraSodium pyrophosphate, and contains 2% or less salt, nonfat dry milk, partially hydrogenated soybean oil with BHA [preservative], mono and diglycerides with propyl gallate and citric acid [preservatives], titanium dioxide [for color], natural and artificial flavors, yellow no. 5, yellow no 6) Whole Milk Powder, and Lecithin. BLUEBERRY TOPPING MIX: Sugar, Freeze Dried Blueberries, Blueberry Powder, Modified Food Starch, Citric Acid, and Corn Oil. GRAHAM CRACKER CRUMBS: Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Graham Flour, Sugar, Partially Hydrogenated Soybean Oil, Molasses Preserved With Sulfur Dioxide, High Fructose Corn Syrup, Leavening (baking soda, calcium phosphate), and Salt. Contains: Milk, Wheat, Soy.

Servings: 12; Serving Size: 1/2 cup; Total Calories: 200; Total Fat: 3.5g; Saturated Fat: 2.5g; Cholesterol: 5mg; Sodium: 330mg; Carbs: 39g; Dietary Fiber: <1g; Sugars: 30g; Protein: 4g

OTHER

Instant Long Grain White Rice (Net Weight 42.3 oz)



INGREDIENTS: Precooked Long Grain Rice

Servings: 24; Serving Size: 3/4 cup; Total Calories: 190; Total Fat: 0g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 0mg; Carbs: 42g; Dietary Fiber: 0g; Sugars: 0g; Protein: 4g

Pilot Bread Crackers (Ready to Eat!) (Net Weight 32 oz)



INGREDIENTS: Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Partially Hydrogenated Soybean Oil, Sugar, Corn Syrup, Whey, Leavening (Sodium bicarbonate, monocalcium phosphate), Salt Contains: Wheat, Milk.

Servings: 70; Serving Size: 1 cracker; Total Calories: 50; Total Fat: 1.5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 55mg; Carbs: 9g; Dietary Fiber: 0g; Sugars: 1g; Protein: 1g

Cottage Cheese (Net Weight 17 oz)



INGREDIENTS: Cultured Skim Milk, Cream, Milk, Salt, Whey, Guar Gum, Citric Acid, Carrageenan, and Locust Bean Gum. Contains: Milk.

Servings: 20; Serving Size: 1/2 cup; Total Calories: 110; Total Fat: 4g; Saturated Fat: 2.5g; Cholesterol: 20mg; Sodium: 380mg; Carbs: 3g; Dietary Fiber: 1g; Sugars: 3g; Protein: 16g

NOTE: The information provided in this document is subject to change at any time without prior notice. (Rev. 6/24/10)