

Nutrition Facts

for Selected Foods

Sunnyside Avocado Dip

Serving size: 29 g

Amount/Serving

Calories: 110 · Fat Calories: 100

| | % Daily Value |
|------------------------|---------------|
| Total Fat 11g | 17% |
| Saturated Fat 3g | 15% |
| Cholesterol 5mg | 2% |
| Sodium 210mg | 9% |
| Total Carbohydrates 2g | 1% |
| Dietary Fiber 0g | 0% |
| Protein 1g | 2% |

Vitamin A 0% · Vitamin C 0% · Calcium 0% · Iron 0%

Thomas' Bagels, New York Style

Serving size: 104 g

Amount/Serving

Calories: 300 · Fat Calories: 35

| | % Daily Value |
|-------------------------|---------------|
| Total Fat 4g | 6% |
| Saturated Fat 1g | 5% |
| Cholesterol 0mg | 0% |
| Sodium 510mg | 21% |
| Total Carbohydrates 54g | 18% |
| Dietary Fiber 3g | 12% |
| Protein 11g | 22% |

Vitamin A 0% · Vitamin C 0% · Calcium 8% · Iron 20%

Armour Beef Frankfurter, Quarter Pound

Serving size: 115 g

Amount/Serving

Calories: 370 · Fat Calories: 290

| | % Daily Value |
|------------------------|---------------|
| Total Fat 32g | 49% |
| Saturated Fat 15g | 75% |
| Cholesterol 65mg | 22% |
| Sodium 1100mg | 46% |
| Total Carbohydrates 8g | 3% |
| Dietary Fiber 0g | 0% |
| Protein 13g | 26% |

Vitamin A 0% · Vitamin C 2% · Calcium 1% · Iron 6%

Swanson Chicken Pot Pie

Serving size: 198 g

Amount/Serving

Calories: 410 · Fat Calories: 200

| | % Daily Value |
|-------------------------|---------------|
| Total Fat 22g | 34% |
| Saturated Fat 9g | 45% |
| Cholesterol 25mg | 8% |
| Sodium 810mg | 34% |
| Total Carbohydrates 42g | 14% |
| Dietary Fiber 2g | 8% |
| Protein 10g | 20% |

Vitamin A 20% · Vitamin C 2% · Calcium 2% · Iron 10%

Fresh Express Cole Slaw

Serving size: 1.5 cup

Amount/Serving

Calories: 20 · Fat Calories: 0

| | % Daily Value |
|------------------------|---------------|
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 15mg | 1% |
| Total Carbohydrates 5g | 2% |
| Dietary Fiber 2g | 8% |
| Protein 1g | 2% |

Vitamin A 30% · Vitamin C 45% · Calcium 4% · Iron 2%

Safeway Eggs

Serving size: 50 g

Amount/Serving

Calories: 70 · Fat Calories: 40

| | % Daily Value |
|------------------------|---------------|
| Total Fat 4.5g | 7% |
| Saturated Fat 1.5g | 8% |
| Cholesterol 215mg | 72% |
| Sodium 65mg | 3% |
| Total Carbohydrates 1g | 0% |
| Dietary Fiber 0g | 0% |
| Protein 6g | 12% |

Vitamin A 6% · Vitamin C 0% · Calcium 2% · Iron 4%

Ferrero Nutella

Serving size: 2 tbsp

Amount/Serving

Calories: 200 · Fat Calories: 90

| | % Daily Value |
|-------------------------|---------------|
| Total Fat 10g | 15% |
| Saturated Fat 2g | 10% |
| Cholesterol 0mg | 0% |
| Sodium 20mg | 1% |
| Total Carbohydrates 23g | 8% |
| Dietary Fiber 2g | 8% |
| Protein 3g | 6% |

Vitamin A 0% · Vitamin C 0% · Calcium 6% · Iron 4%

Lays Potato Chips

Serving size: 28 g

Amount/Serving

Calories: 150 · Fat Calories: 90

| | % Daily Value |
|-------------------------|---------------|
| Total Fat 10g | 15% |
| Saturated Fat 3g | 15% |
| Cholesterol 0mg | 0% |
| Sodium 180mg | 8% |
| Total Carbohydrates 15g | 5% |
| Dietary Fiber 1g | 4% |
| Protein 2g | 4% |

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

Gardenburger Soy Patties, Grilled

Serving size: 96 g

Amount/Serving

Calories: 160 · Fat Calories: 45

| | % Daily Value |
|-------------------------|---------------|
| Total Fat 5g | 8% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 420mg | 18% |
| Total Carbohydrates 10g | 3% |
| Dietary Fiber 4g | 16% |
| Protein 9g | 18% |

Vitamin A 0% · Vitamin C 0% · Calcium 0% · Iron 0%

Lindor Truffles, Dark Chocolate

Serving size: 39 g

Amount/Serving

Calories: 220 · Fat Calories: 170

| | % Daily Value |
|-------------------------|---------------|
| Total Fat 19g | 29% |
| Saturated Fat 14g | 70% |
| Cholesterol 25mg | 8% |
| Sodium 10mg | 0% |
| Total Carbohydrates 16g | 5% |
| Dietary Fiber 1g | 4% |
| Protein 1g | 2% |

Vitamin A 0% · Vitamin C 0% · Calcium 0% · Iron 0%

Notes