Saturday, December 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jimmy Dean Sausage Gravy and Biscuits	180	9	2.5	20	0.5	2	4	405	7.5	
1/2 x 1 biscuit with 1/2 cup gravy, 85 g										
Pineapple	25	0.06	0.005	6.46	0.7	4.74	0.28	1	0	59
1/3 cup diced										
Chili	64	3.55	1.313	4.92	1.5	1.43	3.36	244	10	
1/4 cup										
Baked Beans	96	3.26	1.232	13.53	3.5		3.5	267	3	226
1/4 cup										
Bacon	54	4.18	1.374	0.14	0	0	3.7	231	11	56
2 thin slices (yield after cooking)										
Coffee	2	0.05	0.005	0.09	0	0	0.28	5	0	111
1 mug (8 fl oz)										
Sodexo Home Fried Potatoes	75	3.5	1.75	11	1	0	1	90	0	
1/2 x 4 oz, 56.5 g										
Total	496	23.6	8.179	56.14	7.2	8.17	16.12	1243	31.5	452
Lunch										
Hy-Vee Eggroll	26	1.02		3.23	0.34	0	1.02	64.6	0	
0.17 x 1 roll										
P.F. Chang's Wonton Soup (Bowl)	250	3.5	2	37	5	0	19	3360	0	
1 bowl										
Total	276	4.52	2	40.23	5.34	0	20.02	3424.6	0	
Dinner										
Tootsie Roll Tootsie Pop	60	0		15	0	10	0	0	0	
1 pop, 17 g										

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Ore-Ida Steak Fries 1 oz	51	1.4	0.23	8.87	0.93	0.47	0.93	135.43	0	135.43
Chicken Breast 2 oz boneless, cooked	111	4.38	1.231	0	0	0	16.75	223	47	138
Bread Stuffing 2 oz	100	4.77	0.929	12.36	0.5	1.33	1.78	291	0	40
Cabot Naturally Aged Seriously Sharp Hunter's Favorite Vermont Cheddar Cheese 1/2 x 1 cube, 14 g	55	4.5	3	0.5	0	0	3.5	90	15	
Hidden Valley Light Ranch Salad Dressing 1 1/2 x 2 tbsp, 45 ml	60	5.25	0.75	2.25	0	1.5	0.75	217.5	3.75	
Lettuce Salad with Assorted Vegetables 1 1/2 cups	17	0.17	0.023	3.49	1.2	2	0.82	22	0	180
Total	454	20.47	6.163	42.47	2.63	15.3	24.53	978.93	65.75	493.43
Snacks/Other										
Werther's Original Caramel Coffee Hard Candies 4 pieces, 16 g	70	1	0.5	15	0	12	0	30	-5	
General Mills Kix Cereal 1 1/2 cups, 40 g	110	1	0	25	3	3	2	180	0	60
Betty Crocker Chocolate Snowballs 1 cookie	90	4.5	2	12	0	8	1	35	10	
Total	270	6.5	2.5	52	3	23	3	245	5	60
Total	**1496**	**55.09**	**18.842**	**190.84**	**18.17**	**46.47**	**63.67**	**5891.53**	**102.25**	**1005.43**