

Nutritional Information

Turkey Brat Jennie O

Serving Size	109 g	Total Carbohydrates	2 g
Calories	170	Dietary Fiber	0 g
Calories From Fat (15%)	90	Sugars	2 g
Total Fat	10.0 g	Protein	17 g
Saturated Fat	3.0 g	Vitamin A	2%
Trans Fat	.0 g	Vitamin C	2%
Cholesterol (23%)	70 mg	Iron	6%
Sodium	700 mg	Calcium	2%

Brat

Serving size 85g
Calories 283
Total Calories from Fat 108 (38%)
Saturated Fat 45
Cholesterol 63mg
Sodium 719 mg
Total Carbs 2g
Fiber 0
Sugar 0
Protein 12g
Calcium 2% Iron 3%

85% Lean Hamburger

Serving size 3oz
Calories 201
Calories from fat 110
Total Fat (19%) 12g
Saturated (23%) 5g
Trans Fat 1g
Cholesterol(26%) 77mg
Sodium 54mg
Protein 22g
Calcium 2% Iron 13%

90% Lean Hamburger

Serving size 3oz
Calories 173
Calories from fat 82
Total Fat (14%) 9g
Saturated (18%) 4g
Trans Fat 1g
Cholesterol(23%) 70mg
Sodium 64mg
Protein 21g
Calcium 1% Iron 13%

93% Lean Hamburger

Serving size 4oz
Calories 160
Calories from fat 63
Total Fat (11%) 7g
Saturated (15%) 3.1g
Trans Fat 0g
Cholesterol(22%) 65mg
Sodium 70mg
Protein 24g
Calcium 0% Iron 15%

Potato Chips

Serving Size 1oz
Calories 155 Calories from fat 95
Total Fat (16%) 10.6g
Saturated Fat (16%) 3.1 g
Poly 3.4g
Mono 2.8g
Sodium (6%) 149mg
Total Carbs (5%)
Fiber (5%) 1.2g
Protein 1.9g
Vitamin C 9% Calcium 1% Iron 3%

Baked Potato Chips

Serving Size 1 serving (31.8 g)
Calories 130 Calories from Fat 18
Sodium (6%) 150mg
Total Carbs (9%) 26g
Fiber (8%) 2g
Sugar 2g
Protein 2g
Vitamin C 4% Iron 2%

Potato Salad

Serving Size 1C

Calories 358

Calories from fat 185

Total Fat (32%) 20.5g

Saturated Fat (18%) 3.6g

Mono 6.2g

Poly 9.3g

Cholesterol (57%) 170mg

Sodium (55%) 1323mg

Total Carbs (9%) 27.9g

Dietary Fiber (13%) 3.2g

Protein 6.7g

Vitamin A 8% Vitamin C 42%

Calcium 5% Iron 9%

Creamy Potato Salad

Per serving: 119 calories; 5 g fat (1 g sat , 2 g mono); 40 mg cholesterol;

14 g carbohydrates; 0 g added sugars; 4 g protein; 1 g fiber; 321 mg sodium; 97 mg potassium.

Nutrition Bonus: 42 mg Vitamin C (70% dv), 20% dv Vitamin A.

Coleslaw

Serving Size 3/4C

Calories 147

Calories from fat 99

Total Fat (17%) 11g

Sat (8%) 1.6g

Poly 6.4g

Mono 2.4g

Cholesterol (2%) 5mg

Sodium (11%) 267mg

Total Carb (4%) 12.8g

Protein 1.5g

Vitamin A 7% Vitamin C 14%

Calcium 3% Iron 4%

Cool Zucchini Slaw

Serving size 1C

Per serving: 31 calories; 0 g fat (0 g sat , 0 g mono); 0 mg cholesterol; 6 g carbohydrates; 2 g protein; 2 g fiber; 542 mg sodium; 360 mg potassium.

Nutrition Bonus: Vitamin C (100% dv), Vitamin A (30% dv).

Jicama Apple Slaw

Serving size 1C

Per serving: 109 calories; 5 g fat (1 g sat , 4 g mono); 0 mg cholesterol; 15 g carbohydrates; 0 g added sugars; 1 g protein; 5 g fiber; 128 mg sodium; 232 mg potassium.

Nutrition Bonus: Vitamin A (93% daily value), Vitamin C (28% dv).

Watermelon Frozen Yogurt (from store)

Serving Size 1/2C

Calories 110

Total Fat 0

Cholesterol (2%) 5mg

Sodium (2%) 5 mg

Total Carb (8%) 23g