

Recipe	Carbs (g)
000811 - BBQ Chicken Sandwich	41.65
000673 - Alfredo Sauce	6.07
001094 - Alternate Brk Meal, Elem ON	51.23
001092 - Alternate LunchMeal, Elem O	*67.19*
000352 - Apple Cobbler	57.57
000807 - Apple Wedge Medley	12.60
000405 - Apple Wedges	4.54
001060 - Apple Wedges, Prepackaged	15.66
000006 - Apple-O's	13.15
000064 - Apples	19.06
000882 - Applesauce	22.31
000933 - Applesauce (Individual Cup	34.44
000932 - Applesauce (Peach)	14.00
000978 - Applesauce Cup, Fruit Flavor	22.00
000854 - Asian Style Brown Rice	41.78
000650 - Assorted Canned Fruit	19.39
000651 - Assorted Fresh Fruit	12.03
000786 - Assorted Jelly	9.00
000738 - Assorted Juice, 4 oz	16.00
001013 - Bacon Biscuit	24.00
990067 - Baked Beans	34.00
001021 - Baked Beans Summer Feedi	48.73
000525 - Baked Cheetos	17.00
000445 - Baked Ham with Glaze	13.50
000690 - Baked Potato	36.59
000044 - Baked Potato	36.59
000970 - Baked Potato Bar (High)	77.45
000074 - Baked Potato Plate	27.74
000538 - Baked Potato Plate Mid & Hi	67.84
000056 - Baked Sweet Potatoe	23.61
000068 - Bananas	26.95
000657 - Barbeque Sauce, Ind.	10.00
000619 - BBQ Beef Rib Sandwich	42.00
001003 - BBQ Chicken	0.00
001024 - BBQ Pork Sandwich, USDA	30.00
000644 - Beef Vegetable Soup	15.06
000617 - Beef-a-Roni	18.29
001045 - Beef-A-Roni, Elem	26.40
990076 - Beef-A-Roni, M & H	38.40
000409 - Beefy Nachos	2.53
000603 - Beefy Tacos, Elem	22.24
000964 - Beefy Tacos, M & H	20.40
000684 - Biscuit	29.00
001005 - Biscuit Baked Pillsbury Non-	28.00
001004 - Biscuit Pillsbury Non-WG	24.00
000417 - Blackeyed Peas	0.23
000979 - Blueberries, Frozen USDA	9.00
001040 - Boneless Buffalo Chicken Wi	8.00

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Recipe	Carbs (g)
000676 - Boneless Hot Wings	13.00
000387 - Breadsticks	15.00
000800 - Breadsticks	30.00
990060 - Breadsticks w/ Marinara Sau	26.00
000852 - Breakfast Bar	19.00
000903 - Breakfast Boat	25.00
001028 - Breakfast Bun, WG	39.00
005001 - Breakfast Burrito w/ Salsa	22.01
500038 - BREAKFAST BURRITO W/	31.32
000914 - Breakfast Chicken Pattie	8.00
000774 - Breakfast Donut Ring	29.00
000877 - Breakfast Juice	17.00
000876 - Breakfast Juice	15.60
500026 - BROCCHEESE & RICE CA	19.90
000348 - Broccoli & Cauliflower Blend	5.34
000961 - Broccoli Florets w/ Dip	0.37
000958 - Broccoli Florets w/ Dip	0.24
990049 - Broccoli w/Cheese Sauce	6.23
000317 - Brown Gravy	4.32
000218 - Brown Rice	22.21
000885 - Buffalo Chicken Bites	13.39
000846 - Buffalo Chicken Fritters	48.17
000950 - Buffalo Chicken Pizza	35.00
000375 - California Blend Vegetables	11.60
000058 - Canned Tomatoes	20.64
000207 - Cantaloupe	19.93
990072 - Cantaloupe & Honeydew	18.21
000201 - Carrot Sticks w/ Dip	7.87
000805 - Carrot Sticks w/ Dip Summer	10.79
000640 - Carrot Sticks w/o Dip	5.84
000265 - Cauliflower	3.38
000107 - Celery & Carrot Sticks w/ Dip	6.02
000960 - Celery & Carrot w/ Dip Summ	8.04
000638 - Celery Sticks	2.21
000209 - Celery Sticks w/ Dip	4.21
000959 - Celery Sticks w/ Dip Summer	5.31
000658 - Cereal Bar, Variety	30.19
000965 - Cereal, Honey Nut Chex	27.00
000966 - Cereal, Rice Chex Special Or	24.00
001072 - Cereal, Variety	23.50
001031 - Cereal, Variety Pouch	23.00
000577 - Cheese and Egg Biscuit	37.60
000984 - Cheese Cheddar Cubes	0.00
000985 - Cheese Co-Jack Cubes	1.01
000502 - Cheese Grits	18.20
001091 - Cheese Sandwich, Alternate	31.00
000892 - Cheese Sauce	1.49
000700 - Cheese Stick, Colby Jack LO	1.00

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Recipe	Carbs (g)
000719 - Cheese Stick, Mild Cheddar	0.00
000729 - Cheese Sticks w/ Marinara	41.00
000983 - Cheese Stuffed Breadstick E	29.98
001080 - Cheese Toast 1 slice	15.00
000988 - Cheese Toast 2 slices	16.00
000393 - Cheese, Cheddar Reduced F	0.36
000771 - Cheese, Cheddar Sauce	5.00
000698 - Cheese, Mozzarella, R.F.	26.00
990063 - Cheeseburger on Bun	31.00
000937 - CHEESIER CHEESE PIZZA	33.02
000963 - Cheesy Chicken Casserole	10.40
001043 - Cheesy Chicken Nachos	32.47
000813 - Cheesy Chicken Taco	1.17
000406 - Cheesy Refried Beans	14.28
000076 - Chef Salad Plate	52.26
000803 - Chef Salad Plate w/ Ham	64.71
000788 - Chef Salad Plate w/ Turkey	54.15
001087 - Chicago Hotdog	35.35
000674 - Chicken Alfredo	14.54
500306 - CHICKEN ALFREDO WITH	40.86
000516 - Chicken Biscuit	32.00
000842 - Chicken Bites	12.99
000357 - Chicken Fajita Salad Plate	27.64
000404 - Chicken Fajitas	21.28
000845 - Chicken Filet Sandwich	45.05
000843 - Chicken Filet Sandwich	46.05
000847 - Chicken Fritter, Tender, 3 PC	16.00
000890 - Chicken Fritter, Tender, 5 PC	26.70
000899 - CHICKEN NOODLE SOUP	16.79
500052 - CHICKEN NOODLE SOUP	12.19
000568 - Chicken Nugget Salad Plate	62.15
000742 - Chicken Nuggets, 7 PCS	18.20
005055 - Chicken Nuggets, Elem. 5 P	13.00
000266 - Chicken Parmesan	34.55
000551 - Chicken Parmesan Sandwich	47.29
500061 - CHICKEN POT PIE	22.97
000154 - Chicken Pot Pie	23.39
000879 - Chicken Salad #1	3.22
000081 - Chicken Salad #2	4.80
000781 - Chicken Salad Plate	36.18
000152 - Chicken Salad Plate	41.68
000755 - Chicken Sandwich, Patty	40.00
001037 - Chicken Sausage Biscuit	13.00
000997 - Chicken Sausage Patty	1.00
000634 - Chicken Sliders	42.00
000987 - Chicken Smackers	17.00
000572 - Chicken Stir-Fry	10.92
000666 - Chicken Strips	15.00

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Recipe	Carbs (g)
000672 - Chicken Strips	18.75
500069 - CHICKEN TACO	20.35
000416 - Chicken Tenders 3 PCS, Ele	12.00
000765 - Chicken Tenders, 5 PCS, M	16.80
000766 - Chicken Tetrazzini	39.28
005025 - Chicken Tetrazzini	29.46
000782 - Chicken Tortellini Bake	36.60
000783 - Chicken Tortellini Bake	18.30
000796 - Chicken&BroccoliRice Casse	28.29
000825 - Chili	13.76
001069 - Chili Cheese Hotdog	33.52
000822 - Chili for Baked Potato	13.76
000942 - Chili for Hot Dog	13.76
001085 - Chili for Hot Dog	7.33
990047 - Chili for Potato Bar	13.76
990073 - Chilled Pears	20.00
500077 - CHINESE STYLE VEGETAB	3.76
000756 - Chips, WG	17.87
000061 - Chocolate Chip Cookies	19.00
000850 - Chocolate Crips	25.01
000870 - Chocolate Crips	25.01
001071 - Chocolate Pudding	26.83
000702 - Chopped Onions	1.87
000864 - Chopped Steak	0.00
000849 - Cinnamon Crisps	25.01
001027 - Cinnamon Rolls, 1 oz	19.00
001025 - Cinnamon Rolls, 2 oz	36.00
990069 - Cole Slaw	3.85
000708 - Cole Slaw	12.40
000587 - Collards	5.90
000810 - Corn Dog Mini Nuggets	26.00
990087 - Corn Dog, Turkey	31.00
000889 - Corn Nibbles	16.97
990056 - Corn Nibbles, Canned	13.89
000757 - Corn on Cob	19.00
000032 - Corn on the Cob	14.07
000747 - CORNBREAD	14.02
000482 - Cornbread Dressing	26.51
000866 - Country Fried Steak	17.28
000637 - Country Steak & Gravy	36.25
000754 - Country Steak & Gravy	16.57
000802 - Crackers	32.00
000639 - Crackers, WG Saltine	42.55
000272 - Cranberry Sauce	11.03
000775 - Croissant	15.00
000545 - Cucumber and Tomato Salad	7.11
000646 - Cucumber Slices	1.89
000106 - Cucumber Slices w/ Dip	3.89

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Recipe	Carbs (g)
000873 - David's Cookies	16.20
000042 - Dill Spears	0.91
000799 - Doritos	19.00
000930 - Double Cheese Burger	36.00
000924 - Dutch Waffle	43.00
001063 - Egg Roll, Vegetable	21.97
005059 - English Peas	11.83
000541 - English Peas and Carrots	13.84
001023 - English Peas Summer Feedi	19.72
000934 - EXTRA CHEESE PIZZA	33.02
001032 - Fish Nuggets 4 PCS	23.00
001041 - Fish Nuggets 6 PCS, M & H	34.50
000442 - Fish Sandwich	47.00
000812 - Fish Sandwich w/ Cheese	47.00
990064 - Fish Sticks 4 PCS, Elem	23.00
000711 - Fish Sticks 6 PCS, M & H	34.50
000836 - Food Court Smoothies	33.23
000730 - French Toast Sticks	36.95
000967 - French Toast, Mini	37.00
000142 - Fresh Fruit Cup	1.10
000400 - Fresh Fruit Salad - Griffin	26.45
000422 - Fresh Grapes	7.89
000083 - Fresh Nectarines	14.35
000088 - Fresh Peaches	7.16
000090 - Fresh Pears	25.28
000094 - Fresh Plums	15.07
001064 - Fresh Pluot	17.00
000927 - Fresh Strawberries	5.53
000099 - Fresh Strawberries	5.53
000100 - Fresh Tangerines	23.48
000703 - Fried Rice	24.55
000926 - Frozen Fruit Cup	21.61
000098 - Frozen Strawberries	33.05
000986 - Fruit & Yogurt Parfait	52.05
990082 - Fruit Cocktail, Chilled	19.00
000875 - Fruit Cups	19.64
000722 - Fruit Juice Cups	17.07
000246 - FRUIT JUICE, ASSORTED	15.62
000851 - Fun Shape Crackers	21.00
000655 - Garden Salad	3.17
000826 - Giblet Gravy	0.23
990089 - Glazed Carrots	11.71
001097 - Glazed Turkey Ham, Jennie-	7.63
000869 - Go-Gurt	12.00
000724 - Goldfish Crackers	14.50
001058 - Graham Cracker, 2 pkg each	10.00
000723 - Grahams, Giant Goldfish	7.13
900005 - Granola, Individual Packets	20.00

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Recipe	Carbs (g)
000336 - Green Beans	3.84
000635 - Grilled Cheese Sandwich 1sli	29.00
000524 - Grilled Cheese Sandwich 2sli	30.00
000922 - Grilled Chicken Sandwich	28.19
000888 - Grits	18.05
001026 - Grits Stone Ground w/ Chees	18.20
000923 - Ham & Cheese Croissant	16.00
001048 - Ham & Cheese Sandwich	29.00
000624 - Ham & Cheese Sandwich Pla	64.49
000861 - Ham & Cheese Sub	27.70
000346 - Ham & Cheese Sub Plate	62.65
000023 - Ham & Cheese Wrap Plate	44.47
000536 - Ham Biscuit	28.00
000779 - Ham Crossiant	15.00
000952 - Ham(Slice)	2.16
000971 - Hamburger Bar (High)	124.18
000366 - Hamburger on Bun	30.00
000370 - Hard Boiled Eggs	0.32
000874 - Harvest Cheddar Chips	15.00
001089 - Heartzel Pretzels	15.00
000649 - Honey Mustard Cup	7.00
000599 - Honeydew	8.04
000891 - Hot Diggty Dog	27.00
000162 - Hot Dog	27.00
000974 - Hot Dog Bar (High)	126.79
001018 - Hot Dog on Bun, Jennie-O	31.00
000897 - Hot Ham & Cheese Crossian	15.45
000585 - Hot Ham & Cheese Sandwic	34.28
000801 - Hot Sauce	0.00
000815 - Hushpuppies, Sweet Corn,	20.00
001019 - Italian Turkey Combo Sub	27.91
001098 - Japenese Cherry Blossom C	27.00
000116 - Jell-O	17.39
000345 - Jelly	13.29
000998 - Juice, Gold Rush	10.00
000999 - Juice, Power Punch	14.00
990065 - Ketchup	2.00
000163 - Lasagna	34.13
001011 - Lemon Pepper Chicken	0.00
000598 - Lettuce, Tomato, & Cheese	4.40
000320 - Lettuce, Tomato & Pickle	3.85
000428 - Lima Beans	14.12
000449 - Little Smokies, Elem	1.99
000741 - Little Smokies, M & H	2.99
000691 - Mac & Cheese, Shredded Ch	15.76
000600 - Macaroni & Cheese, LOL Ch	15.18
000520 - Mandarin Oranges	20.00
000662 - Margarine	0.00

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Recipe	Carbs (g)
000830 - Marinara Sauce	6.00
000609 - Mashed Potatoes	15.00
990084 - Mayo, Ind.	1.00
500121 - MEAT LOAF	8.00
000749 - Meat Loaf	8.39
000531 - Meatball Sub	33.39
000768 - Meatball Sub	32.74
000975 - Meatball Sub, Chicken (E &	46.03
000976 - Meatball Sub, Chicken (High)	51.89
001016 - Meatball Sub, Jennie-O (ELE	33.11
001017 - Meatball Sub, Jennie-O (H&	37.62
000397 - Meatloaf	10.33
000980 - MeatLoaf, Fully Cooked Slice	8.00
000478 - Mexicali Corn	14.91
000625 - Mexican Fiesta Rice	23.51
000680 - MILK - 1 % Low Fat	13.00
000678 - MILK - Fat Free Chocolate	20.00
000679 - MILK - Fat Free Skim	13.00
000677 - MILK - Fat Free Strawberry	19.00
000789 - MILK - Fat Free Vanilla	19.00
000489 - MILK - Variety (Mayfield)	16.80
000399 - Mixed Vegetables	13.56
000432 - Mixed Veggies	7.88
000728 - Mozzarella Cheese Sticks	35.14
001029 - Muffin, Banana	30.00
000532 - Muffin, Chocolate Chip	30.00
000530 - Multi Grain Chips	18.00
990066 - Mustard	0.00
000667 - Nachos w/ Beef & Cheese S	21.74
500127 - NACHOS WITH GROUND B	19.28
000968 - Nectarines(Fresh)	14.98
000565 - Onion Rings	25.96
000085 - Orange Halves	5.64
005062 - Orange Wedges	10.58
000086 - Oranges	11.28
000910 - Oven Fried Chicken	11.00
000911 - Oven Roasted Chicken	0.00
000909 - Oven Roasted Turkey w/ Gra	8.64
001030 - Pancake Pup, Blueberry	20.00
000476 - Pancake Pup, Original	19.00
000349 - Pancake Syrup	12.06
000685 - Pancakes	34.00
000727 - Pancakes, Mini Maple	36.00
000973 - Pasta Bar (High)	66.55
000526 - PB Jamwich Grape	34.00
001035 - PB Jamwich Strawberry	34.00
000982 - PB Jamwich, Middle & High,	52.00
000630 - PBJ Plate (M&H)	78.74

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Recipe	Carbs (g)
000706 - PBJ Sandwich	61.21
000707 - PBJ Sandwich	50.14
000996 - Peach & Blueberry Crisp	82.62
000859 - Peach Applesauce	14.00
000868 - Peach Applesauce	14.00
000340 - Peach Cobbler	61.34
000072 - Peach Cup	23.76
001057 - Peaches, Diced	13.39
000913 - Pears(Fresh)	22.54
000093 - Pears, Canned	14.11
000328 - Peas and Carrots	10.12
990071 - Pickle Chips Cup	0.00
000339 - Pickle, Dill, Cup	1.09
001044 - Pineapple Slices	19.50
990091 - Pineapple Tidbits	20.00
000434 - Pinto Beans	18.30
000886 - Pizza Cruncher's	46.00
000862 - Pizza Crunchers	41.00
001068 - Pizza, Cheese, Alpha, Pan	0.03
000871 - Pizza, Cheese, Big Daddy's	34.97
000831 - Pizza, Pepperoni, Alpha 5"	47.08
001066 - Pizza, Pepperoni, Alpha, Pan	31.99
000872 - Pizza, Pepperoni, Big Daddy'	34.97
000990 - Pizza, Stuff Cheese THE MA	43.23
000991 - Pizza, StuffPepperoni THE M	27.01
001055 - Pizza,Cheese 5" THE MAX	39.00
001053 - Pizza,Pepperoni 5" THE MA	39.00
000992 - Pizza,Pepperoni THE MAX	33.02
000929 - Plums, Fresh	7.54
000715 - Pop-Tart, Variety	38.00
000821 - Popcorn Chicken	13.00
000065 - Popcorn Chicken	15.00
001090 - Popcorn Chicken 10 Pcs.	9.29
000761 - Potato Crinkle Cut Fries	25.70
000601 - Potato Fries	21.20
000760 - Potato Smiles	25.01
000474 - Potato Soup	17.00
000681 - Potato Soup	8.50
990088 - Potato Tots	25.35
000523 - Potato Wedges	25.14
001095 - Pretzel, WG, Mini, Soft	14.00
000953 - Raisels	35.00
000071 - Raisins	30.09
000949 - Ranch Chicken	0.18
990055 - Ranch Dressing	1.68
000669 - Ranch Dressing	1.67
000951 - Ranch Dressing	2.00
000256 - Raw Fresh Broccoli	6.04

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Recipe	Carbs (g)
000264 - Raw Fresh Cauliflower	4.97
000008 - Refried Beans	21.55
000938 - Refried Beans w/ Salsa	22.68
000631 - Rice & Brown Gravy	23.90
001000 - Rice Krispie Treat Mini, WG	9.00
000809 - Rice Krispie Treat, WG	29.98
000787 - Roasted Potatoes	25.14
000919 - Roasted Turkey & Gravy	2.50
000818 - Sack Lunch, Elem & Mid	83.09
000819 - Sack Lunch, High School	113.13
000333 - Salad Bar	58.52
000037 - Salisbury Steak & Gravy	3.69
001051 - SALSA:COMMODITY	1.98
000993 - Saltines Zesta High	7.00
000146 - Sausage Biscuit	24.50
000898 - Sausage Link	0.44
001014 - Sausage Link, Jennie-O	0.00
000548 - Sausage Pattie	0.50
000770 - Scrambled Eggs	1.40
000925 - Scrambled Eggs	3.94
990058 - Sliced Peaches	14.00
000114 - SLOPPY JOE ON A BUN	40.28
001042 - Slushie, Cool Tropics Rips	17.50
000663 - Sour Cream	2.00
000608 - Spaghetti & Meat Sauce	17.95
000881 - Spaghetti & Meat Sauce	19.74
000342 - Spaghetti & Meat Sauce MS	39.48
001096 - Spaghetti & Meatballs Elem	31.83
000931 - Spaghetti & Meatballs MS &	41.65
000901 - Spiced Apples	20.29
000456 - Spiced Apples	20.79
000844 - Spicy Chicken Fillet Sandwic	75.00
001039 - Spicy Chicken Fritters 3 PCS	17.00
001038 - Spicy Chicken Fritters 5 PCS	28.33
000620 - Spicy Chicken Sandwich	37.00
000848 - Spicy Chicken Sandwich	42.20
000621 - Spicy Chicken Wrap	28.00
000611 - Spinach Salad w/ Dressing	4.92
000415 - Squash Casserole	11.84
000989 - Squash Casserole 2017	12.03
000884 - Steak & Gravy	36.51
000865 - Steak Biscuit	33.14
000863 - Steak Sandwich	46.26
000258 - Steamed Broccoli	5.11
001022 - Steamed Broccoli Summer F	7.47
000036 - Steamed Cabbage	3.20
000867 - Strawberry Applesauce	5.00
000616 - Sub Bar	53.92

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Recipe	Carbs (g)
000389 - Sun Chips	19.00
000705 - Sweet & Sour Chicken	34.06
000704 - Sweet & Sour Sauce	465.27
000954 - Sweet & Sour Sauce Individu	11.00
000622 - Sweet Potato Fries	22.50
000772 - Sweet Potato Souffle	47.00
000762 - Sweet Potato Tots	25.13
000763 - Sweet Potato Waffle Fry	20.00
000981 - Sweet Potato, Baked	20.15
000969 - Syrup(Ind.)	29.67
000002 - Taco meat	3.67
000654 - Taco Sauce, Ind.	1.00
000492 - Taco Soup	16.90
000977 - Taco/Nacho Bar (High)	*66.58*
000731 - Tangerine Chicken	25.00
001034 - Taquitos, Chicken & Cheese	38.00
000659 - Tartar Sauce	4.00
000697 - Teddy Grahams	16.00
000767 - Texas Toast	15.01
000832 - Toast, WG	15.04
500194 - TOMATO SAUCE (MEATLE	3.01
000652 - Tortilla Chips, Tostitos	18.00
000824 - Tortilla Wrap	18.57
000204 - Tossed Salad	5.99
001088 - Totchos (Tater Tot Nachos)	58.59
000626 - Turkey & Dressing	36.93
000893 - Turkey & Gibley Gravy	1.20
001010 - Turkey Bacon, Jennie-O	0.00
000759 - Turkey Sandwich Plate	63.95
000860 - Turkey Sub	25.91
000629 - Turkey Sub Plate	56.39
000546 - Turkey Wrap Plate	47.81
001093 - Vegetable of the Day	*N/A*
500204 - VEGETABLE SOUP	11.52
000350 - Vegetable Sticks w/Dip	33.08
000878 - Veggie Dippers	6.81
000895 - Veggie Salad Plate	50.36
000535 - Waffles, Mini, Blueberry Bas	36.00
000101 - Watermelon Chunks	6.04
001007 - Wheat Roll	13.00
000896 - Wheat Roll	13.00
990093 - Wheat Roll, 1 oz	20.00
000614 - Wheat Rolls, HS	32.00
000720 - Whipped Topping	2.00
000392 - Whole Hard Boiled Eggs	0.32
000564 - Yogurt and Fruit Plate	73.89
000773 - Yogurt and Granola	45.25
000216 - Yogurt and Muffin	43.65

Legend: *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Recipe	Carbs (g)
000475 - Yogurt, Assorted, Yoplait	15.00

Legend: *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.
* - an asterisk denotes combined nutrient totals with either missing or incomplete nutrient data.
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