SALAD BAR

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Applesauce - Reg	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
* Fruit Salad Deluxe	1/2 cup	57	0.6	0.0	14.9	0	6	1.1
* Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
* Banana, Fresh	1 each	107	1.2	0.6	27.2	0	1	2.8
* Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
* Raisins	1 ounce	85	0.9	0.1	22.4	0	3	1.1
Lunch and Dinner								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Cherry/Grape Tomatoes	2 ounces	4	0.2	0.1	0.9	0	2	0.2
* Beets, Sliced	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
* Carrots Shredded - Salad Bar	1/8 cup	12	0.3	0.1	2.9	0	10	0.9
* Cottage Cheese	1/4 cup	41	7.0	0.6	1.5	2	229	0.0
* Green Peppers, Sliced	1 tablespoon	6	0.2	0.0	1.5	0	0	0.4
* Broccoli, Fresh, Florets	2 ounces	16	1.7	0.2	2.9	0	15	
* Garbanzo Beans	1/2 cup	150	6.2	1.4	28.5	0	377	5.5
* Green Olives	1 ounce	13	0.2	1.2	0.9	0	152	0.4
* Onions, Chopped	1 tablespoon	3	0.1	0.0	0.6	0	0	0.1
* Celery Sticks	2 sticks	2	0.1	0.0	0.5	0	12	0.2
* Cucumber Slices	4 slices	5	0.3	0.0	1.1	0	1	0.3
* Carrot Sticks	2 sticks	11	0.3	0.0	2.5	0	9	0.8
* Sweet Pickle	1 ounce	20	0.1	0.0	5.4	0	158	0.2
* Jalapeno Peppers	1 tablespoon	7	0.2	0.2	1.3	0	457	0.7
* Coleslaw	1/2 cup	41	0.8	1.6	7.4	5	14	0.9
* Croutons	1/2 ounce	66	1.5	2.6	9.0	1	175	0.7
* Bacon Bits	1 ounce	163	8.6	14.0	0.2	24	452	0.0
* Cheddar Cheese, Grated	1 ounce	114	7.1	9.4	0.4	30	176	0.0
* Blue Cheese Dressing	1 ounce	154	1.5	16.0	2.3	5	335	0.0
* Catalina French Dressing	1 ounce	130	0.0	11.0	8.0	0	370	0.0
* Italian Fat Free Dressing	1 ounce	20	0.5	0.3	3.6	1	430	0.2
* Thousand Island Dressing	1 ounce	118	0.3	11.2	4.8	8	219	0.0
* Ranch Dressing	1 ounce	100	0.0	11.0	1.0	15	270	0.0
* Balsamic Vinegar	1 ounce	18	0.0	0.0	5.3	0	9	0.0
* Vinegar	1 ounce	4	0.0	0.0	1.7	0	0	0.0
* Olive Oil	1/2 ounce	119	0.0	13.5	0.0	0	0	0.0
* Macaroni Salad - Reg	1/2 cup	240	3.0	14.0	25.0	10	1020	1.0
* Pineapple Chunks	1/2 cup	79	0.5	0.1	20.5	0	1	1.0
* Tuna - Salad Bar	1/3 cup	32	6.8	0.3	0.0	15	11	0.0

SALAD BAR

Menu Item Name

Breakfast

Applesauce - Reg
Fruit Salad Deluxe
Stewed Prunes
Banana, Fresh
Grapefruit Sections
Raisins

Lunch and Dinner

* Lettuce Leaf
* Cherry/Grape Tomatoes
* Beets, Sliced
* Carrots Shredded - Salad Bar
* Cottage Cheese
* Green Peppers, Sliced
* Broccoli, Fresh, Florets
* Garbanzo Beans
* Green Olives
* Onions, Chopped
* Celery Sticks
* Cucumber Slices
* Carrot Sticks
* Sweet Pickle
* Jalapeno Peppers
* Coleslaw
* Croutons
* Bacon Bits
* Cheddar Cheese, Grated
* Blue Cheese Dressing
* Catalina French Dressing
* Italian Fat Free Dressing
* Thousand Island Dressing
* Ranch Dressing
* Balsamic Vinegar
* Vinegar
* Olive Oil
* Cucumber Salad, Marinated
* Peach Slices In Juice
* Tuna - Salad Bar

SALAD BAR

WEDNESDAY

SALAD BAR

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
Applesauce - Reg	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Fruit Salad Deluxe	1/2 cup	57	0.6	0.0	14.9	0	6	1.1
Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Banana, Fresh	1 each	107	1.2	0.6	27.2	0	1	2.8
Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
Raisins	1 ounce	85	0.9	0.1	22.4	0	3	1.1
Lunch and Dinner								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Cherry/Grape Tomatoes	2 ounces	4	0.2	0.1	0.9	0	2	0.2
* Beets, Sliced	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
* Carrots Shredded - Salad Bar	1/8 cup	12	0.3	0.1	2.9	0	10	0.9
* Cottage Cheese	1/4 cup	41	7.0	0.6	1.5	2	229	0.0
* Green Peppers, Sliced	1 tablespoon	6	0.2	0.0	1.5	0	0	0.4
* Broccoli, Fresh, Florets	2 ounces	16	1.7	0.2	2.9	0	15	
* Garbanzo Beans	1/2 cup	150	6.2	1.4	28.5	0	377	5.5
* Green Olives	1 ounce	13	0.2	1.2	0.9	0	152	0.4
* Onions, Chopped	1 tablespoon	3	0.1	0.0	0.6	0	0	0.1
* Celery Sticks	2 sticks	2	0.1	0.0	0.5	0	12	0.2
* Cucumber Slices	4 slices	5	0.3	0.0	1.1	0	1	0.3
* Carrot Sticks	2 sticks	11	0.3	0.0	2.5	0	9	0.8
* Sweet Pickle	1 ounce	20	0.1	0.0	5.4	0	158	0.2
* Jalapeno Peppers	1 tablespoon	7	0.2	0.2	1.3	0	457	0.7
* Coleslaw	1/2 cup	41	0.8	1.6	7.4	5	14	0.9
* Croutons	1/2 ounce	66	1.5	2.6	9.0	1	175	0.7
* Bacon Bits	1 ounce	163	8.6	14.0	0.2	24	452	0.0
* Cheddar Cheese, Grated	1 ounce	114	7.1	9.4	0.4	30	176	0.0
* Blue Cheese Dressing	1 ounce	154	1.5	16.0	2.3	5	335	0.0
* Catalina French Dressing	1 ounce	130	0.0	11.0	8.0	0	370	0.0
* Italian Fat Free Dressing	1 ounce	20	0.5	0.3	3.6	1	430	0.2
* Thousand Island Dressing	1 ounce	118	0.3	11.2	4.8	8	219	0.0
* Ranch Dressing	1 ounce	100	0.0	11.0	1.0	15	270	0.0
* Balsamic Vinegar	1 ounce	18	0.0	0.0	5.3	0	9	0.0
* Vinegar	1 ounce	4	0.0	0.0	1.7	0	0	0.0
* Olive Oil	1/2 ounce	119	0.0	13.5	0.0	0	0	0.0
* Pear Halves	1/2 cup	65	0.4	0.1	16.8	0	5	2.1
* Potato Salad - Reg	1/2 cup	209	1.0	12.9	21.9	0	647	1.0
* Tuna - Salad Bar	1/3 cup	32	6.8	0.3	0.0	15	11	0.0

SALAD BAR

FRIDAY

Menu Item Name
Breakfast
Applesauce - Reg
Fruit Salad Deluxe
Stewed Prunes
Banana, Fresh
Grapefruit Sections
Raisins
Lunch and Dinner
* Lettuce Leaf
* Cherry/Grape Tomatoes
* Beets, Sliced
* Carrots Shredded - Salad Bar
* Cottage Cheese
* Green Peppers, Sliced
* Broccoli, Fresh, Florets
* Garbanzo Beans
* Green Olives
* Onions, Chopped
* Celery Sticks
* Carrot Sticks
* Sweet Pickle
* Jalapeno Peppers
* Coleslaw
* Croutons
* Bacon Bits
* Cheddar Cheese, Grated
* Blue Cheese Dressing
* Catalina French Dressing
* Italian Fat Free Dressing
* Thousand Island Dressing
* Ranch Dressing
* Balsamic Vinegar
* Vinegar
* Olive Oil
* German Style Tomato Salad
* Cucumber Slices
* Pineapple Slices
* Tuna - Salad Bar

SALAD BAR

Menu Item Name	Size	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Dietry Fiber (gm)	Menu Item Name
Breakfast									**Breakfast**
Applesauce - Reg	1/2 cup	55	0.2	0.1	14.5	0	3	1.5	Applesauce - Reg
Fruit Salad Deluxe	1/2 cup	57	0.6	0.0	14.9	0	6	1.1	Fruit Salad Deluxe
Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7	Stewed Prunes
Banana, Fresh	1 each	107	1.2	0.6	27.2	0	1	2.8	Banana, Fresh
Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0		Grapefruit Sections
Raisins	1 ounce	85	0.9	0.1	22.4	0	3	1.1	Raisins
Lunch and Dinner									**Lunch and Dinner**
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4	* Lettuce Leaf
* Cherry/Grape Tomatoes	2 ounces	4	0.2	0.1	0.9	0	2	0.2	* Cherry/Grape Tomatoes
* Beets, Sliced	1/2 cup	36	1.0	0.1	8.5	0	326	1.6	* Beets, Sliced
* Carrots Shredded - Salad Bar	1/8 cup	12	0.3	0.1	2.9	0	10	0.9	* Carrots Shredded - Salad Bar
* Cottage Cheese	1/4 cup	41	7.0	0.6	1.5	2	229	0.0	* Cottage Cheese
* Green Peppers, Sliced	1 tablespoon	6	0.2	0.0	1.5	0	0	0.4	* Green Peppers, Sliced
* Broccoli, Fresh, Florets	2 ounces	16	1.7	0.2	2.9	0	15		* Broccoli, Fresh, Florets
* Garbanzo Beans	1/2 cup	150	6.2	1.4	28.5	0	377	5.5	* Garbanzo Beans
* Green Olives	1 ounce	13	0.2	1.2	0.9	0	152	0.4	* Green Olives
* Onions, Chopped	1 tablespoon	3	0.1	0.0	0.6	0	0	0.1	* Onions, Chopped
* Celery Sticks	2 sticks	2	0.1	0.0	0.5	0	12	0.2	* Celery Sticks
* Cucumber Slices	4 slices	5	0.3	0.0	1.1	0	1	0.3	* Cucumber Slices
* Carrot Sticks	2 sticks	11	0.3	0.0	2.5	0	9	0.8	* Carrot Sticks
* Sweet Pickle	1 ounce	20	0.1	0.0	5.4	0	158	0.2	* Sweet Pickle
* Jalapeno Peppers	1 tablespoon	7	0.2	0.2	1.3	0	457	0.7	* Jalapeno Peppers
* Coleslaw	1/2 cup	41	0.8	1.6	7.4	5	14	0.9	* Coleslaw
* Croutons	1/2 ounce	66	1.5	2.6	9.0	1	175	0.7	* Croutons
* Bacon Bits	1 ounce	163	8.6	14.0	0.2	24	452	0.0	* Bacon Bits
* Cheddar Cheese, Grated	1 ounce	114	7.1	9.4	0.4	30	176	0.0	* Cheddar Cheese, Grated
* Blue Cheese Dressing	1 ounce	154	1.5	16.0	2.3	5	335	0.0	* Blue Cheese Dressing
* Catalina French Dressing	1 ounce	130	0.0	11.0	8.0	0	370	0.0	* Catalina French Dressing
* Italian Fat Free Dressing	1 ounce	20	0.5	0.3	3.6	1	430	0.2	* Italian Fat Free Dressing
* Thousand Island Dressing	1 ounce	118	0.3	11.2	4.8	8	219	0.0	* Thousand Island Dressing
* Ranch Dressing	1 ounce	100	0.0	11.0	1.0	15	270	0.0	* Ranch Dressing
* Balsamic Vinegar	1 ounce	18	0.0	0.0	5.3	0	9	0.0	* Balsamic Vinegar
* Vinegar	1 ounce	4	0.0	0.0	1.7	0	0	0.0	* Vinegar
* Olive Oil	1/2 ounce	119	0.0	13.5	0.0	0	0	0.0	* Olive Oil
* Apricot Halves	1/2 cup	62	0.8	0.1	15.8	0	5	2.1	* Mandarin Oranges
* Three Bean Salad	1/2 cup	70	0.9	0.4	15.8	0	263	3.5	* Pasta Salad
* Tuna - Salad Bar	1/3 cup	32	6.8	0.3	0.0	15	11	0.0	* Tuna - Salad Bar

SALAD BAR **SUNDAY**

Menu Item Name	Size	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
Applesauce - Reg	1/2 cup	55	0.2	0.1	14.5	0	3	1.5
Fruit Salad Deluxe	1/2 cup	57	0.6	0.0	14.9	0	6	1.1
Stewed Prunes	1/4 cup	109	1.2	0.2	28.6	0	2	6.7
Banana, Fresh	1 each	107	1.2	0.6	27.2	0	1	2.8
Grapefruit Sections	1/2 cup	34	0.6	0.1	8.7	0	0	
Raisins	1 ounce	85	0.9	0.1	22.4	0	3	1.1
Lunch and Dinner								
* Lettuce Leaf	1 each	4	0.3	0.1	0.7	0	2	0.4
* Cherry/Grape Tomatoes	2 ounces	4	0.2	0.1	0.9	0	2	0.2
* Beets, Sliced	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
* Carrots Shredded - Salad Bar	1/8 cup	12	0.3	0.1	2.9	0	10	0.9
* Cottage Cheese	1/4 cup	41	7.0	0.6	1.5	2	229	0.0
* Green Peppers, Sliced	1 tablespoon	6	0.2	0.0	1.5	0	0	0.4
* Broccoli, Fresh, Florets	2 ounces	16	1.7	0.2	2.9	0	15	
* Garbanzo Beans	1/2 cup	150	6.2	1.4	28.5	0	377	5.5
* Green Olives	1 ounce	13	0.2	1.2	0.9	0	152	0.4
* Onions, Chopped	1 tablespoon	3	0.1	0.0	0.6	0	0	0.1
* Celery Sticks	2 sticks	2	0.1	0.0	0.5	0	12	0.2
* Cucumber Slices	4 slices	5	0.3	0.0	1.1	0	1	0.3
* Carrot Sticks	2 sticks	11	0.3	0.0	2.5	0	9	0.8
* Sweet Pickle	1 ounce	20	0.1	0.0	5.4	0	158	0.2
* Jalapeno Peppers	1 tablespoon	7	0.2	0.2	1.3	0	457	0.7
* Coleslaw	1/2 cup	41	0.8	1.6	7.4	5	14	0.9
* Croutons	1/2 ounce	66	1.5	2.6	9.0	1	175	0.7
* Bacon Bits	1 ounce	163	8.6	14.0	0.2	24	452	0.0
* Cheddar Cheese, Grated	1 ounce	114	7.1	9.4	0.4	30	176	0.0
* Blue Cheese Dressing	1 ounce	154	1.5	16.0	2.3	5	335	0.0
* Catalina French Dressing	1 ounce	130	0.0	11.0	8.0	0	370	0.0
* Italian Fat Free Dressing	1 ounce	20	0.5	0.3	3.6	1	430	0.2
* Thousand Island Dressing	1 ounce	118	0.3	11.2	4.8	8	219	0.0
* Ranch Dressing	1 ounce	100	0.0	11.0	1.0	15	270	0.0
* Balsamic Vinegar	1 ounce	18	0.0	0.0	5.3	0	9	0.0
* Vinegar	1 ounce	4	0.0	0.0	1.7	0	0	0.0
* Olive Oil	1/2 ounce	119	0.0	13.5	0.0	0	0	0.0
* Fruit Cocktail	1/2 cup	57	0.6	0.0	14.8	0	5	1.2
* Carrot Raisin Salad, ready made	1/3 cup	159	0.7	10.6	15.3	10	99	1.3
* Tuna - Salad Bar	1/3 cup	32	6.8	0.3	0.0	15	11	0.0

TUESDAY

Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
1/2 cup	55	0.2	0.1	14.5	0	3	1.5
1/2 cup	57	0.6	0.0	14.9	0	6	1.1
1/4 cup	109	1.2	0.2	28.6	0	2	6.7
1 each	107	1.2	0.6	27.2	0	1	2.8
1/2 cup	34	0.6	0.1	8.7	0	0	
1 ounce	85	0.9	0.1	22.4	0	3	1.1
1 each	4	0.3	0.1	0.7	0	2	0.4
2 ounces	4	0.2	0.1	0.9	0	2	0.2
1/2 cup	36	1.0	0.1	8.5	0	326	1.6
1/8 cup	12	0.3	0.1	2.9	0	10	0.9
1/4 cup	41	7.0	0.6	1.5	2	229	0.0
1 tablespoon	6	0.2	0.0	1.5	0	0	0.4
2 ounces	16	1.7	0.2	2.9	0	15	
1/2 cup	150	6.2	1.4	28.5	0	377	5.5
1 ounce	13	0.2	1.2	0.9	0	152	0.4
1 tablespoon	3	0.1	0.0	0.6	0	0	0.1
2 sticks	2	0.1	0.0	0.5	0	12	0.2
4 slices	5	0.3	0.0	1.1	0	1	0.3
2 sticks	11	0.3	0.0	2.5	0	9	0.8
1 ounce	20	0.1	0.0	5.4	0	158	0.2
1 tablespoon	7	0.2	0.2	1.3	0	457	0.7
1/2 cup	41	0.8	1.6	7.4	5	14	0.9
1/2 ounce	66	1.5	2.6	9.0	1	175	0.7
1 ounce	163	8.6	14.0	0.2	24	452	0.0
1 ounce	114	7.1	9.4	0.4	30	176	0.0
1 ounce	154	1.5	16.0	2.3	5	335	0.0
1 ounce	130	0.0	11.0	8.0	0	370	0.0
1 ounce	20	0.5	0.3	3.6	1	430	0.2
1 ounce	118	0.3	11.2	4.8	8	219	0.0
1 ounce	100	0.0	11.0	1.0	15	270	0.0
1 ounce	18	0.0	0.0	5.3	0	9	0.0
1 ounce	4	0.0	0.0	1.7	0	0	0.0
1/2 ounce	119	0.0	13.5	0.0	0	0	0.0
1/2 cup	106	0.7	8.9	7.1	0	286	1.0
1/2 cup	57	0.8	0.0	15.1	0	5	1.7
1/3 cup	32	6.8	0.3	0.0	15	11	0.0

THURSDAY

Size	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Dietry Fiber (gm)
1/2 cup	55	0.2	0.1	14.5	0	3	1.5
1/2 cup	57	0.6	0.0	14.9	0	6	1.1
1/4 cup	109	1.2	0.2	28.6	0	2	6.7
1 each	107	1.2	0.6	27.2	0	1	2.8
1/2 cup	34	0.6	0.1	8.7	0	0	
1 ounce	85	0.9	0.1	22.4	0	3	1.1
1 each	4	0.3	0.1	0.7	0	2	0.4
2 ounces	4	0.2	0.1	0.9	0	2	0.2
1/2 cup	36	1.0	0.1	8.5	0	326	1.6
1/8 cup	12	0.3	0.1	2.9	0	10	0.9
1/4 cup	41	7.0	0.6	1.5	2	229	0.0
1 tablespoon	6	0.2	0.0	1.5	0	0	0.4
2 ounces	16	1.7	0.2	2.9	0	15	
1/2 cup	150	6.2	1.4	28.5	0	377	5.5
1 ounce	13	0.2	1.2	0.9	0	152	0.4
1 tablespoon	3	0.1	0.0	0.6	0	0	0.1
2 sticks	2	0.1	0.0	0.5	0	12	0.2
2 sticks	11	0.3	0.0	2.5	0	9	0.8
1 ounce	20	0.1	0.0	5.4	0	158	0.2
1 tablespoon	7	0.2	0.2	1.3	0	457	0.7
1/2 cup	41	0.8	1.6	7.4	5	14	0.9
1/2 ounce	66	1.5	2.6	9.0	1	175	0.7
1 ounce	163	8.6	14.0	0.2	24	452	0.0
1 ounce	114	7.1	9.4	0.4	30	176	0.0
1 ounce	154	1.5	16.0	2.3	5	335	0.0
1 ounce	130	0.0	11.0	8.0	0	370	0.0
1 ounce	20	0.5	0.3	3.6	1	430	0.2
1 ounce	118	0.3	11.2	4.8	8	219	0.0
1 ounce	100	0.0	11.0	1.0	15	270	0.0
1 ounce	18	0.0	0.0	5.3	0	9	0.0
1 ounce	4	0.0	0.0	1.7	0	0	0.0
1/2 ounce	119	0.0	13.5	0.0	0	0	0.0
1/3 cup	128	1.8	10.0	9.5	3	331	1.6
4 slices	5	0.3	0.0	1.1	0	1	0.3
1/2 cup	81	0.6	0.1	21.1	0	1	1.1
1/3 cup	32	6.8	0.3	0.0	15	11	0.0

SATURDAY

Size	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Sodium (mg)	Dietry Fiber (gm)
1/2 cup	55	0.2	0.1	14.5	0	3	1.5
1/2 cup	57	0.6	0.0	14.9	0	6	1.1
1/4 cup	109	1.2	0.2	28.6	0	2	6.7
1 each	107	1.2	0.6	27.2	0	1	2.8
1/2 cup	34	0.6	0.1	8.7	0	0	
1 ounce	85	0.9	0.1	22.4	0	3	1.1
1 each	4	0.3	0.1	0.7	0	2	0.4
2 ounces	4	0.2	0.1	0.9	0	2	0.2
1/2 cup	36	1.0	0.1	8.5	0	326	1.6
1/8 cup	12	0.3	0.1	2.9	0	10	0.9
1/4 cup	41	7.0	0.6	1.5	2	229	0.0
1 tablespoon	6	0.2	0.0	1.5	0	0	0.4
2 ounces	16	1.7	0.2	2.9	0	15	
1/2 cup	150	6.2	1.4	28.5	0	377	5.5
1 ounce	13	0.2	1.2	0.9	0	152	0.4
1 tablespoon	3	0.1	0.0	0.6	0	0	0.1
2 sticks	2	0.1	0.0	0.5	0	12	0.2
4 slices	5	0.3	0.0	1.1	0	1	0.3
2 sticks	11	0.3	0.0	2.5	0	9	0.8
1 ounce	20	0.1	0.0	5.4	0	158	0.2
1 tablespoon	7	0.2	0.2	1.3	0	457	0.7
1/2 cup	41	0.8	1.6	7.4	5	14	0.9
1/2 ounce	66	1.5	2.6	9.0	1	175	0.7
1 ounce	163	8.6	14.0	0.2	24	452	0.0
1 ounce	114	7.1	9.4	0.4	30	176	0.0
1 ounce	154	1.5	16.0	2.3	5	335	0.0
1 ounce	130	0.0	11.0	8.0	0	370	0.0
1 ounce	20	0.5	0.3	3.6	1	430	0.2
1 ounce	118	0.3	11.2	4.8	8	219	0.0
1 ounce	100	0.0	11.0	1.0	15	270	0.0
1 ounce	18	0.0	0.0	5.3	0	9	0.0
1 ounce	4	0.0	0.0	1.7	0	0	0.0
1/2 ounce	119	0.0	13.5	0.0	0	0	0.0
1/2 cup	81	1.3	0.0	20.9	0	11	1.5
1/2 cup	224	2.7	17.9	14.3	0	394	1.8
1/3 cup	32	6.8	0.3	0.0	15	11	0.0