

# Apple DICES

Item #

## Ingredients

Low moisture apple slices prepared with sulphur dioxide to prevent browning.

## Directions

Cover apples with hot water and allow to stand for 30 minutes. Stir occasionally. If cooked apples are desired, bring apples and water to a boil, Cool before use. Approximatley 1/2 cup apples to 3/4 cups water.

## Nutrition Facts

Serving Size 1/2 cup

Servings per Container

Amount Per Serving

Calories 104      Calories from Fat

% Daily Value \*

Total Fat

Saturated Fat

Cholesterol

Sodium 156mg

Total Carbohydrates 28g

Dietary Fiber 2

Sugars 21

Protein

Vitamin A      • Vitamin C 4%

Calcium 1%      • Iron 5%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 63g	2,500 80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
—Dietary Fiber			

Calories per gram:

Fat 9 • Carbohvdrate 4 • Protein 4

NET WT  
1.75 LBS  
(0.80 kg)

# Apple Drink Mix

Item #4741

## Ingredients

Fructose, sugar, citric acid, sodium citrate (corn starch), orange juice powder with corn syrup, natural and artificial flavor, FD&C Yellow #6 and Red #40.

## Directions

To make one quart, add 1/2 rounded cup mix to 1/2 quart of cold water. Mix well, allow to dissolve and chill. Adjust flavor to taste. Can yields 6 gallons.

NET WT  
5.50 LBS  
(2.50 kg)

## Nutrition Facts

**Serving Size** 8 fluid oz. (24g Dry)

**Servings per Container** 108

### Amount Per Serving

**Calories** 210      **Calories from Fat** 27

**% Daily Value \***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrates** 16g      **0%**

Dietary Fiber 0g      **0%**

Sugars 16g

**Protein** 0g

Vitamin A 0%      • Vitamin C 10%

Calcium 0%      • Iron 0%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
	Calories:	63g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Applesauce

Item #4608

## Ingredients

Dehydrated apples preserved with sulfite.

## Directions

Add enough water to cover 1/4 cup applesauce. More liquid may be needed for desired texture. For a sweeter flavor add 1/4 tsp. sugar. Yields 1/2 cup. A better texture is achieved when allowed to stand overnight.

May also be used in recipes for cooking.

## Nutrition Facts

**Serving Size** 1/2 cup prepared (28 g)

**Servings per Container** 46

### Amount Per Serving

**Calories** 107      **Calories from Fat** 0

**% Daily Value \***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

**Cholesterol** 0mg      **0%**

**Sodium** 164mg      **7%**

**Total Carbohydrates** 26g      **9%**

Dietary Fiber 2g      **8%**

Sugars 20

**Protein** 0

Vitamin A 0%      • Vitamin C 5%

Calcium 1%      • Iron 2%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 63g	2,500 80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NET WT  
2.25 LBS  
(1.02 kg)

# Bacon TVP

Item #4620

## Ingredients

Textured vegetable protein (soy flour, caramel color, yellow 6, red 3), partially hydrogenated soybean oil, salt, natural flavoring, hydrolyzed corn gluten, soy wheat, gluten protein.

## Directions

Each 1 oz (6 tbsp.) is the approximate serving equivalent of 3 oz or six slices of bacon fries crisp and crumbled. They stay fresh and crisp on your shelf without refrigeration. Contains no animal fats or meat. Suggested uses include: soup, salad, spinach, sandwiches, baked potatoes, green beans, peas, casseroles, or use in dips, eggs, muffins, pancakes, etc.

\*\*Bacon TVP is certified Kosher under the supervision of the Unions of Orthodox Jewish Congregations of America. Care should be taken to handle rehydrated TVP as you would fresh meat.

NET WT  
2.25 LBS  
(1.02 kg)

## Nutrition Facts

Serving Size 1 tbsp.  
Servings per Container 171

### Amount Per Serving

Calories 25      Calories from Fat

% Daily Value \*

Total Fat 1g      1%

Saturated Fat 0g      0%

### Cholesterol

Sodium 140mg      6%

Total Carbohydrates 2g      0%

Dietary Fiber 1g      4%

Sugars 1g

Protein 3g

Vitamin A 0%      • Vitamin C 0%

Calcium 2%      • Iron 2%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 60g	2,500 80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g

—Dietary Fiber

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Banana Slices

Item #4609

## Ingredients

Bananas, honey dipped, turbinado sugar, cocoanut oil, banana flavoring.

## Directions

Eat as a snack or use in your favorite recipes.

NET WT  
2.25 LBS  
(1.02 kg)

Nutrition Facts			
<b>Serving Size</b>	1/2 cup (28.35 g)		
<b>Servings per Container</b>	36		
<hr/>			
Amount Per Serving			
<b>Calories</b>	48	<b>Calories from Fat</b>	0
<hr/>			
% Daily Value *			
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	156mg		<b>6%</b>
<b>Total Carbohydrates</b>	12g		<b>4%</b>
Dietary Fiber			
Sugars			
<b>Protein</b>	1g		
<hr/>			
Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	0%
<hr/>			
*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.			
	Calories:	2,000	2,500
		69g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
<hr/>			
—Dietary Fiber			
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

# Beef TVP

Item #4621

## Ingredients

Textured vegetable protein (soy flour, Carmel color), partially hydrogenated soybean oil, water, salt, natural flavoring, hydrolyzed corn gluten, soy wheat, gluten protein, autolyzed yeast.

## Directions

Completely cover with water and simmer about 10 minutes to reconstitute. Use as cooked meat or add to wet dishes that require further cooking. Each 1 oz serving is equivalent to 3 oz cooked meat. Add beef bullion for flavor if desired. Use in casseroles, barbecues, soups, stews, etc.

**\*\*Beef TVP is certified Kosher**

## Nutrition Facts

Serving Size 1/4 cup

Servings per Container 40

Amount Per Serving

Calories 103      Calories from Fat 126

% Daily Value \*

Total Fat 3g

Saturated Fat 0g

Cholesterol 0mg

Sodium

Total Carbohydrates 8g

Dietary Fiber 4g

Sugars

Protein 12g

Vitamin A      • Vitamin C 0%

Calcium 6%      • Iron 16%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
	Calories:	63g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NET WT  
2.25 LBS  
(1.02 kg)

# Black Beans

Item #4678

## Ingredients

Black Beans

NET WT  
5.50 LBS  
(2.50 kg)

## Nutrition Facts

Serving Size 1/4 cup (38g) Dry

Servings per Container 66

### Amount Per Serving

Calories 70      Calories from Fat 0

% Daily Value \*

Total Fat 0g      0%

Saturated Fat 0g      0%

Cholesterol 0mg      0%

Sodium 20mg      1%

Total Carbohydrates 23g      8%

Dietary Fiber 15      60%

Sugars 1

Protein 9

Vitamin A 0%      • Vitamin C 0%

Calcium 4%      • Iron 15%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
		Calories:	Calories:
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions

Soak 3 cups Black Beans in 4 cups cold water for 1 hour. Drain. Gently cook beans in 4 cups water until tender. Add more hot water if necessary. Drain and serve as desired, or use as recipe requires.

# Butter Powder

Item #4752

## Ingredients

Butter, nonfat milk solids, sodium caseinate, antioxidant (BHA).

## Directions

Add 1 tbsp. butter powder and 1 tbsp water. Mix well. May add small amounts of vegetable oil for added texture and flavor. When used in baking, it is not necessary to reconstitute. Simply add dry ingredients and the necessary liquids.

## Nutrition Facts

Serving Size 1 tbsp. (7g)

Servings per Container 178

### Amount Per Serving

Calories 51      Calories from Fat 45

% Daily Value \*

Total Fat 5g      8%

Saturated Fat 3g      15%

### Cholesterol

Sodium 66mg      3%

Total Carbohydrates 1g      0%

Dietary Fiber 0g      0%

Sugars

Protein 1g

Vitamin A 0%      • Vitamin C 0%

Calcium 0%      • Iron 0%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 63g	2,500 80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NET WT  
2.75 LBS  
(1.25 kg)



# Carrot Dices

Item #4588

## Ingredients

Dehydrated Carrot Dices.

NET WT  
Net LBS  
(0.91 kg)

## Nutrition Facts

**Serving Size** 1/2 Cup Cooked (21g)

**Servings per Container** 44

### Amount Per Serving

**Calories** 72      **Calories from Fat** 0

**% Daily Value \***

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

**Cholesterol** 0mg

**Sodium** 58mg      **2%**

**Total Carbohydrates** 17g      **6%**

**Dietary Fiber** 2g      **8%**

**Sugars** 11

**Protein** 2g

**Vitamin A** 260%      • **Vitamin C** 12%

**Calcium** 5%      • **Iron** 6%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 63g	2,500 80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
—Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions

Combine 1/2 cup carrot dices to 1-1/2 cup water. Bring to a boil. Cover and simmer for 15 minutes or until tender. Drain, Season as desired and serve. Yield: 1 cup cooked carrots. Added uses: add to soups, stew, or casseroles.

# Cheese Sauce

Item #4613

## Ingredients

Cheddar Cheese (whole milk, salt cultures), whey, partially hydrogenated soy bean oil, buttermilk, cream, maltodextrin, disodium phosphate, salt, and natural colors.

## Directions

Gradually combine cheese blend with hot water. Stir together until smooth and creamy.

Store in a clean, dry, cool (70 0 F) location for maximum shelf life.

NET WT  
4.00 LBS  
(1.82 kg)

Nutrition Facts			
Serving Size			
Servings per Container			
Amount Per Serving			
Calories		Calories from Fat	
		% Daily Value *	
<b>Total Fat</b>	2g		<b>3%</b>
Saturated Fat	1g		<b>5%</b>
<b>Cholesterol</b>	6mg		<b>2%</b>
<b>Sodium</b>	482mg		<b>20%</b>
<b>Total Carbohydrates</b>	8g		<b>3%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	5g		
<b>Protein</b>	2g		
Vitamin A	0%	• Vitamin C	0%
Calcium	16%	• Iron	0%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
	Calories:	63g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
—Dietary Fiber			
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

# Cheesy Potato Soup

Item #485

## Ingredients

Potatoes, whey, cheddar, cheese blend, modified food starch, wheat flour, partially hydrolyzed vegetable protein, hydrogenated soy oil, natural flavors, spices.

## Directions

Heat 2 to 2 1/2 quarts of water and bring to a boil. Lower heat, add contents and blend thoroughly. Simmer covered for 20-25 minutes. Stir occasionally to prevent soup from sticking and until desired consistency is reached.

## Nutrition Facts

Serving Size

Servings per Container

Amount Per Serving

Calories

Calories from Fat

% Daily Value \*

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Sugars

Protein

Vitamin A

• Vitamin C

Calcium

• Iron

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
	Calories:	63g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NET WT  
3.00 LBS  
(1.37 kg)

# Chicken Noodle Soup

Item #2

NET WT  
1.87 LBS  
(0.85 kg)

## Ingredients

Egg noodles: (enriched durum semolina flour, whole egg).

Soup Base: enriched bleached flour, partially hydrogenated soybean oil, cornstarch, seas salt, cane sugar, hydrolized phosphate, silicon dioxide, disodium insonate, disodium quanyalate, lecithin, natural flavorings.

## Directions

For 12 servings: In a large pot bring 1 gallon water to a boil. Stir in 1/2 can noodles and bring to a boil. Boil 5-7 minutes. Add contents of one sauce packet, cook an additional 3 minutes. Allow to cool and serve.

## Nutrition Facts

**Serving Size** 1 cup (6 g) prepared

**Servings per Container** 24

### Amount Per Serving

**Calories** 136      **Calories from Fat** 0

**% Daily Value \***

**Total Fat** 3g      **5%**

**Saturated Fat** 1g      **5%**

**Cholesterol** 1mg

**Sodium** 114mg      **0%**

**Total Carbohydrates** 20g      **7%**

**Dietary Fiber**

**Sugars** 1

**Protein** 0

**Vitamin A**      • **Vitamin C**

**Calcium**      • **Iron**

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 63g	2,500 80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
—Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Chicken TVP

Item #4622

## Ingredients

Textured Vegetable Protein (soy flour), partially hydrogenated soybean oil, salt, natural and artificial flavorings.

## Directions

Place desired amount of Chicken TVP in a saucepan and completely cover with water. Simmer for 10 minutes or longer. Add 1 3/4 cups extra liquid for each cup of Chicken TVP. Each 1 ounce serving is equivalent to three ounces of cooked meat. Add chicken bouillon for flavor if desired. Add to casseroles, soups, stews or "as is" to salads. Care should be taken to handle rehydrated TVP as you would fresh meat.

Chicken TVP is certified Kosher under the supervision of the Union of Orthodox Jewish Congregations of America

NET WT  
2.00 LBS  
(0.91 kg)

## Nutrition Facts

**Serving Size** 1/4 cup (28.35 g)

**Servings per Container** 32

### Amount Per Serving

**Calories** 114      **Calories from Fat** 27

**% Daily Value \***

**Total Fat** 3g      **5%**

Saturated Fat 1g      **5%**

**Cholesterol** 0mg      **0%**

**Sodium** 561mg      **23%**

**Total Carbohydrates** 8g      **3%**

Dietary Fiber 4      **16%**

Sugars 2

**Protein** 13

Vitamin A 0%      • Vitamin C 0%

Calcium 6%      • Iron 17%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 Calories:	2,500
		65g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g

—Dietary Fiber

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Chopped Onion

Item #4587

## Ingredients

Chopped Onions

NET WT  
2.10 LBS  
(0.96 kg)

## Nutrition Facts

Serving Size 1 Tsp. Dry

Servings per Container 300

### Amount Per Serving

Calories 14      Calories from Fat 0g

% Daily Value \*

Total Fat 0g      0%

Saturated Fat 0g      0%

### Cholesterol

Sodium 0mg      0%

Total Carbohydrates 1g      3%

Dietary Fiber 0g      0%

Sugars

Protein 1g

Vitamin A 0%      • Vitamin C 0%

Calcium 0%      • Iron 0%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
	Calories:	69g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions

1 tbsp. equals 1 medium onion. Use directly from can. Add to gravies, salad dressings, sauces, soups, stew, etc. Add small amount of cold water to chopped onions for fried foods and to reconstitute.

# Country Creamy Potato Soup

Item #5123

Ingredients

NET WT  
3.44 LBS  
(1.57 kg)

<b>Nutrition Facts</b>	
<b>Serving Size</b>	
<b>Servings per Container</b>	
<hr/>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>Calories from Fat</b>
<hr/>	
<b>% Daily Value *</b>	
<hr/>	
<b>Total Fat</b>	<hr/>
Saturated Fat	<hr/>
<b>Cholesterol</b>	<hr/>
<b>Sodium</b>	<hr/>
<b>Total Carbohydrates</b>	<hr/>
Dietary Fiber	<hr/>
Sugars	<hr/>
<b>Protein</b>	<hr/>
<hr/>	<hr/>
Vitamin A	• Vitamin C
Calcium	• Iron
<hr/>	
*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.	
	Calories: 2,000 2,500
	69g 80g
Total Fat	Less than 20g 25g
Sat Fat	Less than 300mg 300mg
Cholesterol	Less than 2,400mg 2,400mg
Sodium	Less than 300g 375g
Total Carbohydrate	25g 30g
—Dietary Fiber	<hr/>
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions

# Diced Potatoes

Item #4626

## Ingredients

Dehydrated potatoes, preserved with sodium sulphates

## Directions

Pour 1 cup dices into 3 cups boiling water and 1 tbsp. salt. Turn down heat and simmer until tender (10-15 minutes). Drain. Use in any recipe calling for potatoes. May be drained and stored in refrigerator, keeping well covered. Yields approximately 2 1/2 cups potatoes.

NET WT  
2.10 LBS  
(0.96 kg)

Nutrition Facts			
Serving Size		1/2 cup	
Servings per Container		42	
Amount Per Serving			
Calories		102	Calories from Fat 0
% Daily Value *			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	27mg		1%
Total Carbohydrates	24g		8%
Dietary Fiber	1g		4%
Sugars	0g		
Protein	2g		
Vitamin A	0%	• Vitamin C	8%
Calcium	0%	• Iron	2%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
	Calories:	63g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



# EGG WHOLE

Item #

## Ingredients

100% whole egg solids.

Salmonella negative as determined by U.S.RDA method of analysis but care should be taken in handling and storing

## Directions

Mix 1 Tbsp. whole egg powder with 2 Tbsp of water (= 1 egg). Use with any recipe that calls for eggs.

When using with other dry ingredients, it is not necessary to reconstitute. Simply add to other dry ingredients and increase liquid measurements by necessary amount.

**Best if stored at 40 deg. F**

## Nutrition Facts

**Serving Size** 1 Tbsp (14 g) = 1 egg  
**Servings per Container** 98

### Amount Per Serving

**Calories** 75      **Calories from Fat** 45

**% Daily Value \***

**Total Fat** 5g      **8%**

Saturated Fat 2g      **7%**

**Cholesterol** 213mg      **71%**

**Sodium** 63mg      **3%**

**Total Carbohydrates** 0g      **0%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein** 6g

Vitamin A 10%      • Vitamin C 0%

Calcium 0%      • Iron 6%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
	Calories:	63g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
—Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NET WT  
2.75 LBS  
(1.25 kg)

# Garden Vegetable Stew Blend

Item #

## Ingredients

Carrot Dices, Celery, Tomato Dices,  
Corn, onion, potato slices, No  
Preservatives Added.

## Directions

For 2 half-cup servings add 1/2 cup stew blend to 2 cups water and bring to a boil. Simmer until vegetables are tender (10-15 minutes). Season to taste and serve. Makes 1 cup drained. May add to boullion, tomato, and meat, or as an addition to soups and stews.

## Nutrition Facts

**Serving Size** 1/2 Cup Dry

**Servings per Container** 22

### Amount Per Serving

**Calories** 51      **Calories from Fat** 0

**% Daily Value \***

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

### Cholesterol

**Sodium** 28mg      **0%**

**Total Carbohydrates** 11g      **3%**

**Dietary Fiber** 1      **4%**

**Sugars**

**Protein** 1

**Vitamin A** 49%      • **Vitamin C** 4%

**Calcium** 2%      • **Iron** 4%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 63g	2,500 80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
—Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NET WT  
1.25 LBS  
(0.57 kg)

# Hot Cocoa Mix

Item #4532

## Ingredients

Sugar, sweet dairy whey, corn syrup solids, partially hydrogenated soy oil, Dutch cocoa, non fat dry milk, natural and artificial flavor, sodium chloride, sodium caseinate, carrageenan, mono and diglycerides, dipotassium phosphate, lecithin, sodium silicoaluminate.

## Directions

Add 1/4 cup cocoa mix to 8 ounces hot water and mix well.

NET WT  
4.00 LBS  
(1.82 kg)

## Nutrition Facts

**Serving Size** 6 fluid oz

**Servings per Container** 114

### Amount Per Serving

**Calories** 100      **Calories from Fat** 18

**% Daily Value \***

**Total Fat** 2g      **3%**

Saturated Fat 0g      **0%**

**Cholesterol** 0mg      **0%**

**Sodium** 125mg      **5%**

**Total Carbohydrates** 20g      **7%**

Dietary Fiber 1g      **4%**

Sugars

**Protein** 1g

Vitamin A 0%      • Vitamin C 0%

Calcium 2%      • Iron 0%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 63g	2,500 80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Pinto Beans

Item #4554

## Ingredients

Pinto Beans

## Directions

**Quick Soak:** Rinse 2 cups beans in a large pot. Add 6-8 cups hot water and bring to a rapid boil. Boil for 2 minutes. Remove from heat, cover and let stand for 1 hour. Drain and rinse beans.

**Overnight Soak:** Rinse 2 cups beans in a large pot. Add 6-8 cups cold water and let stand overnight or at least 6-8 hours. Drain and rinse beans.

**Cooking Directions:** Add 6 cups water to drained and rinsed beans. Simmer gently with lid tilted until desired tenderness is achieved (about 1 1/2 - 2 hours).

## Nutrition Facts

Serving Size 1/4 cup (36g) Dry

Servings per Container 67

### Amount Per Serving

Calories 60      Calories from Fat 0

% Daily Value \*

Total Fat 0g      0%

Saturated Fat 0g      0%

Cholesterol 0mg      0%

Sodium 15mg      1%

Total Carbohydrates 22g      7%

Dietary Fiber 14      56%

Sugars 1

Protein 7

Vitamin A 0%      • Vitamin C 0%

Calcium 4%      • Iron 15%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 Calories	2,500 Calories
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NET WT  
5.25 LBS  
(2.39 kg)

# Popcorn

Item #4504

## Ingredients

Yellow Popcorn

NET WT  
5.50 LBS  
(2.50 kg)

## Nutrition Facts

Serving Size 1/4 cup (33g) Dry

Servings per Container 76

### Amount Per Serving

Calories 110      Calories from Fat 10

% Daily Value \*

Total Fat 1g      2%

Saturated Fat 0g      0%

Cholesterol 0mg      0%

Sodium 10mg      1%

Total Carbohydrates 26g      9%

Dietary Fiber 5      20%

Sugars 0

Protein 4

Vitamin A 4%      • Vitamin C 0%

Calcium 4%      • Iron 6%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 63g	2,500 80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions

Follow directions on popcorn popper.

For stovetop: Melt 2 tablespoons shortening or oil to smoking oint. Add 1/4 cup to 1/2 cup popcorn, depending upon the size of the pan. Cover and shake vigorously over heat until the corn is popped.

DO NOT OVERCOOK.

# Potato Granules

Item #4777

## Ingredients

Idaho potatoes, whey product (containing one or more of the following: sodium caseinate, calcium phosphate, calcium oxide), vegetable emulsifier, calciumstearoyl-2 lactylate, vitamin C, sodium acid pyrophosphates, sodium bisulfate, and BHA added to retain freshness.

## Directions

(Four 1 cup servings) Bring to boil 1 1/2 cups water and 1/4 tsp salt. Use a wire whip at low speed, and add 1/2 cup potatoes. Mix until texture is uniform, and then whip at high speed until light and fluffy.

NET WT  
4.00 LBS  
(1.82 kg)

## Nutrition Facts

**Serving Size** 1/2 cup  
**Servings per Container** 102

### Amount Per Serving

**Calories** 70      **Calories from Fat** 0

**% Daily Value \***

**Total Fat** 1g      **2%**

Saturated Fat 0g      **0%**

**Cholesterol** 0mg      **0%**

**Sodium** 20mg      **0%**

**Total Carbohydrates** 14g      **5%**

Dietary Fiber

Sugars 0g

**Protein** 2g

Vitamin A 0%      • Vitamin C 30%

Calcium 0%      • Iron 0%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 63g	2,500 80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Potato Slices

Item #2352

## Ingredients

Potato Slices

## Directions

Cover potatoes with water and let stand 12-15 minutes. Or simmer until tender. Salt as desired. Use in scalloped potatoes, fried potatoes, potato salad, soups and stews.

## Nutrition Facts

Serving Size 1/2 cup dry

Servings per Container 24

### Amount Per Serving

Calories 105      Calories from Fat 0

% Daily Value \*

Total Fat 0g      0%

Saturated Fat 0g      0%

Cholesterol 0mg      0%

Sodium 27mg      1%

Total Carbohydrates 24g      8%

Dietary Fiber 1g      4%

Sugars 0g

Protein 2g

Vitamin A 0%      • Vitamin C 8%

Calcium 0%      • Iron 3%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
	Calories:	63g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NET WT  
1.25 LBS  
(0.57 kg)

# Raisins

Item #

## Ingredients

Raisins

## Directions

Use as a snack, or when called for in recipes.

## Nutrition Facts

Serving Size 1/4 cup (40 g)  
Servings per Container 34

### Amount Per Serving

Calories 130      Calories from Fat 0

% Daily Value \*

<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	10mg	<b>0%</b>
<b>Total Carbohydrates</b>	31g	<b>10%</b>
Dietary Fiber	2	<b>9%</b>
Sugars	29	
<b>Protein</b>	1	

Vitamin A	0%	• Vitamin C	0%
Calcium	2%	• Iron	6%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		Calories:	2,000	2,500
			65g	80g
Total Fat	Less than	20g	25g	
Sat Fat	Less than	300mg	300mg	
Cholesterol	Less than	2,400mg	2,400mg	
Sodium	Less than	300g	375g	
Total Carbohydrate		25g	30g	
Dietary Fiber				

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NET WT  
3.00 LBS  
(1.37 kg)



# refried bean

Item #4570

### Ingredients

pinto bean, partially hydrogenated corn oil [freshness preserved with TBHQ] salt, and calcim chloride.

NET WT  
3.0 LBS  
(1.37 kg)

Nutrition Facts			
Serving Size		1 cup	
Servings per Container			
Amount Per Serving			
Calories		400	Calories from Fat 18
% Daily Value *			
Total Fat	2g		3%
Saturated Fat	0g		0%
Cholesterol			
Sodium	4mg		0%
Total Carbohydrates	85g		28%
Dietary Fiber	2g		8%
Sugars			
Protein	16g		
Vitamin A	0%	• Vitamin C	0%
Calcium	6%	• Iron	43%
*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.			
		Calories:	2,000 2,500
			69g 80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
—Dietary Fiber			
Calories per gram:			
Fat 9 • Carbohvdrate 4 • Protein 4			

### Directions

# Regular Non Fat Milk

Item #4675

## Ingredients

Milk, Vitamin A, Vitamin D.

NET WT  
3.75 LBS  
(1.71 kg)

## Nutrition Facts

**Serving Size** 8 Fluid oz (19.2 g Dry)

**Servings per Container** 90

### Amount Per Serving

**Calories** 109      **Calories from Fat** 0

**% Daily Value \***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

**Cholesterol** 0mg      **0%**

**Sodium** 126mg      **5%**

**Total Carbohydrates** 12g      **4%**

Dietary Fiber 0g      **0%**

Sugars

**Protein** 11g

Vitamin A 17%      • Vitamin C 5%

Calcium 34%      • Iron 0%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
	Calories:	69g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions

Mix 1/2 cup nonfat milk with 1 cup water.

When blended, add enough water to make 1 quart of liquid. Mix and chill.

Best when allowed to chill completely.

Best if stored at 40 F

# Regular Rolled Oats

Item #4565

## Ingredients

Regular Rolled Oats.

NET WT  
2.50 LBS  
(1.14 kg)

## Nutrition Facts

Serving Size 1/2 Cup (40 g) Dry

Servings per Container 29

### Amount Per Serving

Calories 140      Calories from Fat 15

% Daily Value \*

Total Fat 3g      4%

Saturated Fat 1g      3%

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrates 27g      9%

Dietary Fiber 4g      16%

Sugars 0g

Protein 6g

Vitamin A 6%      • Vitamin C 0%

Calcium 2%      • Iron 17%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 Calories:	2,500 Calories:
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions

Stove Top: For each serving, boil 1 cup water and a dash of salt. Stir in 1/2 cup oats. Cook 5 minutes over medium heat, stirring occasionally. Remove from heat and let stand 1 minute.

Microwave: Follow measurements above, placing oats and water in a medium microwave safe bowl. Microwave on HIGH for 2 1/2 to 3 minutes. Stir before serving.

Use when called for in recipes.

# Rice

Item #4557

## Ingredients

Quick Cook Rice

## Directions

Use twice the amount of water as lentils. In a saucepan, combine lentils and water. Cover and bring to a boil. Reduce heat and simmer: 20 minutes for salads or side dishes; 30-40 minutes for mian dishes and recipes; 40-60 minutes for soups.

The longer lentils cook, the more water they absorb and the more they will break down.

## Nutrition Facts

Serving Size 1/4 cup (32g) Dry

Servings per Container 79

### Amount Per Serving

Calories 70      Calories from Fat 0

% Daily Value \*

Total Fat 0g      0%

Saturated Fat 0g      0%

Cholesterol 0mg      0%

Sodium 5mg      0%

Total Carbohydrates 19g      6%

Dietary Fiber 9      36%

Sugars 0

Protein 8

Vitamin A 0%      • Vitamin C 0%

Calcium 0%      • Iron 15%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 Calories: 65g	2,500 80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NET WT  
5.50 LBS  
(2.50 kg)

# Sausage TVP

Item #4946

## Ingredients

Textured Vegetable Protein (soy flour, caramel color), partially hydrogenated soybean oil, water, salt, sugar, hydrolyzed corn-gluten-soy-wheat gluten protein, natural flavors.

## Directions

Place desired amount of sausage TVP in a saucepan and completely cover with water. Simmer for 10 minutes or longer. Use as a cooked meat. Add sausage TVP "as is" to wet dishes that will simmer for 10 minutes. Add 1 3/4 cups extra liquid for each cup of sausage TVP used. Each one ounce serving is equivalent to about 3 ounces of cooked meat. Care should be taken to treat reconstituted TVP as you would fresh meat.

Sausage TVP is certified Kosher under the supervision of the Union of Orthodox Jewish Congregation of America.

NET WT  
2.25 LBS  
(1.02 kg)

## Nutrition Facts

**Serving Size** 1/4 cup (28.35 g)

**Servings per Container** 36

### Amount Per Serving

**Calories** 115      **Calories from Fat** 45

**% Daily Value \***

**Total Fat** 5g      **8%**

Saturated Fat 1g      **5%**

**Cholesterol** 0mg      **0%**

**Sodium** 447mg      **19%**

**Total Carbohydrates** 7g      **2%**

Dietary Fiber 3      **12%**

Sugars 2

**Protein** 10

Vitamin A 0%      • Vitamin C 0%

Calcium 0%      • Iron 0%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 63g	2,500 80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g

—Dietary Fiber

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Small White Navy Beans

Item #4676

## Ingredients

Small White Beans

## Directions

Cover each cup of beans with 3 cups water and let soak overnight or 12 hours, or, for quicker results, add beans to boiling water, boil 2 minutes and let stand for 1 hour. In cooking, use same water. Cover and simmer slowly in water until beans are tender, about 2 hours. Add more water if necessary. Season with salt, pepper, onion, or garlic.

## Nutrition Facts

Serving Size 1/4 Cup (38 g) Dry

Servings per Container 62

### Amount Per Serving

Calories 70      Calories from Fat 0

% Daily Value \*

Total Fat 0g      0%

Saturated Fat 0g      0%

Cholesterol 0mg      0%

Sodium 15mg      1%

Total Carbohydrates 22g      7%

Dietary Fiber 14      56%

Sugars 1

Protein 8

Vitamin A 0%      • Vitamin C 0%

Calcium 8%      • Iron 20%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 63g	2,500 80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
—Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NET WT  
5.25 LBS  
(2.39 kg)

# Spaghetti Pasta

Item #4606

## Ingredients

Durum semolina, ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid.

## Directions

Boil 2 quarts water. Add 1 tsp salt, and if desired, 1 tbsp oil (prevents sticking). Add 1/2 lb. spaghetti to briskly boiling water. Replace lid on pot to bring water back to a rolling boil (as quickly as possible). When cooked to desired tenderness (10-11 minutes), quickly drain. Spaghetti should be blanched 2-3 times to wash off the starch.

## Nutrition Facts

**Serving Size** 2 oz. (56 g) Dry  
**Servings per Container** 27

### Amount Per Serving

**Calories** 210      **Calories from Fat** 10

**% Daily Value \***

<b>Total Fat</b>	1g	<b>2%</b>
Saturated Fat	0g	<b>0%</b>
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	0mg	<b>0%</b>
<b>Total Carbohydrates</b>	42g	<b>14%</b>
Dietary Fiber	2g	<b>8%</b>
Sugars	3	
<b>Protein</b>	7g	

Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	10%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
	Calories:	63g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
—Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NET WT  
3.25 LBS  
(1.48 kg)

# SPROUTING MIX

Item #

## Ingredients

Adzuki bean, Green Lentils, mung bean, whole peas, White Wheat, Red wheat, soft white wheat, Triticale, Spelt.

NET WT  
24.00LBS  
(10.92 kg)

## Nutrition Facts

Serving Size

Servings per Container

Amount Per Serving

Calories

Calories from Fat

% Daily Value \*

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Sugars

Protein

Vitamin A

• Vitamin C

Calcium

• Iron

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
		Calories:	Calories:
		63g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
—Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions



# Strawberry Gelatin

Item #

## Ingredients

Suagr, dextrose, gelatin type B, sodium citrate, fricalcium phoshate, natural and artificial flavor, color.

## Directions

For 8 servings - 1/2 cup each  
Weigh 6 ox. from package (7/8).  
Mix with 2 cups hot water (140 F - 160 F)  
Until disolved. Then add 2 cups cold water, blend, pour into shallow pans or individual molds, chill until firm.

## Nutrition Facts

**Serving Size** 1 1/4 Tbps (18g)  
**Servings per Container** aboy 114

### Amount Per Serving

**Calories** 70      **Calories from Fat**

**% Daily Value \***

**Total Fat** 0g      **0%**

Saturated Fat

### Cholesterol

**Sodium** 120mg      **6%**

**Total Carbohydrates** 16g      **6%**

Dietary Fiber

Sugars

**Protein** 1g

Vitamin A      • Vitamin C

Calcium 2%      • Iron

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
		Calories:	Calories:
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohvdrate 4 • Protein 4

NET WT  
4.5 LBS  
(2.05 kg)

# Sweet Corn

Item #4517

## Ingredients

Dehydrated sweet field corn

NET WT  
2.25 LBS  
(1.02 kg)

## Directions

Add 1/4 cup corn and 3/4 cup of water. Bring to a boil and cover and simmer for 30-35 minutes or until tender. May be simmered in crock pot for several hours. Drain and season as desired. Yields 1/2 cup corn.

## Nutrition Facts

Serving Size 1/2 cup  
Servings per Container 38

### Amount Per Serving

Calories 99      Calories from Fat 9

% Daily Value \*

Total Fat 1g      1%

Saturated Fat 0g      0%

Cholesterol 0mg      0%

Sodium 17mg      0%

Total Carbohydrates 22g      7%

Dietary Fiber 1g      4%

Sugars

Protein 4g

Vitamin A 2%      • Vitamin C

Calcium 0%      • Iron 5%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
	Calories:	69g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Sweet Garden Peas

Item #4592

## Ingredients

Dehydrated Sweet Green Peas.

NET WT  
2.75 LBS  
(1.25 kg)

## Nutrition Facts

**Serving Size** 1/2 cup cooked  
**Servings per Container** 45

### Amount Per Serving

**Calories** 63      **Calories from Fat** 0

**% Daily Value \***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

**Cholesterol** 0mg      **0%**

**Sodium** 4mg      **0%**

**Total Carbohydrates** 11g      **4%**

Dietary Fiber 2g      **6%**

Sugars 7g

**Protein** 4g

Vitamin A 2%      • Vitamin C 50%

Calcium 2%      • Iron 3%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
	Calories:	63g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
—Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions

(for 4 1/2 cup servings) Add 3 cups water and 1 cup peas. Bring to a boil. Cover and simmer for 15 minutes or until tender. Season as desired. For salad let stand covered with water for 1 hour or until tender.

# Tomato Powder

Item #4595

## Ingredients

Dehydrated Tomatoes, no preservatives added.

## Directions

For 1/2 cup tomato sauce, blend 1/4 cup tomato powder and 1/2 cup water. For tomato paste: cut back on water. Blend until you get the desired thickness and consistency. Use to thicken sauces, add to soups and stews. Great for barbeques, pizza, spaghetti or juice.

NET WT  
2.75 LBS  
(1.25 kg)

## Nutrition Facts

**Serving Size** 1/2 cup prepared  
**Servings per Container** 112

### Amount Per Serving

**Calories** 86      **Calories from Fat** 0

**% Daily Value \***

<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	36mg	<b>2%</b>
<b>Total Carbohydrates</b>	21g	<b>2%</b>
Dietary Fiber	2g	<b>16%</b>
Sugars	6g	
<b>Protein</b>	4g	

Vitamin A 56%      • Vitamin C 55%

Calcium 5%      • Iron 8%

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		<b>2,000</b>	<b>2,500</b>
		Calories: 69g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
—Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Tropical Fruit Mix

Item #

## Ingredients

Banana Chips, Mango Peices,  
Pineapple Dices, Papaya Dices, Sugar,  
SO2.

NET WT  
2.75 LBS  
(1.25 kg)

## Nutrition Facts

Serving Size

Servings per Container

Amount Per Serving

Calories

Calories from Fat

% Daily Value \*

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Sugars

Protein

Vitamin A

• Vitamin C

Calcium

• Iron

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000	2,500
	Calories:	63g	80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
—Dietary Fiber			

Calories per gram:

Fat 9 • Carbohvdrate 4 • Protein 4

## Directions

# Vanilla Pudding Mix

Item #

## Ingredients

Sugar, dextrose, modified food starch, tetrasodium phosphate, disodium phosphate (for set), mono and diglycerides (emulsifiers), artificial flavors, salt, soy lecithin, nonfat dry milk, maltodextrin, partially hydrogenated soybean oil, artificial flavor (including FD & C yellow #5 & #6).

## Directions

For Pudding: Mix 24 oz mix with 2 1/2 quarts milk. Add mix and beat on low speed with whip until well blended (about 2 minutes). Pour at once into dessert dishes and let set for 5-10 minutes. Makes twenty-three 1/2 cup servings.

For Pie Filling: Prepare as for pudding, mixing only for one minute. Pour the thin mixture at once into cooled baked pie shells. Chill for one hour or more. Makes six 8" pies.

## Nutrition Facts

**Serving Size** 1 cup  
**Servings per Container** 40

### Amount Per Serving

**Calories** Calories from Fat

% Daily Value \*

### Total Fat

Saturated Fat

### Cholesterol

### Sodium

### Total Carbohydrates

Dietary Fiber

Sugars

### Protein

Vitamin A • Vitamin C

Calcium • Iron

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.

		2,000 63g	2,500 80g
Total Fat	Less than	20g	25g
Sat Fat	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
Sodium	Less than	300g	375g
Total Carbohydrate		25g	30g
—Dietary Fiber			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NET WT  
4.50 LBS  
(2.05 kg)