BLOSSOM FOODS
FRESH MADE. MADE EASY

Nutritional Individual Serving Information: Extended

Item	Serving Size	Serving per container	Calories	Calories from fat	Total Fat(g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber(g	Total Sugar	Proteins (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Thiamin (mg)	Riboflav in (mg)	Niacin (mg)	Total Folate (ug)	Panto. Acid (mg)	Vitamin B6 mg)	Vitamin B-12 (ug)	Choline (mg)	Vitamin D IU	Vitamin K (phyloquin	Copper (mg)	Magnesiu m (mg)	Manganese (mg)	Phosphoru s (mg)	Selenium (ug)	Zinc (mg)	Vitamin E (IU)
ENTRÉE/MEAT																																		
Pot Roast	4.0oz.	1	280	90	9	2	1	65	180	195	18	2	1	28	107.85	1.09	18	2.4	0.08	0.15	3	15.55	0.68	0.3	3	55.82	0	6.8	0.09	16	0.16	92.41	17.21	3.48	0.1
Barbecue Beef	4.0oz.	1	240	80	8	2.5	0	35	245	362	8	1	5	23	75.5	1.76	60	2.18	0.4	0.4	2.4	9	1.6	0.4	2	~	40	~	0	16.4	0	122.2	24	2.8	~
Meatloaf	4.0oz.	1	270	90	9	5	0	50	175	265	15	2	1.53	26	1030.76	2	30.65	2	0.25	0.18	3.57	13.49	0.59	0.26	1.09	27.28	4.43	2.1	0.08	16.32	0.05	133.75	14.93	2.45	0.1
Shepherd's Pie	4.0oz.	1	170	80	8	2.5	0	35	210	115	10	0	5	19	1458	5.28	28.78	0.89																
Beef w/Broth	4.0oz.	1	290	90	9	2.5	1	65	240	195	16	3	1	26	98	1.09	16	2.4	0.06	0.15	3	15.55	0.68	0.3	3	55.82	0	6.8	0.09	16	0.16	92.41	17.21	3.48	0.1
Chicken w/Veg	4.0oz.	1	240	60	6	1	0.02	85	234	195	18	1	0.78	25	26.03	1.75	23.4	2	0.9	0.22	5.86	9.56	0.48	0.46	0.38	38.32	0.88	4.3	0.05	24.8	0.02	123.49	20.45	1	0
Chicken Dumpling	4.0oz.	1	220	60	6	0.78	0.02	40	180	160	15	2	1.25	25	5860	1.8	28.75	2	0.15	0.18	4.63	19.79	0.44	0.35	0.33	46	0.68	6.2	0.04	21.4	0.08	168.99	18.03	0.94	
Chicken Enchilada	4.0oz.	1	260	70	7	2.5	0	50	240	262	18	2	0	24	5700	2	79.85	2.2	4.72	11.29	4.76	6.67	1	0.46	0.46	57.6	2.15	1.4	1.1	44.41	0.19	220.45	10.43	1.75	0.3
Chicken Pot Pie	4.5oz.	1	230	60	6	0.78	0.02	40	180	160	18	2	1.25	22	5860	1.8	28.75	2	0.15	0.18	4.63	19.79	0.44	0.35	0.33	46	0.68	6.2	0.04	21.4	0.08	168.99	18.03	0.94	
Turkey	4.0oz.	1	210	40	4	0.5	0	57.35	163	240	6	2	4	22	1098.59	2	20	1.2	0.8	0.24	5.78	11.02	0.95	0.45	1.79	51.94	9.44	2.6	0.07	22.63	0.06	134.1	16.39	1.91	0.03
Pork Roast	4.0oz.	1	220	140	14	5	0	50	150	258	2	<1	<1	16	1071.63	1.77	10.97	0.79	0.8	0.4	6.8	0	0.7	0.6	0.4	68.2	~		0	0.1	23	0	310	43.4	2	0.1
Barbecue Pork	4.0oz.	1	220	130	13	6	0	65	170	265	8	1	5	16	25	2	6	2	0.4	0.4	4.2	7	1.4	0.4	2	28	40	~	0	16	0	210.4	24	2.8	~
Seafood Casserole	4.0oz.	1	220	100	10	3	0	63	71	384	3	0	2	21	450	3.7	15	0.3	0.1	0.1	5.7	19	1.2	0.4	2.2	68.5	~	0.3	0	22	0	180	18	0.2	2.6
Pepper Beef	4.0oz.	1	170	60	6	1	0	46	390	396	6	0	5	18	41.2	5.2	54	1.1	0.4	0.3	3.1	2	0.5	0.3	2	73	32	1.6	0.1	20	0.1	170	11.3	3.2	0.2
Hot Dogs	4.0oz.	1	233	160	16	6	0	40	740	129	4	1	1	12	0	1	8	1.2	0.1	0.1	2.3	4	~	0.1	1.4	44	~	1.8	0.1	11	~	190	13.9	2	0.2
Spanish Beef	4.0oz.	1	228	90	9	3	0	36	358	387.12	17	2	6	14	282	3.11	65.63	2.85	0.2	2	3.1	11	0.2	0.3	0.8	44	0.8	1.8	0.07	22	0.2	144	10	1	0.1
Sesame Chicken	4.0oz.	1	260	14	140	2	0	77	63	0	0	0	0	29	19	0	13	0.9	0	0.1	8.5	3	0.6	0.3	0.2	78.5	~	1.5	0	24	0	165	22	1	0.5
Beef Lasagna	4.0 oz.	1	210	70	7	1.5	0	21	270	75	22	3	4	11	149.8	3.6	102.5	0.98	0	0	1.2	41.6	0	0	0.4	~	0.6	~	0	20.5	0.4	32.7	13.6	0.8	~
Pasta w/Meat Sauce	4.0 oz.	1	260	80	8	2	0	30	290	410	27	<1	3	12	174	5.4	18	1.3	0.1	1..3	0.2	0.1	0.1	0.1	0.1	12	~	0.7	0.1	15	0.2	49	11.9	0.5	0.5
PASTA/NO MEAT																																		
Pasta Alfredo	4.0 oz.	1	195	70	7	3.5	0	15	150	85	22	1	2	5	161	0	52.75	2.26																
Veg. Lasagna	4.0 oz.	1	225	50	5	1	0	8	188	120.42	21	2.5	3	8	182.57	4.4	121.55	1.3	0.26	0.15	1.38	46.86	0.16	0.09	0.26	7.89	2.2	3.66	0.18	18.49	0.26	110.12	19.63	0.82	0.5
Macaroni & Cheese	4.0 oz.	1	275	90	9	1	0	13	225	156	40	3	6	15	60	0.3	104	3	0.9	0.6	3.6	62	~											
Ravioli	4.0 oz.	1	196	40	4	1.5	0	10	170	70	22	1	3	6	139.5	3.23	170.36	1.04	0.8	0.1	1.7	36	0	0.1	0.1	8	~	9.4	0	7	~	56	13.4	0.4	0.4
VEGAN/VEGETARIAN																																		
Vegetarian Chili	4.0 oz.	1	140	0	0	0	0	0	188	120.42	22	3.5	3	8	182.57	4.4	121.55	1.3	0.26	0.15	1.38	46.86	0.16	0.09	0.26	7.89	2.2	3.66	0.18	18.49	0.26	110.12	19.63	0.82	0.5
Tofu w/Rice	4.5 oz	1	awaiting																															
Tofu w/Rice & Veg	4.5 oz	1	140	30	3	0	0	0.5	2	2	5	3	3	11	2560.11	1	145	1.4	~	~	0.22	6	~	0.4	0.1	3	1.8	4.6	~	4.1	~	9.08	~	0.5	~
Vegetarian Enchilada	4.5 oz		awaiting																															

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VEGETABLES/SIDES																																		
Broccoli	3.0oz	1	60	10	1	1	0	4	40	283	8	3	1	2	1538	60	40	0.7	0.2	0.1	0.7	56	0.3	0.3	0.1	16.22	0.1	78.1	0	13	0.2	44	0.5	0.23	1.1
Corn	3.0oz	1	70	10	1	1	0	4	10	213	7	2	2.2	2	199	3.5	3	0.5	0.2	0.1	0.5	24.9	0.3	0.3	0.2	16.2	0.1	0.2	0	18	0.1	51.8	0.2	0.2	0
Green Beans	3.0oz.	1	60	36	4	1	0	4	6	140	6	3	2	2	680	8	44	1	0.02	0.05	0.36	21.05	0.04	0.04	0	13.4	0	12.63	0.04	7.33	0.12	12.08	0.7	0.11	0.04
Butternut Squash	3.0oz.	1	90	10	1	1	0	10	28	260	9	2	3	1	111	18	41	0.6	0.1	0	1	19.03	0.4	0.1	0.1	0.05	0.88	1.1	0.1	26.23	0.2	22	0.5	0.1	1.3
Carrots	3.0oz.	1	60	30	3	1.5	0	6	35	170	8	2	4	1	11361.6	3	24.3	0.24	0.03	0.27	0.38	9.07	0.11	0.6	0.01	5.29	2.1	6.4	0.01	6.27	0.08	19.58	0.38	0.9	0.5
Beets	3.0oz.	1	85	20	2	0.2	0	30	67	225	8	3	7	2	45	3.8	16	0.9	0.1	0.1	0.3	70	0.2	0.1	0.1	6.3	0.1	0.2	0.1	22	0.3	33	0.7	0.4	0
Peas	3.0oz.	1	90	30	3	1.86	0,1	7.65	86	91.35	12	4.05	4	4	15582	7.64	20.28	1.1	0.2	0.07	1.06	43	0.11	0.09	0.01	2.72	2.14	17.3	0.07	16	0.21	58.11	0.79	0.49	0.1
Mixed Vegetables	3.0oz.	1	65	10	1	0.5	0	0	35	169	13	4	3	3	3877	3	22	0.6	0.1	0.1	0.6	14	0.2	0.1	0	19.1	~	18.5	0.5	18	0.3	46	0.2	0.3	0.2
Spinach	3.0oz.	1	63	20	2	1	0	2.3	206	426	4.7	2.2	0.9	2.4	10481	9.2	116	3	0.1	0.2	0.4	132	0.1	0.2	0	15.7	~	454	0.16	67	0.7	49	1.1	0.6	1.8
Collard Green	3.0oz.	1	52	5	0.5	0	0	0	28	141	4	4	0.4	3	5600	36	120	0.4	0.1	0.1	0.7	166	0.3	0.2	0	23.2	~	511	0	9	0.3	10	1.3	0.1	2.3
Black Beans/Refried	3.0oz.	1	83	9	1	0	0	0	237	355	18	7	1	8	6	0	35	2.1	0	0	0.4	~	0.2	0.1	~	~	~	~	0.2	38	0.3	114	5.6	0.7	0.1
Sweet Potato	3.0oz.	1	90	20	2	1	0	10	27	210	11	2.5	4.7	2	15741	12	27	0.7	0.1	0	0.5	6	0.6	0.2	0	8.8	0.1	2.1	0.1	16	0.23	29.88	0.2	0.2	0.7
Potato	3.0oz.	1	91	20	2	1	0.05	5	110	288.62	16	1.38	1.71	2.1	71.75	10	27.66	0.25	0.09	0.05	1.12	8.76	0.48	0.24	0.09	13.6	11.44	1.8	0.15	19.02	0.11	51.52	1.01	0.31	0.05
Cranberry	3.0oz	1	98	0.2	0.2	0	0	2	7	11	11	5	11	0	18.6	5	3.1	0.1	0	0	0	~	~	~	0	0	0	~	0	1.1	0	2.1	~	~	~
Bread Stuffing	3.0oz	1	180	40	4	1	0	10	190	60	18	3	3	3	240	4	27	2	0.1	0.1	1.5	39	0.1	0	0	5.3	~	13.7	0.1	12	0.2	42	49.8	0.3	1.4
Zucchini	3.0oz	1	90	10	1	0	0	0	4	194	3.6	1.3	1.7	1	177	3.7	17	0.5	0	0	0.4	8	0.3	0	0	9.4	~	4.2	0	13	0.2	25	0.2	0.2	0.1
Cauliflower	3.0oz	1	54	5	0.5	0	0	0	18	142	5	2	2	2	12	41	18	0.4	0	0.1	0.4	44	0.5	0.2	0	34.2	~	11.8	0	7	0.05	28	0.5	0.2	0.1
Spanish Rice	3.0oz	1	95	14	1.5	0.18	0	0	303	205	17.5	1.2	3	2	0.8	44	22	2																
Baked Beans	3.0 oz.	1	78	0	0	0	0	0	201		18	3	6	3	90.6	0	28.5	0.9	0	0	0.3	10.2	0.3	0	0	24.6	~	0.6	0	22.2	0	61.4	4.2	1.8	0
Potato Casserole	3.0oz.	1	96	30	3	2	0	9	190	240	15	0	0	3	109.2	4.4	20.1	0.3	0	0	0.9	6.6	0.3	0.3	0	~	6.6	1.8	0	15	0	38.7	0.6	0.3	0
Brown Rice	3.0 oz.	1	93	2	0	0	0	0	3	36	16	3	0	3	0	0	7.6	0.3	0	0	1.1	3.2	0.3	0	0	5.9	~	0.5	0	36	0.9	66	7.4	0.6	0
BREAKFAST																																		
Breakfast Sausage	3.0oz.	1	240	150	15	5	0	65	390	280	0	0	0	19	8.8	0.8	21	1.2	0.4	0.3	2.6	3.3	0.2	0.3	0.5	48.7	~	0	0	12.4	0	121.3	24.9	2.4	0.2
Turkey Sausage	3.0oz.	1	165	40	4	1	0	57	455	258	5	0.7	0	24	75	0.6	22	1.6	0.1	0.3	5.2	6	1.1	0.3	1.1	~	~	1.3	0.1	18.47	0	188	0	3.3	0.2
Pancakes	4.0oz.	1	270	70	7	1	0	44	190	155	25	0	13	8	140	0.4	168	2	0.4	0.4	1.1	39.6	0.4	0	0.3	~	~	~	0	12.2	0.4	146.9	15.2	0.8	~
French Toast	4.0oz.	1	190	50	5	2	0	145	169	130	22.32	0.76	13	9	233	0.6	123.8	1.6	0.18	0.28	1.56	46.32	0.78	0.09	0.44	107.02	43.62	0.3	0.06	14.04	0.19	120.05	17.28	0.77	0.6
Scrambled Eggs	3.0oz.	1	160	80	8	3	0	290	199	126	3.4	0.1	1	9.75	516	0.1	73	1.2	0.03	0.34	0.3	36.6	1.05	0.6	0.81	224	74	0.3	0.4	9	0.05	161.05	22	0.92	0.6
Western Omelet	4.0oz	1	155	70	7	3.5	0.09	165	180	310	14	2	3	8	562.08	21.5	85.79	1.5	0.02	0.01	0.18	6.98	0.03	0.06	0	1.36	0	1.2	0.01	2.85	0.03	91.87	0.03	0.06	0.47
Egg Casserole	4.0oz.	1	190	80	8	3	0	295	204	166	9	2	2	10	521	3	73	1.2	0.03	0.34	0.3	36.6	1.05	0.6	0.81	224	74	0.3	0.4	9	0.05	161.05	22	0.92	0.6
Waffles	4.0oz.	1	270	70	7	1	0	44	190	155	25	0	13	8	140	0.4	168	2	0.4	0.4	1.1	39.6	0.4	0	0.3	~	~	~	0	12.2	0.4	146.9	15.2	0.8	~
Cheese Omelet	4.0oz.	1	157	9	90	2	1	310	151		3	0	1	11	572	0	57	1.6	0.1	0.4	0.1	39	1.2	0.1	1.1	212	29	4.5	0.1	10	0	162	26.7	0.9	1.2
Denver Omelet	4.0oz	1	190	89	9	4	1	165	210	310	15	2	3	8	565	21.5	91.2	1.5	0.02	0.01	1	6.98	0.03	0.06	0	1.36	0	1.2	0.01	2.85	0.03	91.87	0.03	0.06	0.47
FRUIT																																		
Pears	3.0oz.	1	48	0	0	0	0	0	3	49	7	1.8	8	0	0.3	0.9	3.5	0.3	0	0	0	0.9	0	0	0	3.5	~	3.5	0	3.5	0	6.6	0	0	0
Mixed Berry	3.0oz	1	66	0	0	0	0	0	0	84	15.9	3	15	1	38	22.6	15.6	0.8	0	0	0.3	4.2	0	0	0	3.5	~	1.5	0	5.5	0.35	9.4	0.6	0	0.3
Cherries	3.0oz.	1	66	0	0	0	0	0	1	98.7	11	2	8	0	158.8	6.4	12.5	1.3	0	0	0.35	7.3	0	0	0	4.8	~	1.8	0	7.5	0.2	14.2	0.1	0.1	0.45
Pineapple	3.0oz.	1	52	0	0	0	0	0	0	105	14	0	14	0	35.6	7	12	0.4	0	0	0.35	4.2	0	0	0	3.5	~	0.35	0	14.5	1	7	0.3	0	0
Peaches	3.0oz.	1	64	0	0	0	0	0	15	158	16	3.5	16	0	910	9	15.5	0.8	0	0	2.8	10.5	0.35	0	0	~	~	~	0.3	16.5	0	36	~	0.35	~
Fruit Cocktail	3.0oz.	1	56	0	0	0	0	0	2	78.3	12	1.1	12	0	245	2.1	5	0.3	0	0	0.35	3.5	0	0	0	3.5	~	1.4	0	7	0	10.5	0.35	0	0.35
Mandarin Oranges	3.0oz.	1	61	0	0	0	0	0	6	64	14	1	14	0	780	15.4	5	0.3	0.1	0	0.3	3	0.1	0	0	4.9	~	0	0	5	0	7	0.3	0.1	0.1
DESSERT																																		
Apple Pie	3.0oz.	1	225	80	8	2	0	0	0	170	26	3	14	2	58	2.6	7	1	0	0	0.9	21.7	0	0	0	~	~	~	0.1	6	0.3	21	6.4	0.3	~
Cherry Cobbler	3.0oz.	1	90	20	2	0	0	0.5	1	131	12	1	10	1	160	2.2	11	0.4																
Peach Pie	3.0oz.	1	190	70	7	1	0	0	170	95	22	1	6	2	120	0.7	8	0.5	0.1	0	0.1	27	0.1	0	0	7	~	2.9	0.1	4	0.1	20	1.1	0.1	0.7
Pumpkin Mousse	3.0 oz.	1	215	70	7	2	o	50	160	270	31	1	19	6	230	4	15	11																
Pumpkin Pie	3.0 oz.	1	280	90	9	4	0	55	170	280	40	4	21	7	240	4	15	11																