

Nutrient Analysis

TV Eggs

Serving Size : 4 Oz (113.4 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	167 Kcal
Protein:	14.00 g
Carbohydrates:	1.23 g
Total Fat:	11.29 g
Monounsaturat Fat:	4.43 g
Polyunsaturat Fat:	2.14 g
Saturated Fat:	3.83 g
Trans Fat:	0.06 g
Water:	86 ml
Total Sugar:	0.28 g
Total Dietary Fiber:	0.03 g
Cholesterol:	422 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	70.99 mg
Magnesium:	10.44mg
Phosphorus:	219.07 mg
Potassium:	154.89 mg
Sodium:	292.57 mg
Copper:	0.059 mg
Iron:	1.99 mg
Manganese:	0.051 mg
Zinc:	1.499 mg

Vitamins

Vitamin A:	193.95 RE
Vitamin E:	0.82 mg
Thiamin (B1):	0.08 mg
Riboflavin (B2):	0.59 mg
Niacin (B3):	0.11 mg
Vitamin (B6):	0.22 mg
Vitamin B12:	1.13 mcg
Folacin:	98.68 mcg
Pantothenic Acid:	1.78 mg
Vitamin C:	0.00 mg
Vitamin D:	119.07 IU
Vitamin K:	0.56 mcg

Fatty Acids

Linoleic:	1.77 g
Oleic:	4.14 g

Other Information

Calories from Carbohydrates:	6%
Calories from Fat:	61%
Calories from Protein:	34%

Poly/SatFat:	0.56:1
Sodium/Potassium:	1.89:1
Calcium/Phosphorus:	0.32:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Egg Burrito

Serving Size : 1 each (233.04 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	451 Kcal
Protein:	23.52 g
Carbohydrates:	41.37 g
Total Fat:	21.01 g
Monounsaturat Fat:	5.75* g
Polyunsaturat Fat:	2.35* g
Saturated Fat:	8.01 g
Trans Fat:	0.19 g
Water:	91* ml
Total Sugar:	0.64 g
Total Dietary Fiber:	1.03 g
Cholesterol:	436 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	236.45 mg
Magnesium:	14.26*mg
Phosphorus:	283.56* mg
Potassium:	173.03* mg
Sodium:	1,091.36 mg
Copper:	0.063* mg
Iron:	4.09 mg
Manganese:	0.056* mg
Zinc:	2.015* mg

Vitamins

Vitamin A:	240.72 RE
Vitamin E:	0.92* mg
Thiamin (B1):	0.08* mg
Riboflavin (B2):	0.65* mg
Niacin (B3):	0.12* mg
Vitamin (B6):	0.23* mg
Vitamin B12:	1.29* mcg
Folacin:	102.51* mcg
Pantothenic Acid:	1.84* mg
Vitamin C:	0.00 mg
Vitamin D:	122.47* IU
Vitamin K:	0.90* mcg

Fatty Acids

Linoleic:	1.94* g
Oleic:	5.19* g

Other Information

Calories from Carbohydrates:	37%
Calories from Fat:	42%
Calories from Protein:	21%
Poly/SatFat:	0.29:1
Sodium/Potassium:	6.31:1
Calcium/Phosphorus:	0.83:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Bacon Egg Burrito

Serving Size : 1 each (256.57 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	498 Kcal
Protein:	25.78 g
Carbohydrates:	41.28 g
Total Fat:	25.16 g
Monounsaturat Fat:	7.71* g
Polyunsaturat Fat:	2.59* g
Saturated Fat:	9.34 g
Trans Fat:	0.17* g
Water:	72* ml
Total Sugar:	0.56* g
Total Dietary Fiber:	1.03* g
Cholesterol:	348 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	220.32 mg
Magnesium:	16.49*mg
Phosphorus:	310.38* mg
Potassium:	221.22* mg
Sodium:	1,371.82 mg
Copper:	0.077* mg
Iron:	3.83 mg
Manganese:	0.046* mg
Zinc:	2.182* mg

Vitamins

Vitamin A:	194.01 RE
Vitamin E:	0.77* mg
Thiamin (B1):	0.12* mg
Riboflavin (B2):	0.54* mg
Niacin (B3):	1.81* mg
Vitamin (B6):	0.22* mg
Vitamin B12:	1.19* mcg
Folacin:	78.16* mcg
Pantothenic Acid:	1.56* mg
Vitamin C:	0.00* mg
Vitamin D:	92.70* IU
Vitamin K:	0.78* mcg

Fatty Acids

Linoleic:	2.15* g
Oleic:	6.97* g

Other Information

Calories from Carbohydrates:	34%
Calories from Fat:	45%
Calories from Protein:	21%
Poly/SatFat:	0.28:1
Sodium/Potassium:	6.20:1
Calcium/Phosphorus:	0.71:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Sausage Egg Burrito

Serving Size : 1 each (247.21 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	520 Kcal
Protein:	26.33 g
Carbohydrates:	41.55 g
Total Fat:	27.46 g
Monounsaturat Fat:	8.56* g
Polyunsaturat Fat:	3.55* g
Saturated Fat:	10.05 g
Trans Fat:	0.21 g
Water:	87* ml
Total Sugar:	0.94 g
Total Dietary Fiber:	1.03* g
Cholesterol:	360 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	221.77 mg
Magnesium:	17.10*mg
Phosphorus:	279.49* mg
Potassium:	250.66* mg
Sodium:	1,295.15 mg
Copper:	0.072* mg
Iron:	4.00 mg
Manganese:	0.050* mg
Zinc:	2.474* mg

Vitamins

Vitamin A:	201.76 RE
Vitamin E:	1.02* mg
Thiamin (B1):	0.15* mg
Riboflavin (B2):	0.56* mg
Niacin (B3):	2.18* mg
Vitamin (B6):	0.24* mg
Vitamin B12:	1.34* mcg
Folacin:	78.18* mcg
Pantothenic Acid:	1.67* mg
Vitamin C:	0.00* mg
Vitamin D:	112.43* IU
Vitamin K:	0.76* mcg

Fatty Acids

Linoleic:	3.01* g
Oleic:	7.75* g

Other Information

Calories from Carbohydrates:	32%
Calories from Fat:	48%
Calories from Protein:	20%
Poly/SatFat:	0.35:1
Sodium/Potassium:	5.17:1
Calcium/Phosphorus:	0.79:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Potato Egg Burrito

Serving Size : 1 each (247.21 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	460 Kcal
Protein:	21.02 g
Carbohydrates:	48.06 g
Total Fat:	20.19 g
Monounsaturat Fat:	4.64* g
Polyunsaturat Fat:	1.81* g
Saturated Fat:	7.55 g
Trans Fat:	0.17 g
Water:	70* ml
Total Sugar:	0.56 g
Total Dietary Fiber:	2.03 g
Cholesterol:	330 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	218.70 mg
Magnesium:	11.66*mg
Phosphorus:	228.80* mg
Potassium:	134.31* mg
Sodium:	1,025.72 mg
Copper:	0.048* mg
Iron:	3.77 mg
Manganese:	0.043* mg
Zinc:	1.640* mg

Vitamins

Vitamin A:	192.24 RE
Vitamin E:	0.71* mg
Thiamin (B1):	0.06* mg
Riboflavin (B2):	0.50* mg
Niacin (B3):	0.09* mg
Vitamin (B6):	0.17* mg
Vitamin B12:	1.01* mcg
Folacin:	77.84* mcg
Pantothenic Acid:	1.39* mg
Vitamin C:	2.40 mg
Vitamin D:	92.70* IU
Vitamin K:	0.76* mcg

Fatty Acids

Linoleic:	1.49* g
Oleic:	4.15* g

Other Information

Calories from Carbohydrates:	42%
Calories from Fat:	40%
Calories from Protein:	18%
Poly/SatFat:	0.24:1
Sodium/Potassium:	7.64:1
Calcium/Phosphorus:	0.96:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Country Burrito

Serving Size : 1 each (261.39 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	520 Kcal
Protein:	24.87 g
Carbohydrates:	45.65 g
Total Fat:	26.22 g
Monounsaturat Fat:	7.25* g
Polyunsaturat Fat:	2.97* g
Saturated Fat:	9.65 g
Trans Fat:	0.20 g
Water:	107* ml
Total Sugar:	0.53 g
Total Dietary Fiber:	1.69* g
Cholesterol:	350 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	216.71 mg
Magnesium:	15.55*mg
Phosphorus:	262.59* mg
Potassium:	204.77* mg
Sodium:	1,157.56 mg
Copper:	0.067* mg
Iron:	3.70 mg
Manganese:	0.047* mg
Zinc:	2.196* mg

Vitamins

Vitamin A:	198.59 RE
Vitamin E:	0.92* mg
Thiamin (B1):	0.12* mg
Riboflavin (B2):	0.54* mg
Niacin (B3):	1.48* mg
Vitamin (B6):	0.22* mg
Vitamin B12:	1.23* mcg
Folacin:	78.06* mcg
Pantothenic Acid:	1.58* mg
Vitamin C:	1.60* mg
Vitamin D:	105.86* IU
Vitamin K:	0.76* mcg

Fatty Acids

Linoleic:	2.50* g
Oleic:	6.55* g

Other Information

Calories from Carbohydrates:	35%
Calories from Fat:	45%
Calories from Protein:	19%
Poly/SatFat:	0.31:1
Sodium/Potassium:	5.65:1
Calcium/Phosphorus:	0.83:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Egg Taco

Serving Size : 1 each (110 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	201 Kcal
Protein:	11.26 g
Carbohydrates:	16.68 g
Total Fat:	10.25 g
Monounsaturat Fat:	2.87* g
Polyunsaturat Fat:	1.17* g
Saturated Fat:	3.75 g
Trans Fat:	0.09 g
Water:	46* ml
Total Sugar:	0.32 g
Total Dietary Fiber:	0.52 g
Cholesterol:	218 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	128.23 mg
Magnesium:	7.13*mg
Phosphorus:	141.78* mg
Potassium:	86.52* mg
Sodium:	485.68 mg
Copper:	0.031* mg
Iron:	2.05 mg
Manganese:	0.028* mg
Zinc:	1.007* mg

Vitamins

Vitamin A:	120.36 RE
Vitamin E:	0.46* mg
Thiamin (B1):	0.04* mg
Riboflavin (B2):	0.33* mg
Niacin (B3):	0.06* mg
Vitamin (B6):	0.11* mg
Vitamin B12:	0.64* mcg
Folacin:	51.25* mcg
Pantothenic Acid:	0.92* mg
Vitamin C:	0.00 mg
Vitamin D:	61.23* IU
Vitamin K:	0.45* mcg

Fatty Acids

Linoleic:	0.97* g
Oleic:	2.59* g

Other Information

Calories from Carbohydrates:	32%
Calories from Fat:	46%
Calories from Protein:	22%
Poly/SatFat:	0.31:1
Sodium/Potassium:	5.61:1
Calcium/Phosphorus:	0.90:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Bacon Egg Soft Taco

Serving Size : 1 each (136.08 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	245 Kcal
Protein:	14.14 g
Carbohydrates:	16.79 g
Total Fat:	13.74 g
Monounsaturat Fat:	4.41* g
Polyunsaturat Fat:	1.56* g
Saturated Fat:	4.90 g
Trans Fat:	0.09* g
Water:	47* ml
Total Sugar:	0.32* g
Total Dietary Fiber:	0.52* g
Cholesterol:	227 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	129.03 mg
Magnesium:	9.55*mg
Phosphorus:	182.58* mg
Potassium:	129.97* mg
Sodium:	662.48 mg
Copper:	0.046* mg
Iron:	2.17 mg
Manganese:	0.029* mg
Zinc:	1.278* mg

Vitamins

Vitamin A:	121.25 RE
Vitamin E:	0.49* mg
Thiamin (B1):	0.07* mg
Riboflavin (B2):	0.35* mg
Niacin (B3):	0.92* mg
Vitamin (B6):	0.14* mg
Vitamin B12:	0.74* mcg
Folacin:	51.41* mcg
Pantothenic Acid:	1.00* mg
Vitamin C:	0.00* mg
Vitamin D:	61.23* IU
Vitamin K:	0.46* mcg

Fatty Acids

Linoleic:	1.30* g
Oleic:	4.00* g

Other Information

Calories from Carbohydrates:	26%
Calories from Fat:	51%
Calories from Protein:	23%
Poly/SatFat:	0.32:1
Sodium/Potassium:	5.10:1
Calcium/Phosphorus:	0.71:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Sausage Egg Soft Taco

Serving Size : 1 each (110.56 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	202 Kcal
Protein:	11.33 g
Carbohydrates:	16.69 g
Total Fat:	10.36 g
Monounsaturat Fat:	2.92* g
Polyunsaturat Fat:	1.19* g
Saturated Fat:	3.79 g
Trans Fat:	0.09 g
Water:	46* ml
Total Sugar:	0.32 g
Total Dietary Fiber:	0.52* g
Cholesterol:	218 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	128.26 mg
Magnesium:	7.20*mg
Phosphorus:	142.38* mg
Potassium:	87.88* mg
Sodium:	488.94 mg
Copper:	0.032* mg
Iron:	2.05 mg
Manganese:	0.028* mg
Zinc:	1.017* mg

Vitamins

Vitamin A:	120.47 RE
Vitamin E:	0.46* mg
Thiamin (B1):	0.04* mg
Riboflavin (B2):	0.33* mg
Niacin (B3):	0.09* mg
Vitamin (B6):	0.11* mg
Vitamin B12:	0.65* mcg
Folacin:	51.26* mcg
Pantothenic Acid:	0.92* mg
Vitamin C:	0.00* mg
Vitamin D:	61.47* IU
Vitamin K:	0.45* mcg

Fatty Acids

Linoleic:	0.99* g
Oleic:	2.64* g

Other Information

Calories from Carbohydrates:	31%
Calories from Fat:	46%
Calories from Protein:	22%
Poly/SatFat:	0.31:1
Sodium/Potassium:	5.56:1
Calcium/Phosphorus:	0.90:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Potato Egg Soft Taco

Serving Size : 1 each (131.26 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	226 Kcal
Protein:	11.76 g
Carbohydrates:	20.18 g
Total Fat:	11.25 g
Monounsaturat Fat:	2.87* g
Polyunsaturat Fat:	1.17* g
Saturated Fat:	4.00 g
Trans Fat:	0.09 g
Water:	46* ml
Total Sugar:	0.32 g
Total Dietary Fiber:	1.02 g
Cholesterol:	218 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	128.23 mg
Magnesium:	7.13*mg
Phosphorus:	141.78* mg
Potassium:	86.52* mg
Sodium:	489.43 mg
Copper:	0.031* mg
Iron:	2.14 mg
Manganese:	0.028* mg
Zinc:	1.007* mg

Vitamins

Vitamin A:	120.36 RE
Vitamin E:	0.46* mg
Thiamin (B1):	0.04* mg
Riboflavin (B2):	0.33* mg
Niacin (B3):	0.06* mg
Vitamin (B6):	0.11* mg
Vitamin B12:	0.64* mcg
Folacin:	51.25* mcg
Pantothenic Acid:	0.92* mg
Vitamin C:	1.20 mg
Vitamin D:	61.23* IU
Vitamin K:	0.45* mcg

Fatty Acids

Linoleic:	0.97* g
Oleic:	2.59* g

Other Information

Calories from Carbohydrates:	34%
Calories from Fat:	45%
Calories from Protein:	21%
Poly/SatFat:	0.29:1
Sodium/Potassium:	5.66:1
Calcium/Phosphorus:	0.90:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Meat Egg Burrito

Serving Size : 1 each (247.21 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	505 Kcal
Protein:	26.24 g
Carbohydrates:	42.77 g
Total Fat:	25.12 g
Monounsaturat Fat:	7.69* g
Polyunsaturat Fat:	2.04* g
Saturated Fat:	9.65 g
Trans Fat:	0.57 g
Water:	98* ml
Total Sugar:	0.82 g
Total Dietary Fiber:	1.33 g
Cholesterol:	355 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	227.25 mg
Magnesium:	21.63*mg
Phosphorus:	293.77* mg
Potassium:	251.70* mg
Sodium:	1,133.96 mg
Copper:	0.091* mg
Iron:	4.40 mg
Manganese:	0.150* mg
Zinc:	3.148* mg

Vitamins

Vitamin A:	194.42 RE
Vitamin E:	0.83* mg
Thiamin (B1):	0.09* mg
Riboflavin (B2):	0.56* mg
Niacin (B3):	1.60* mg
Vitamin (B6):	0.29* mg
Vitamin B12:	1.73* mcg
Folacin:	82.01* mcg
Pantothenic Acid:	1.61* mg
Vitamin C:	0.50 mg
Vitamin D:	93.72* IU
Vitamin K:	1.60* mcg

Fatty Acids

Linoleic:	1.68* g
Oleic:	4.59* g

Other Information

Calories from Carbohydrates:	34%
Calories from Fat:	45%
Calories from Protein:	21%
Poly/SatFat:	0.21:1
Sodium/Potassium:	4.51:1
Calcium/Phosphorus:	0.77:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Meat Egg Soft Taco

Serving Size : 1 each (131.26 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	248 Kcal
Protein:	14.37 g
Carbohydrates:	17.54 g
Total Fat:	13.72 g
Monounsaturat Fat:	4.40* g
Polyunsaturat Fat:	1.29* g
Saturated Fat:	5.06 g
Trans Fat:	0.29 g
Water:	60* ml
Total Sugar:	0.44 g
Total Dietary Fiber:	0.67 g
Cholesterol:	230 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	132.50 mg
Magnesium:	12.12*mg
Phosphorus:	174.27* mg
Potassium:	145.21* mg
Sodium:	543.55 mg
Copper:	0.053* mg
Iron:	2.45 mg
Manganese:	0.081* mg
Zinc:	1.761* mg

Vitamins

Vitamin A:	121.45 RE
Vitamin E:	0.52* mg
Thiamin (B1):	0.06* mg
Riboflavin (B2):	0.35* mg
Niacin (B3):	0.81* mg
Vitamin (B6):	0.17* mg
Vitamin B12:	1.01* mcg
Folacin:	53.34* mcg
Pantothenic Acid:	1.03* mg
Vitamin C:	0.25 mg
Vitamin D:	61.74* IU
Vitamin K:	0.87* mcg

Fatty Acids

Linoleic:	1.06* g
Oleic:	2.81* g

Other Information

Calories from Carbohydrates:	27%
Calories from Fat:	50%
Calories from Protein:	23%
Poly/SatFat:	0.25:1
Sodium/Potassium:	3.74:1
Calcium/Phosphorus:	0.76:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Bacon Salsa Mexicana Burrito

Serving Size : 1 each (341.62 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	559 Kcal
Protein:	27.50 g
Carbohydrates:	49.01 g
Total Fat:	27.77 g
Monounsaturat Fat:	8.30* g
Polyunsaturat Fat:	2.97* g
Saturated Fat:	9.92 g
Trans Fat:	0.42* g
Water:	136* ml
Total Sugar:	0.60* g
Total Dietary Fiber:	2.73* g
Cholesterol:	348 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	227.49 mg
Magnesium:	22.89*mg
Phosphorus:	327.58* mg
Potassium:	273.06* mg
Sodium:	1,420.77 mg
Copper:	0.108* mg
Iron:	4.20 mg
Manganese:	0.098* mg
Zinc:	2.296* mg

Vitamins

Vitamin A:	194.01 RE
Vitamin E:	0.97* mg
Thiamin (B1):	0.14* mg
Riboflavin (B2):	0.55* mg
Niacin (B3):	1.84* mg
Vitamin (B6):	0.25* mg
Vitamin B12:	1.19* mcg
Folacin:	98.09* mcg
Pantothenic Acid:	1.59* mg
Vitamin C:	1.69* mg
Vitamin D:	92.70* IU
Vitamin K:	1.18* mcg

Fatty Acids

Linoleic:	2.47* g
Oleic:	7.55* g

Other Information

Calories from Carbohydrates:	36%
Calories from Fat:	45%
Calories from Protein:	20%
Poly/SatFat:	0.30:1
Sodium/Potassium:	5.20:1
Calcium/Phosphorus:	0.69:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Sausage Salsa Mexicana Burrito

Serving Size : 1 each (318.09 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	544 Kcal
Protein:	25.94 g
Carbohydrates:	49.11 g
Total Fat:	26.97 g
Monounsaturat Fat:	7.84* g
Polyunsaturat Fat:	3.34* g
Saturated Fat:	9.63 g
Trans Fat:	0.45 g
Water:	146* ml
Total Sugar:	0.85 g
Total Dietary Fiber:	2.73* g
Cholesterol:	350 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	227.91 mg
Magnesium:	21.68*mg
Phosphorus:	279.78* mg
Potassium:	263.72* mg
Sodium:	1,251.78 mg
Copper:	0.095* mg
Iron:	4.23 mg
Manganese:	0.100* mg
Zinc:	2.310* mg

Vitamins

Vitamin A:	198.59 RE
Vitamin E:	1.12* mg
Thiamin (B1):	0.15* mg
Riboflavin (B2):	0.55* mg
Niacin (B3):	1.52* mg
Vitamin (B6):	0.24* mg
Vitamin B12:	1.23* mcg
Folacin:	98.00* mcg
Pantothenic Acid:	1.60* mg
Vitamin C:	1.69* mg
Vitamin D:	105.86* IU
Vitamin K:	1.16* mcg

Fatty Acids

Linoleic:	2.82* g
Oleic:	7.13* g

Other Information

Calories from Carbohydrates:	36%
Calories from Fat:	45%
Calories from Protein:	19%
Poly/SatFat:	0.35:1
Sodium/Potassium:	4.75:1
Calcium/Phosphorus:	0.81:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Beef Salsa Mexicana Burrito

Serving Size : 1 each (332.26 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	566 Kcal
Protein:	27.96 g
Carbohydrates:	50.50 g
Total Fat:	27.73 g
Monounsaturat Fat:	8.27* g
Polyunsaturat Fat:	2.41* g
Saturated Fat:	10.24 g
Trans Fat:	0.83 g
Water:	162* ml
Total Sugar:	0.86 g
Total Dietary Fiber:	3.04 g
Cholesterol:	355 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	234.42 mg
Magnesium:	28.03*mg
Phosphorus:	310.96* mg
Potassium:	303.54* mg
Sodium:	1,182.90 mg
Copper:	0.122* mg
Iron:	4.77 mg
Manganese:	0.202* mg
Zinc:	3.262* mg

Vitamins

Vitamin A:	194.42 RE
Vitamin E:	1.04* mg
Thiamin (B1):	0.12* mg
Riboflavin (B2):	0.57* mg
Niacin (B3):	1.64* mg
Vitamin (B6):	0.32* mg
Vitamin B12:	1.73* mcg
Folacin:	101.94* mcg
Pantothenic Acid:	1.63* mg
Vitamin C:	2.20 mg
Vitamin D:	93.72* IU
Vitamin K:	2.01* mcg

Fatty Acids

Linoleic:	2.00* g
Oleic:	5.18* g

Other Information

Calories from Carbohydrates:	36%
Calories from Fat:	44%
Calories from Protein:	20%
Poly/SatFat:	0.24:1
Sodium/Potassium:	3.90:1
Calcium/Phosphorus:	0.75:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Meat Sauce

Serving Size : 1 Oz (28.35 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	7 Kcal
Protein:	0.32 g
Carbohydrates:	1.79 g
Total Fat:	0.05 g
Monounsaturat Fat:	0.01 g
Polyunsaturat Fat:	0.02* g
Saturated Fat:	0.01 g
Trans Fat:	0.00 g
Water:	26* ml
Total Sugar:	0.83 g
Total Dietary Fiber:	0.42 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	5.14 mg
Magnesium:	4.72mg
Phosphorus:	7.47 mg
Potassium:	80.55 mg
Sodium:	517.49 mg
Copper:	0.056* mg
Iron:	0.34 mg
Manganese:	0.079* mg
Zinc:	0.066* mg

Vitamins

Vitamin A:	4.56 RE
Vitamin E:	0.34 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.01 mg
Niacin (B3):	0.26* mg
Vitamin (B6):	0.02* mg
Vitamin B12:	0.00* mcg
Folacin:	1.95* mcg
Pantothenic Acid:	0.08* mg
Vitamin C:	1.82 mg
Vitamin D:	0.00* IU
Vitamin K:	1.22* mcg

Fatty Acids

Linoleic:	0.02* g
Oleic:	0.01* g

Other Information

Calories from Carbohydrates:	77%
Calories from Fat:	6%
Calories from Protein:	17%
Poly/SatFat:	1.83:1
Sodium/Potassium:	6.42:1
Calcium/Phosphorus:	0.69:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Guacamole

Serving Size : 2 Oz (56.7 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	72 Kcal
Protein:	1.00 g
Carbohydrates:	4.44 g
Total Fat:	6.30 g
Monounsaturat Fat:	4.20 g
Polyunsaturat Fat:	0.79 g
Saturated Fat:	0.92 g
Trans Fat:	0.00 g
Water:	44 ml
Total Sugar:	0.70 g
Total Dietary Fiber:	3.06 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	7.11 mg
Magnesium:	13.99mg
Phosphorus:	26.21 mg
Potassium:	238.86 mg
Sodium:	181.71 mg
Copper:	0.090 mg
Iron:	0.28 mg
Manganese:	0.077 mg
Zinc:	0.301 mg

Vitamins

Vitamin A:	7.49 RE
Vitamin E:	0.94 mg
Thiamin (B1):	0.04 mg
Riboflavin (B2):	0.06 mg
Niacin (B3):	0.81 mg
Vitamin (B6):	0.13 mg
Vitamin B12:	0.00 mcg
Folacin:	36.90 mcg
Pantothenic Acid:	0.61 mg
Vitamin C:	5.97 mg
Vitamin D:	0.00 IU
Vitamin K:	9.84 mcg

Fatty Acids

Linoleic:	0.72 g
Oleic:	3.88 g

Other Information

Calories from Carbohydrates:	16%
Calories from Fat:	79%
Calories from Protein:	6%
Poly/SatFat:	0.86:1
Sodium/Potassium:	0.76:1
Calcium/Phosphorus:	0.27:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Salsa de Villa

Serving Size : 4 Oz (113.4 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	20 Kcal
Protein:	0.94 g
Carbohydrates:	4.26 g
Total Fat:	0.29 g
Monounsaturat Fat:	0.05 g
Polyunsaturat Fat:	0.11 g
Saturated Fat:	0.04 g
Trans Fat:	0.00 g
Water:	106 ml
Total Sugar:	2.97 g
Total Dietary Fiber:	2.23 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	36.59 mg
Magnesium:	11.99mg
Phosphorus:	20.80 mg
Potassium:	224.82 mg
Sodium:	498.22 mg
Copper:	0.059 mg
Iron:	0.65 mg
Manganese:	0.088 mg
Zinc:	0.148 mg

Vitamins

Vitamin A:	28.59 RE
Vitamin E:	0.91 mg
Thiamin (B1):	0.60 mg
Riboflavin (B2):	0.07 mg
Niacin (B3):	0.85 mg
Vitamin (B6):	0.15 mg
Vitamin B12:	0.00 mcg
Folacin:	11.61 mcg
Pantothenic Acid:	0.16 mg
Vitamin C:	22.43 mg
Vitamin D:	0.00 IU
Vitamin K:	9.31 mcg

Fatty Acids

Linoleic:	0.11 g
Oleic:	0.05 g

Other Information

Calories from Carbohydrates:	67%
Calories from Fat:	13%
Calories from Protein:	19%
Poly/SatFat:	2.93:1
Sodium/Potassium:	2.22:1
Calcium/Phosphorus:	1.76:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Queso

Serving Size : 2 Oz (56.7 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	120 Kcal
Protein:	6.01 g
Carbohydrates:	3.56 g
Total Fat:	8.83 g
Monounsaturat Fat:	0.08* g
Polyunsaturat Fat:	0.01* g
Saturated Fat:	5.87 g
Trans Fat:	0.00* g
Water:	15* ml
Total Sugar:	3.20* g
Total Dietary Fiber:	0.00* g
Cholesterol:	30 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	225.21 mg
Magnesium:	1.96*mg
Phosphorus:	8.27* mg
Potassium:	21.09* mg
Sodium:	601.40 mg
Copper:	0.010* mg
Iron:	0.03 mg
Manganese:	0.013* mg
Zinc:	0.039* mg

Vitamins

Vitamin A:	89.93 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.01* mg
Niacin (B3):	0.07* mg
Vitamin (B6):	0.01* mg
Vitamin B12:	0.01* mcg
Folacin:	1.18* mcg
Pantothenic Acid:	0.04* mg
Vitamin C:	0.69 mg
Vitamin D:	2.67* IU
Vitamin K:	0.02* mcg

Fatty Acids

Linoleic:	0.01* g
Oleic:	0.07* g

Other Information

Calories from Carbohydrates:	14%
Calories from Fat:	66%
Calories from Protein:	20%
Poly/SatFat:	0.00:1
Sodium/Potassium:	28.51:1
Calcium/Phosphorus:	27.24:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Gravy

Serving Size : 1 Oz (28.35 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	10 Kcal
Protein:	0.26 g
Carbohydrates:	1.30 g
Total Fat:	0.52 g
Monounsaturat Fat:	0.00* g
Polyunsaturat Fat:	0.00* g
Saturated Fat:	0.26 g
Trans Fat:	0.00 g
Water:	26* ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	0.78 mg
Magnesium:	0.26*mg
Phosphorus:	1.00* mg
Potassium:	0.26* mg
Sodium:	65.96 mg
Copper:	0.003* mg
Iron:	0.00 mg
Manganese:	0.000* mg
Zinc:	0.000* mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.00* mg
Niacin (B3):	0.00* mg
Vitamin (B6):	0.00* mg
Vitamin B12:	0.00* mcg
Folacin:	0.00* mcg
Pantothenic Acid:	0.00* mg
Vitamin C:	0.00 mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.00* g
Oleic:	0.00* g

Other Information

Calories from Carbohydrates:	45%
Calories from Fat:	45%
Calories from Protein:	10%
Poly/SatFat:	0.00:1
Sodium/Potassium:	252.41:1
Calcium/Phosphorus:	0.78:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Salsa Fresca

Serving Size : 2 Oz (56.7 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	13 Kcal
Protein:	0.57 g
Carbohydrates:	3.03 g
Total Fat:	0.12 g
Monounsaturat Fat:	0.02 g
Polyunsaturat Fat:	0.04 g
Saturated Fat:	0.02 g
Trans Fat:	0.00 g
Water:	55 ml
Total Sugar:	1.67 g
Total Dietary Fiber:	0.89 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	8.32 mg
Magnesium:	6.79mg
Phosphorus:	15.36 mg
Potassium:	137.10 mg
Sodium:	239.12 mg
Copper:	0.037 mg
Iron:	0.19 mg
Manganese:	0.069 mg
Zinc:	0.107 mg

Vitamins

Vitamin A:	25.23 RE
Vitamin E:	0.43 mg
Thiamin (B1):	0.03 mg
Riboflavin (B2):	0.02 mg
Niacin (B3):	0.35 mg
Vitamin (B6):	0.07 mg
Vitamin B12:	0.00 mcg
Folacin:	10.04 mcg
Pantothenic Acid:	0.08 mg
Vitamin C:	12.81 mg
Vitamin D:	0.00 IU
Vitamin K:	7.93 mcg

Fatty Acids

Linoleic:	0.04 g
Oleic:	0.02 g

Other Information

Calories from Carbohydrates:	74%
Calories from Fat:	8%
Calories from Protein:	17%
Poly/SatFat:	2.14:1
Sodium/Potassium:	1.74:1
Calcium/Phosphorus:	0.54:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Corn Salsa

Serving Size : 1 Oz (28.35 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	25 Kcal
Protein:	0.79 g
Carbohydrates:	5.98 g
Total Fat:	0.21 g
Monounsaturat Fat:	0.06 g
Polyunsaturat Fat:	0.10 g
Saturated Fat:	0.03 g
Trans Fat:	0.00 g
Water:	25 ml
Total Sugar:	1.00 g
Total Dietary Fiber:	0.77 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	1.39 mg
Magnesium:	8.73mg
Phosphorus:	24.45 mg
Potassium:	74.71 mg
Sodium:	79.06 mg
Copper:	0.016 mg
Iron:	0.15 mg
Manganese:	0.051 mg
Zinc:	0.194 mg

Vitamins

Vitamin A:	4.07 RE
Vitamin E:	0.05 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.02 mg
Niacin (B3):	0.41 mg
Vitamin (B6):	0.03 mg
Vitamin B12:	0.00 mcg
Folacin:	11.08 mcg
Pantothenic Acid:	0.05 mg
Vitamin C:	2.08 mg
Vitamin D:	0.00 IU
Vitamin K:	0.82 mcg

Fatty Acids

Linoleic:	0.09 g
Oleic:	0.06 g

Other Information

Calories from Carbohydrates:	80%
Calories from Fat:	7%
Calories from Protein:	13%
Poly/SatFat:	3.12:1
Sodium/Potassium:	1.06:1
Calcium/Phosphorus:	0.06:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Cinnamon Sugar Blend

Serving Size : 1/2 Oz (14.18 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	57 Kcal
Protein:	0.04 g
Carbohydrates:	14.80 g
Total Fat:	0.01 g
Monounsaturat Fat:	0.00 g
Polyunsaturat Fat:	0.00 g
Saturated Fat:	0.00 g
Trans Fat:	0.00* g
Water:	0 ml
Total Sugar:	13.99 g
Total Dietary Fiber:	0.53 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	10.16 mg
Magnesium:	0.60mg
Phosphorus:	0.64 mg
Potassium:	4.59 mg
Sodium:	0.24 mg
Copper:	0.005 mg
Iron:	0.09 mg
Manganese:	0.175 mg
Zinc:	0.020 mg

Vitamins

Vitamin A:	0.15 RE
Vitamin E:	0.02 mg
Thiamin (B1):	0.00 mg
Riboflavin (B2):	0.00 mg
Niacin (B3):	0.01 mg
Vitamin (B6):	0.00 mg
Vitamin B12:	0.00 mcg
Folacin:	0.06 mcg
Pantothenic Acid:	0.00 mg
Vitamin C:	0.04 mg
Vitamin D:	0.00 IU
Vitamin K:	0.31 mcg

Fatty Acids

Linoleic:	0.00 g
Oleic:	0.00 g

Other Information

Calories from Carbohydrates:	100%
Calories from Fat:	0%
Calories from Protein:	0%
Poly/SatFat:	0.20:1
Sodium/Potassium:	0.05:1
Calcium/Phosphorus:	15.88:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Cinnamon Stix Two

Serving Size : 3 7/8 Oz (110.56 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	346 Kcal
Protein:	3.08 g
Carbohydrates:	75.85 g
Total Fat:	4.05 g
Monounsaturat Fat:	0.01* g
Polyunsaturat Fat:	0.00* g
Saturated Fat:	0.54 g
Trans Fat:	0.00 g
Water:	0* ml
Total Sugar:	54.33 g
Total Dietary Fiber:	3.09 g
Cholesterol:	5 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	40.32 mg
Magnesium:	1.20*mg
Phosphorus:	1.28* mg
Potassium:	9.18* mg
Sodium:	118.96 mg
Copper:	0.010* mg
Iron:	2.16 mg
Manganese:	0.349* mg
Zinc:	0.039* mg

Vitamins

Vitamin A:	0.30 RE
Vitamin E:	0.05* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.01* mg
Niacin (B3):	0.03* mg
Vitamin (B6):	0.00* mg
Vitamin B12:	0.00* mcg
Folacin:	0.12* mcg
Pantothenic Acid:	0.01* mg
Vitamin C:	0.08 mg
Vitamin D:	0.00* IU
Vitamin K:	0.62* mcg

Fatty Acids

Linoleic:	0.00* g
Oleic:	0.01* g

Other Information

Calories from Carbohydrates:	86%
Calories from Fat:	11%
Calories from Protein:	4%
Poly/SatFat:	0.00:1
Sodium/Potassium:	12.96:1
Calcium/Phosphorus:	31.50:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Cinnamon Stix Five

Serving Size : 8 3/4 Oz (248.35 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	762 Kcal
Protein:	7.66 g
Carbohydrates:	163.21 g
Total Fat:	10.11 g
Monounsaturat Fat:	0.01* g
Polyunsaturat Fat:	0.00* g
Saturated Fat:	1.32 g
Trans Fat:	0.00 g
Water:	0* ml
Total Sugar:	110.65 g
Total Dietary Fiber:	7.18 g
Cholesterol:	13 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	90.64 mg
Magnesium:	2.40*mg
Phosphorus:	2.56* mg
Potassium:	18.36* mg
Sodium:	292.91 mg
Copper:	0.019* mg
Iron:	5.31 mg
Manganese:	0.699* mg
Zinc:	0.079* mg

Vitamins

Vitamin A:	0.60 RE
Vitamin E:	0.09* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.01* mg
Niacin (B3):	0.05* mg
Vitamin (B6):	0.01* mg
Vitamin B12:	0.00* mcg
Folacin:	0.24* mcg
Pantothenic Acid:	0.01* mg
Vitamin C:	0.15 mg
Vitamin D:	0.00* IU
Vitamin K:	1.25* mcg

Fatty Acids

Linoleic:	0.00* g
Oleic:	0.01* g

Other Information

Calories from Carbohydrates:	84%
Calories from Fat:	12%
Calories from Protein:	4%
Poly/SatFat:	0.00:1
Sodium/Potassium:	15.95:1
Calcium/Phosphorus:	35.41:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Taco Burger

Serving Size : 1 each (193.91 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	335 Kcal
Protein:	17.04 g
Carbohydrates:	30.05 g
Total Fat:	16.03 g
Monounsaturat Fat:	5.76 g
Polyunsaturat Fat:	1.44 g
Saturated Fat:	6.58 g
Trans Fat:	0.68 g
Water:	130 ml
Total Sugar:	5.67 g
Total Dietary Fiber:	2.18 g
Cholesterol:	46 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	194.24 mg
Magnesium:	34.93mg
Phosphorus:	217.18 mg
Potassium:	361.26 mg
Sodium:	497.76 mg
Copper:	0.147 mg
Iron:	3.06 mg
Manganese:	0.489 mg
Zinc:	3.005 mg

Vitamins

Vitamin A:	87.73 RE
Vitamin E:	0.64 mg
Thiamin (B1):	0.34 mg
Riboflavin (B2):	0.30 mg
Niacin (B3):	4.32 mg
Vitamin (B6):	0.24 mg
Vitamin B12:	1.23 mcg
Folacin:	73.01 mcg
Pantothenic Acid:	0.68 mg
Vitamin C:	6.76 mg
Vitamin D:	4.76 IU
Vitamin K:	16.54 mcg

Fatty Acids

Linoleic:	1.24 g
Oleic:	2.00 g

Other Information

Calories from Carbohydrates:	37%
Calories from Fat:	43%
Calories from Protein:	20%
Poly/SatFat:	0.22:1
Sodium/Potassium:	1.38:1
Calcium/Phosphorus:	0.89:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Tortilla Salad Bowl

Serving Size : 1 each (133.81 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	268 Kcal
Protein:	6.00 g
Carbohydrates:	38.00 g
Total Fat:	10.40 g
Monounsaturat Fat:	3.18* g
Polyunsaturat Fat:	1.60* g
Saturated Fat:	1.88 g
Trans Fat:	0.00 g
Water:	0* ml
Total Sugar:	0.00 g
Total Dietary Fiber:	1.00 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	60.00 mg
Magnesium:	0.00*mg
Phosphorus:	1.00* mg
Potassium:	1.00* mg
Sodium:	590.00 mg
Copper:	0.000* mg
Iron:	1.80 mg
Manganese:	0.000* mg
Zinc:	0.000* mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.92* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.00* mg
Niacin (B3):	0.00* mg
Vitamin (B6):	0.00* mg
Vitamin B12:	0.00* mcg
Folacin:	0.00* mcg
Pantothenic Acid:	0.00* mg
Vitamin C:	0.00 mg
Vitamin D:	0.00* IU
Vitamin K:	6.59* mcg

Fatty Acids

Linoleic:	1.10* g
Oleic:	3.03* g

Other Information

Calories from Carbohydrates:	56%
Calories from Fat:	35%
Calories from Protein:	9%
Poly/SatFat:	0.85:1
Sodium/Potassium:	590.00:1
Calcium/Phosphorus:	60.00:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Salad with Taco Meat

Serving Size : 1 salad (585.71 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	629 Kcal
Protein:	23.87 g
Carbohydrates:	67.13 g
Total Fat:	31.52 g
Monounsaturat Fat:	12.54 g
Polyunsaturat Fat:	3.64 g
Saturated Fat:	9.19 g
Trans Fat:	1.17 g
Water:	416 ml
Total Sugar:	5.35 g
Total Dietary Fiber:	9.00 g
Cholesterol:	46 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	245.98 mg
Magnesium:	76.21mg
Phosphorus:	295.50 mg
Potassium:	907.37 mg
Sodium:	1,260.68 mg
Copper:	0.290 mg
Iron:	5.20 mg
Manganese:	0.746 mg
Zinc:	3.620 mg

Vitamins

Vitamin A:	508.61 RE
Vitamin E:	2.87 mg
Thiamin (B1):	0.23 mg
Riboflavin (B2):	0.32 mg
Niacin (B3):	4.11 mg
Vitamin (B6):	0.51 mg
Vitamin B12:	1.13 mcg
Folacin:	142.27 mcg
Pantothenic Acid:	1.00 mg
Vitamin C:	26.99 mg
Vitamin D:	4.76 IU
Vitamin K:	163.65 mcg

Fatty Acids

Linoleic:	2.84 g
Oleic:	8.47 g

Other Information

Calories from Carbohydrates:	40%
Calories from Fat:	45%
Calories from Protein:	15%
Poly/SatFat:	0.40:1
Sodium/Potassium:	1.39:1
Calcium/Phosphorus:	0.83:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Salad with Chicken

Serving Size : 1 salad (585.71 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	582 Kcal
Protein:	28.07 g
Carbohydrates:	65.85 g
Total Fat:	25.28 g
Monounsaturat Fat:	8.47* g
Polyunsaturat Fat:	3.34* g
Saturated Fat:	6.47 g
Trans Fat:	0.63 g
Water:	378* ml
Total Sugar:	5.51 g
Total Dietary Fiber:	8.60 g
Cholesterol:	47 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	244.58 mg
Magnesium:	62.91* mg
Phosphorus:	208.87* mg
Potassium:	750.85* mg
Sodium:	1,621.37 mg
Copper:	0.233* mg
Iron:	4.66 mg
Manganese:	0.604* mg
Zinc:	1.610* mg

Vitamins

Vitamin A:	565.70 RE
Vitamin E:	2.71* mg
Thiamin (B1):	0.19* mg
Riboflavin (B2):	0.25* mg
Niacin (B3):	2.11* mg
Vitamin (B6):	0.35* mg
Vitamin B12:	0.16* mcg
Folacin:	136.71* mcg
Pantothenic Acid:	0.72* mg
Vitamin C:	26.91 mg
Vitamin D:	3.40* IU
Vitamin K:	162.52* mcg

Fatty Acids

Linoleic:	2.58* g
Oleic:	7.88* g

Other Information

Calories from Carbohydrates:	42%
Calories from Fat:	39%
Calories from Protein:	19%
Poly/SatFat:	0.52:1
Sodium/Potassium:	2.16:1
Calcium/Phosphorus:	1.17:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Cheese Burrito

Serving Size : 1 each (190.51 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	571 Kcal
Protein:	25.73 g
Carbohydrates:	42.33 g
Total Fat:	33.33 g
Monounsaturat Fat:	7.87* g
Polyunsaturat Fat:	1.21* g
Saturated Fat:	17.55 g
Trans Fat:	0.78 g
Water:	31* ml
Total Sugar:	0.69 g
Total Dietary Fiber:	1.00 g
Cholesterol:	84 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	668.67 mg
Magnesium:	22.96*mg
Phosphorus:	386.98* mg
Potassium:	72.01* mg
Sodium:	1,261.61 mg
Copper:	0.026* mg
Iron:	2.20 mg
Manganese:	0.026* mg
Zinc:	3.096* mg

Vitamins

Vitamin A:	280.67 RE
Vitamin E:	0.60* mg
Thiamin (B1):	0.03* mg
Riboflavin (B2):	0.37* mg
Niacin (B3):	0.05* mg
Vitamin (B6):	0.06* mg
Vitamin B12:	0.94* mcg
Folacin:	22.96* mcg
Pantothenic Acid:	0.35* mg
Vitamin C:	0.00 mg
Vitamin D:	20.41* IU
Vitamin K:	2.04* mcg

Fatty Acids

Linoleic:	1.00* g
Oleic:	6.29* g

Other Information

Calories from Carbohydrates:	29%
Calories from Fat:	53%
Calories from Protein:	18%
Poly/SatFat:	0.07:1
Sodium/Potassium:	17.52:1
Calcium/Phosphorus:	1.73:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Tortilla Chips

Serving Size : 3 Oz (85.05 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	339 Kcal
Protein:	7.33 g
Carbohydrates:	53.72 g
Total Fat:	11.66 g
Monounsaturat Fat:	4.71* g
Polyunsaturat Fat:	2.37* g
Saturated Fat:	0.57 g
Trans Fat:	0.00 g
Water:	0* ml
Total Sugar:	0.00 g
Total Dietary Fiber:	0.00 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	24.50 mg
Magnesium:	0.00*mg
Phosphorus:	1.00* mg
Potassium:	0.03* mg
Sodium:	167.62 mg
Copper:	0.000* mg
Iron:	1.76 mg
Manganese:	0.000* mg
Zinc:	0.000* mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	1.37* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.00* mg
Niacin (B3):	0.00* mg
Vitamin (B6):	0.00* mg
Vitamin B12:	0.00* mcg
Folacin:	0.00* mcg
Pantothenic Acid:	0.00* mg
Vitamin C:	0.00 mg
Vitamin D:	0.00* IU
Vitamin K:	9.76* mcg

Fatty Acids

Linoleic:	1.62* g
Oleic:	4.49* g

Other Information

Calories from Carbohydrates:	60%
Calories from Fat:	31%
Calories from Protein:	9%
Poly/SatFat:	4.17:1
Sodium/Potassium:	6,199.41:1
Calcium/Phosphorus:	24.50:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Cheese Nacho

Serving Size : 5 Oz (141.75 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	407 Kcal
Protein:	13.90 g
Carbohydrates:	41.16 g
Total Fat:	21.03 g
Monounsaturat Fat:	3.26 g
Polyunsaturat Fat:	1.60 g
Saturated Fat:	9.18 g
Trans Fat:	0.00 g
Water:	23 ml
Total Sugar:	4.79 g
Total Dietary Fiber:	0.00 g
Cholesterol:	44 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	354.15 mg
Magnesium:	2.94mg
Phosphorus:	12.40 mg
Potassium:	31.66 mg
Sodium:	1,013.85 mg
Copper:	0.015 mg
Iron:	1.22 mg
Manganese:	0.020 mg
Zinc:	0.059 mg

Vitamins

Vitamin A:	134.90 RE
Vitamin E:	0.92 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.02 mg
Niacin (B3):	0.11 mg
Vitamin (B6):	0.02 mg
Vitamin B12:	0.01 mcg
Folacin:	1.77 mcg
Pantothenic Acid:	0.06 mg
Vitamin C:	1.04 mg
Vitamin D:	4.00 IU
Vitamin K:	6.53 mcg

Fatty Acids

Linoleic:	1.10 g
Oleic:	3.10 g

Other Information

Calories from Carbohydrates:	40%
Calories from Fat:	47%
Calories from Protein:	14%
Poly/SatFat:	0.17:1
Sodium/Potassium:	32.03:1
Calcium/Phosphorus:	28.55:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Combo Nacho

Serving Size : 8 Oz (226.8 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	523 Kcal
Protein:	20.91 g
Carbohydrates:	45.16 g
Total Fat:	28.92 g
Monounsaturat Fat:	6.75 g
Polyunsaturat Fat:	2.10 g
Saturated Fat:	11.97 g
Trans Fat:	0.59 g
Water:	99 ml
Total Sugar:	5.07 g
Total Dietary Fiber:	1.08 g
Cholesterol:	68 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	368.07 mg
Magnesium:	17.71mg
Phosphorus:	90.27 mg
Potassium:	187.92 mg
Sodium:	1,162.54 mg
Copper:	0.081 mg
Iron:	2.21 mg
Manganese:	0.167 mg
Zinc:	1.653 mg

Vitamins

Vitamin A:	137.08 RE
Vitamin E:	1.19 mg
Thiamin (B1):	0.05 mg
Riboflavin (B2):	0.08 mg
Niacin (B3):	1.64 mg
Vitamin (B6):	0.16 mg
Vitamin B12:	0.74 mcg
Folacin:	20.89 mcg
Pantothenic Acid:	0.28 mg
Vitamin C:	1.61 mg
Vitamin D:	5.02 IU
Vitamin K:	7.68 mcg

Fatty Acids

Linoleic:	1.52 g
Oleic:	3.98 g

Other Information

Calories from Carbohydrates:	34%
Calories from Fat:	50%
Calories from Protein:	16%
Poly/SatFat:	0.18:1
Sodium/Potassium:	6.19:1
Calcium/Phosphorus:	4.08:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Beef Nacho

Serving Size : 8 Oz (226.8 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	598 Kcal
Protein:	26.35 g
Carbohydrates:	44.58 g
Total Fat:	34.90 g
Monounsaturat Fat:	9.36 g
Polyunsaturat Fat:	2.05 g
Saturated Fat:	14.39 g
Trans Fat:	0.80 g
Water:	79 ml
Total Sugar:	5.30 g
Total Dietary Fiber:	0.61 g
Cholesterol:	93 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	371.24 mg
Magnesium:	22.89mg
Phosphorus:	142.34 mg
Potassium:	266.43 mg
Sodium:	1,245.32 mg
Copper:	0.100 mg
Iron:	2.84 mg
Manganese:	0.235 mg
Zinc:	3.074 mg

Vitamins

Vitamin A:	139.26 RE
Vitamin E:	1.16 mg
Thiamin (B1):	0.07 mg
Riboflavin (B2):	0.13 mg
Niacin (B3):	3.12 mg
Vitamin (B6):	0.25 mg
Vitamin B12:	1.46 mcg
Folacin:	10.12 mcg
Pantothenic Acid:	0.48 mg
Vitamin C:	2.05 mg
Vitamin D:	6.04 IU
Vitamin K:	8.22 mcg

Fatty Acids

Linoleic:	1.47 g
Oleic:	3.98 g

Other Information

Calories from Carbohydrates:	30%
Calories from Fat:	53%
Calories from Protein:	18%
Poly/SatFat:	0.14:1
Sodium/Potassium:	4.67:1
Calcium/Phosphorus:	2.61:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Chicken Nacho

Serving Size : 8 Oz (226.8 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	527 Kcal
Protein:	32.65 g
Carbohydrates:	42.66 g
Total Fat:	25.53 g
Monounsaturat Fat:	3.26* g
Polyunsaturat Fat:	1.60* g
Saturated Fat:	10.31 g
Trans Fat:	0.00 g
Water:	23* ml
Total Sugar:	5.54 g
Total Dietary Fiber:	0.00 g
Cholesterol:	93 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	369.15 mg
Magnesium:	2.94*mg
Phosphorus:	12.40* mg
Potassium:	31.66* mg
Sodium:	1,786.35 mg
Copper:	0.015* mg
Iron:	2.03 mg
Manganese:	0.020* mg
Zinc:	0.059* mg

Vitamins

Vitamin A:	224.90 RE
Vitamin E:	0.92* mg
Thiamin (B1):	0.01* mg
Riboflavin (B2):	0.02* mg
Niacin (B3):	0.11* mg
Vitamin (B6):	0.02* mg
Vitamin B12:	0.01* mcg
Folacin:	1.77* mcg
Pantothenic Acid:	0.06* mg
Vitamin C:	1.94 mg
Vitamin D:	4.00* IU
Vitamin K:	6.53* mcg

Fatty Acids

Linoleic:	1.10* g
Oleic:	3.10* g

Other Information

Calories from Carbohydrates:	32%
Calories from Fat:	44%
Calories from Protein:	25%
Poly/SatFat:	0.15:1
Sodium/Potassium:	56.43:1
Calcium/Phosphorus:	29.76:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Extreme Nacho

Serving Size : 1 Each (396.9 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	684 Kcal
Protein:	26.02 g
Carbohydrates:	61.75 g
Total Fat:	37.95 g
Monounsaturat Fat:	10.42* g
Polyunsaturat Fat:	3.03* g
Saturated Fat:	14.68 g
Trans Fat:	0.90 g
Water:	218* ml
Total Sugar:	8.02 g
Total Dietary Fiber:	3.13 g
Cholesterol:	85 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	406.47 mg
Magnesium:	35.36*mg
Phosphorus:	151.27* mg
Potassium:	491.78 mg
Sodium:	1,410.62 mg
Copper:	0.170* mg
Iron:	3.43 mg
Manganese:	0.325* mg
Zinc:	2.433* mg

Vitamins

Vitamin A:	186.85 RE
Vitamin E:	2.16* mg
Thiamin (B1):	0.11* mg
Riboflavin (B2):	0.16* mg
Niacin (B3):	2.75* mg
Vitamin (B6):	0.29* mg
Vitamin B12:	1.01* mcg
Folacin:	50.76* mcg
Pantothenic Acid:	0.65* mg
Vitamin C:	12.32 mg
Vitamin D:	5.36 IU
Vitamin K:	20.68* mcg

Fatty Acids

Linoleic:	2.26* g
Oleic:	6.59* g

Other Information

Calories from Carbohydrates:	35%
Calories from Fat:	50%
Calories from Protein:	15%
Poly/SatFat:	0.21:1
Sodium/Potassium:	2.87:1
Calcium/Phosphorus:	2.69:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Chips & Queso SM

Serving Size : 7 Oz (198.45 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	580 Kcal
Protein:	19.35 g
Carbohydrates:	60.84 g
Total Fat:	29.33 g
Monounsaturat Fat:	4.87 g
Polyunsaturat Fat:	2.39 g
Saturated Fat:	12.31 g
Trans Fat:	0.00 g
Water:	30 ml
Total Sugar:	6.39 g
Total Dietary Fiber:	0.00 g
Cholesterol:	59 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	474.92 mg
Magnesium:	3.91mg
Phosphorus:	16.54 mg
Potassium:	42.21 mg
Sodium:	1,370.43 mg
Copper:	0.020 mg
Iron:	1.82 mg
Manganese:	0.027 mg
Zinc:	0.079 mg

Vitamins

Vitamin A:	179.86 RE
Vitamin E:	1.38 mg
Thiamin (B1):	0.01 mg
Riboflavin (B2):	0.03 mg
Niacin (B3):	0.14 mg
Vitamin (B6):	0.02 mg
Vitamin B12:	0.01 mcg
Folacin:	2.36 mcg
Pantothenic Acid:	0.07 mg
Vitamin C:	1.38 mg
Vitamin D:	5.33 IU
Vitamin K:	9.79 mcg

Fatty Acids

Linoleic:	1.64 g
Oleic:	4.63 g

Other Information

Calories from Carbohydrates:	41%
Calories from Fat:	46%
Calories from Protein:	13%
Poly/SatFat:	0.19:1
Sodium/Potassium:	32.47:1
Calcium/Phosphorus:	28.72:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Chips & Queso LRG

Serving Size : 14 Oz (396.9 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	1,160 Kcal
Protein:	38.71 g
Carbohydrates:	121.69 g
Total Fat:	58.66 g
Monounsaturat Fat:	9.74 g
Polyunsaturat Fat:	4.78 g
Saturated Fat:	24.62 g
Trans Fat:	0.00 g
Water:	61 ml
Total Sugar:	12.78 g
Total Dietary Fiber:	0.00 g
Cholesterol:	118 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	949.84 mg
Magnesium:	7.83mg
Phosphorus:	33.07 mg
Potassium:	84.42 mg
Sodium:	2,740.86 mg
Copper:	0.041 mg
Iron:	3.65 mg
Manganese:	0.055 mg
Zinc:	0.157 mg

Vitamins

Vitamin A:	359.72 RE
Vitamin E:	2.76 mg
Thiamin (B1):	0.02 mg
Riboflavin (B2):	0.05 mg
Niacin (B3):	0.28 mg
Vitamin (B6):	0.05 mg
Vitamin B12:	0.02 mcg
Folacin:	4.72 mcg
Pantothenic Acid:	0.15 mg
Vitamin C:	2.77 mg
Vitamin D:	10.66 IU
Vitamin K:	19.59 mcg

Fatty Acids

Linoleic:	3.28 g
Oleic:	9.26 g

Other Information

Calories from Carbohydrates:	41%
Calories from Fat:	46%
Calories from Protein:	13%
Poly/SatFat:	0.19:1
Sodium/Potassium:	32.47:1
Calcium/Phosphorus:	28.72:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Chips & Guac LRG

Serving Size : 14 Oz (396.9 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	967 Kcal
Protein:	18.66 g
Carbohydrates:	125.19 g
Total Fat:	48.52 g
Monounsaturat Fat:	26.21 g
Polyunsaturat Fat:	7.89 g
Saturated Fat:	4.80 g
Trans Fat:	0.00 g
Water:	177 ml
Total Sugar:	2.78 g
Total Dietary Fiber:	12.23 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	77.45 mg
Magnesium:	55.97mg
Phosphorus:	104.83 mg
Potassium:	955.50 mg
Sodium:	1,062.08 mg
Copper:	0.359 mg
Iron:	4.64 mg
Manganese:	0.311 mg
Zinc:	1.206 mg

Vitamins

Vitamin A:	29.95 RE
Vitamin E:	6.52 mg
Thiamin (B1):	0.15 mg
Riboflavin (B2):	0.24 mg
Niacin (B3):	3.25 mg
Vitamin (B6):	0.50 mg
Vitamin B12:	0.00 mcg
Folacin:	147.59 mcg
Pantothenic Acid:	2.44 mg
Vitamin C:	23.88 mg
Vitamin D:	0.00 IU
Vitamin K:	58.90 mcg

Fatty Acids

Linoleic:	6.14 g
Oleic:	24.52 g

Other Information

Calories from Carbohydrates:	47%
Calories from Fat:	45%
Calories from Protein:	8%
Poly/SatFat:	1.64:1
Sodium/Potassium:	1.11:1
Calcium/Phosphorus:	0.74:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Chips & Guac SM

Serving Size : 7 Oz (198.45 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	483 Kcal
Protein:	9.33 g
Carbohydrates:	62.60 g
Total Fat:	24.26 g
Monounsaturat Fat:	13.11 g
Polyunsaturat Fat:	3.94 g
Saturated Fat:	2.40 g
Trans Fat:	0.00 g
Water:	88 ml
Total Sugar:	1.39 g
Total Dietary Fiber:	6.12 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	38.72 mg
Magnesium:	27.99mg
Phosphorus:	52.41 mg
Potassium:	477.75 mg
Sodium:	531.04 mg
Copper:	0.180 mg
Iron:	2.32 mg
Manganese:	0.155 mg
Zinc:	0.603 mg

Vitamins

Vitamin A:	14.98 RE
Vitamin E:	3.26 mg
Thiamin (B1):	0.07 mg
Riboflavin (B2):	0.12 mg
Niacin (B3):	1.62 mg
Vitamin (B6):	0.25 mg
Vitamin B12:	0.00 mcg
Folacin:	73.79 mcg
Pantothenic Acid:	1.22 mg
Vitamin C:	11.94 mg
Vitamin D:	0.00 IU
Vitamin K:	29.45 mcg

Fatty Acids

Linoleic:	3.07 g
Oleic:	12.26 g

Other Information

Calories from Carbohydrates:	47%
Calories from Fat:	45%
Calories from Protein:	8%
Poly/SatFat:	1.64:1
Sodium/Potassium:	1.11:1
Calcium/Phosphorus:	0.74:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Chips & Salsa SM

Serving Size : 7 Oz (198.45 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	359 Kcal
Protein:	8.27 g
Carbohydrates:	57.98 g
Total Fat:	11.96 g
Monounsaturat Fat:	4.76 g
Polyunsaturat Fat:	2.48 g
Saturated Fat:	0.61 g
Trans Fat:	0.00 g
Water:	106 ml
Total Sugar:	2.97 g
Total Dietary Fiber:	2.23 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	61.09 mg
Magnesium:	11.99mg
Phosphorus:	20.80 mg
Potassium:	224.85 mg
Sodium:	665.84 mg
Copper:	0.059 mg
Iron:	2.41 mg
Manganese:	0.088 mg
Zinc:	0.148 mg

Vitamins

Vitamin A:	28.59 RE
Vitamin E:	2.28 mg
Thiamin (B1):	0.60 mg
Riboflavin (B2):	0.07 mg
Niacin (B3):	0.85 mg
Vitamin (B6):	0.15 mg
Vitamin B12:	0.00 mcg
Folacin:	11.61 mcg
Pantothenic Acid:	0.16 mg
Vitamin C:	22.43 mg
Vitamin D:	0.00 IU
Vitamin K:	19.08 mcg

Fatty Acids

Linoleic:	1.73 g
Oleic:	4.53 g

Other Information

Calories from Carbohydrates:	61%
Calories from Fat:	30%
Calories from Protein:	9%
Poly/SatFat:	4.09:1
Sodium/Potassium:	2.96:1
Calcium/Phosphorus:	2.94:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Chips & Salsa LRG

Serving Size : 14 Oz (396.9 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	718 Kcal
Protein:	16.53 g
Carbohydrates:	115.96 g
Total Fat:	23.91 g
Monounsaturat Fat:	9.52 g
Polyunsaturat Fat:	4.96 g
Saturated Fat:	1.21 g
Trans Fat:	0.00 g
Water:	213 ml
Total Sugar:	5.94 g
Total Dietary Fiber:	4.46 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	122.18 mg
Magnesium:	23.99mg
Phosphorus:	41.60 mg
Potassium:	449.70 mg
Sodium:	1,331.68 mg
Copper:	0.119 mg
Iron:	4.81 mg
Manganese:	0.176 mg
Zinc:	0.296 mg

Vitamins

Vitamin A:	57.18 RE
Vitamin E:	4.56 mg
Thiamin (B1):	1.20 mg
Riboflavin (B2):	0.14 mg
Niacin (B3):	1.69 mg
Vitamin (B6):	0.30 mg
Vitamin B12:	0.00 mcg
Folacin:	23.22 mcg
Pantothenic Acid:	0.31 mg
Vitamin C:	44.86 mg
Vitamin D:	0.00 IU
Vitamin K:	38.15 mcg

Fatty Acids

Linoleic:	3.47 g
Oleic:	9.07 g

Other Information

Calories from Carbohydrates:	61%
Calories from Fat:	30%
Calories from Protein:	9%
Poly/SatFat:	4.09:1
Sodium/Potassium:	2.96:1
Calcium/Phosphorus:	2.94:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Steak Burrito

Serving Size : 1 Each (273.58 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	433 Kcal
Protein:	19.27 g
Carbohydrates:	45.17 g
Total Fat:	19.95 g
Monounsaturat Fat:	1.98* g
Polyunsaturat Fat:	0.38* g
Saturated Fat:	7.97 g
Trans Fat:	0.24 g
Water:	95* ml
Total Sugar:	2.88 g
Total Dietary Fiber:	2.00 g
Cholesterol:	49 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	203.14 mg
Magnesium:	13.55*mg
Phosphorus:	94.41* mg
Potassium:	212.82* mg
Sodium:	1,115.09 mg
Copper:	0.051* mg
Iron:	3.09 mg
Manganese:	0.103* mg
Zinc:	0.700* mg

Vitamins

Vitamin A:	95.72 RE
Vitamin E:	0.53* mg
Thiamin (B1):	0.04* mg
Riboflavin (B2):	0.10* mg
Niacin (B3):	0.41* mg
Vitamin (B6):	0.07* mg
Vitamin B12:	0.19* mcg
Folacin:	20.15* mcg
Pantothenic Acid:	0.20* mg
Vitamin C:	9.22 mg
Vitamin D:	3.40* IU
Vitamin K:	10.58* mcg

Fatty Acids

Linoleic:	0.31* g
Oleic:	1.65* g

Other Information

Calories from Carbohydrates:	41%
Calories from Fat:	41%
Calories from Protein:	18%
Poly/SatFat:	0.05:1
Sodium/Potassium:	5.24:1
Calcium/Phosphorus:	2.15:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Crispy Taco w/Steak

Serving Size : 1 each (113.4 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	170 Kcal
Protein:	9.26 g
Carbohydrates:	10.06 g
Total Fat:	10.25 g
Monounsaturat Fat:	0.67* g
Polyunsaturat Fat:	0.14* g
Saturated Fat:	3.77 g
Trans Fat:	0.07 g
Water:	52* ml
Total Sugar:	1.57 g
Total Dietary Fiber:	1.30 g
Cholesterol:	27 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	67.25 mg
Magnesium:	6.81* mg
Phosphorus:	43.94* mg
Potassium:	108.86* mg
Sodium:	279.96 mg
Copper:	0.027* mg
Iron:	0.96 mg
Manganese:	0.064* mg
Zinc:	0.343* mg

Vitamins

Vitamin A:	41.73 RE
Vitamin E:	0.26* mg
Thiamin (B1):	0.02* mg
Riboflavin (B2):	0.04* mg
Niacin (B3):	0.21* mg
Vitamin (B6):	0.04* mg
Vitamin B12:	0.08* mcg
Folacin:	12.73* mcg
Pantothenic Acid:	0.08* mg
Vitamin C:	4.84 mg
Vitamin D:	1.70* IU
Vitamin K:	7.74* mcg

Fatty Acids

Linoleic:	0.11* g
Oleic:	0.53* g

Other Information

Calories from Carbohydrates:	24%
Calories from Fat:	54%
Calories from Protein:	22%
Poly/SatFat:	0.04:1
Sodium/Potassium:	2.57:1
Calcium/Phosphorus:	1.53:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Soft Taco w/Steak

Serving Size : 1 each (165.85 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	202 Kcal
Protein:	11.09 g
Carbohydrates:	18.06 g
Total Fat:	10.20 g
Monounsaturat Fat:	0.67* g
Polyunsaturat Fat:	0.14* g
Saturated Fat:	3.60 g
Trans Fat:	0.07 g
Water:	52* ml
Total Sugar:	1.27 g
Total Dietary Fiber:	1.13 g
Cholesterol:	27 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	107.25 mg
Magnesium:	6.81* mg
Phosphorus:	43.94* mg
Potassium:	108.86* mg
Sodium:	514.96 mg
Copper:	0.027* mg
Iron:	1.62 mg
Manganese:	0.064* mg
Zinc:	0.343* mg

Vitamins

Vitamin A:	41.73 RE
Vitamin E:	0.26* mg
Thiamin (B1):	0.02* mg
Riboflavin (B2):	0.04* mg
Niacin (B3):	0.21* mg
Vitamin (B6):	0.04* mg
Vitamin B12:	0.08* mcg
Folacin:	12.73* mcg
Pantothenic Acid:	0.08* mg
Vitamin C:	4.84 mg
Vitamin D:	1.70* IU
Vitamin K:	7.74* mcg

Fatty Acids

Linoleic:	0.11* g
Oleic:	0.53* g

Other Information

Calories from Carbohydrates:	33%
Calories from Fat:	45%
Calories from Protein:	22%
Poly/SatFat:	0.04:1
Sodium/Potassium:	4.73:1
Calcium/Phosphorus:	2.44:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Salad with Steak

Serving Size : 1 salad (585.71 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	609 Kcal
Protein:	24.24 g
Carbohydrates:	66.19 g
Total Fat:	29.61 g
Monounsaturat Fat:	8.47* g
Polyunsaturat Fat:	3.34* g
Saturated Fat:	8.05 g
Trans Fat:	0.63 g
Water:	378* ml
Total Sugar:	5.01 g
Total Dietary Fiber:	8.60 g
Cholesterol:	41 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	247.92 mg
Magnesium:	62.91* mg
Phosphorus:	208.87* mg
Potassium:	750.85* mg
Sodium:	1,413.04 mg
Copper:	0.233* mg
Iron:	4.84 mg
Manganese:	0.604* mg
Zinc:	1.610* mg

Vitamins

Vitamin A:	505.70 RE
Vitamin E:	2.71* mg
Thiamin (B1):	0.19* mg
Riboflavin (B2):	0.25* mg
Niacin (B3):	2.11* mg
Vitamin (B6):	0.35* mg
Vitamin B12:	0.16* mcg
Folacin:	136.71* mcg
Pantothenic Acid:	0.72* mg
Vitamin C:	26.31 mg
Vitamin D:	3.40* IU
Vitamin K:	162.52* mcg

Fatty Acids

Linoleic:	2.58* g
Oleic:	7.88* g

Other Information

Calories from Carbohydrates:	40%
Calories from Fat:	44%
Calories from Protein:	16%
Poly/SatFat:	0.41:1
Sodium/Potassium:	1.88:1
Calcium/Phosphorus:	1.19:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Street Taco - Steak

Serving Size : 1 each (122.19 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	255 Kcal
Protein:	11.68 g
Carbohydrates:	32.36 g
Total Fat:	10.03 g
Monounsaturat Fat:	0.01* g
Polyunsaturat Fat:	0.01* g
Saturated Fat:	2.75 g
Trans Fat:	0.00 g
Water:	14* ml
Total Sugar:	0.42 g
Total Dietary Fiber:	1.36 g
Cholesterol:	20 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	95.40 mg
Magnesium:	1.79*mg
Phosphorus:	4.44* mg
Potassium:	30.90* mg
Sodium:	701.70 mg
Copper:	0.013* mg
Iron:	2.44 mg
Manganese:	0.022* mg
Zinc:	0.032* mg

Vitamins

Vitamin A:	9.67 RE
Vitamin E:	0.08* mg
Thiamin (B1):	0.01* mg
Riboflavin (B2):	0.01* mg
Niacin (B3):	0.05* mg
Vitamin (B6):	0.02* mg
Vitamin B12:	0.00* mcg
Folacin:	3.56* mcg
Pantothenic Acid:	0.04* mg
Vitamin C:	2.94 mg
Vitamin D:	0.00* IU
Vitamin K:	8.85* mcg

Fatty Acids

Linoleic:	0.00* g
Oleic:	0.01* g

Other Information

Calories from Carbohydrates:	46%
Calories from Fat:	35%
Calories from Protein:	18%
Poly/SatFat:	0.00:1
Sodium/Potassium:	22.71:1
Calcium/Phosphorus:	21.50:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Fresca Bowl Cheesy-Steak

Serving Size : 18 3/4 Oz (531.56 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	590 Kcal
Protein:	22.27 g
Carbohydrates:	59.03 g
Total Fat:	29.75 g
Monounsaturat Fat:	7.03* g
Polyunsaturat Fat:	2.25* g
Saturated Fat:	11.28 g
Trans Fat:	0.73 g
Water:	378* ml
Total Sugar:	7.60 g
Total Dietary Fiber:	7.26 g
Cholesterol:	62 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	285.42 mg
Magnesium:	47.11* mg
Phosphorus:	126.46* mg
Potassium:	585.14* mg
Sodium:	2,712.90 mg
Copper:	0.304* mg
Iron:	3.94 mg
Manganese:	0.736* mg
Zinc:	1.161* mg

Vitamins

Vitamin A:	225.30 RE
Vitamin E:	2.16* mg
Thiamin (B1):	0.36* mg
Riboflavin (B2):	0.13* mg
Niacin (B3):	3.16* mg
Vitamin (B6):	0.34* mg
Vitamin B12:	0.01* mcg
Folacin:	187.18* mcg
Pantothenic Acid:	1.35* mg
Vitamin C:	67.58 mg
Vitamin D:	2.67* IU
Vitamin K:	28.72* mcg

Fatty Acids

Linoleic:	1.93* g
Oleic:	6.60* g

Other Information

Calories from Carbohydrates:	40%
Calories from Fat:	45%
Calories from Protein:	15%
Poly/SatFat:	0.20:1
Sodium/Potassium:	4.64:1
Calcium/Phosphorus:	2.26:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Fresca Bowl Zesty- Steak

Serving Size : 17 1/4 Oz (489.04 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	498 Kcal
Protein:	16.61 g
Carbohydrates:	56.13 g
Total Fat:	23.66 g
Monounsaturat Fat:	7.60* g
Polyunsaturat Fat:	2.35* g
Saturated Fat:	6.85 g
Trans Fat:	0.84 g
Water:	373* ml
Total Sugar:	4.88 g
Total Dietary Fiber:	7.26 g
Cholesterol:	41 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	74.52 mg
Magnesium:	46.58*mg
Phosphorus:	128.96* mg
Potassium:	581.77* mg
Sodium:	2,115.89 mg
Copper:	0.296* mg
Iron:	3.92 mg
Manganese:	0.725* mg
Zinc:	1.169* mg

Vitamins

Vitamin A:	152.94 RE
Vitamin E:	2.21* mg
Thiamin (B1):	0.36* mg
Riboflavin (B2):	0.15* mg
Niacin (B3):	3.10* mg
Vitamin (B6):	0.34* mg
Vitamin B12:	0.03* mcg
Folacin:	186.85* mcg
Pantothenic Acid:	1.38* mg
Vitamin C:	67.02 mg
Vitamin D:	0.00* IU
Vitamin K:	28.91* mcg

Fatty Acids

Linoleic:	2.01* g
Oleic:	7.11* g

Other Information

Calories from Carbohydrates:	44%
Calories from Fat:	43%
Calories from Protein:	13%
Poly/SatFat:	0.34:1
Sodium/Potassium:	3.64:1
Calcium/Phosphorus:	0.58:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Fresca Bowl Cheesy- Steak

Serving Size : 1 bowl (531.56 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	590 Kcal
Protein:	22.27 g
Carbohydrates:	59.03 g
Total Fat:	29.75 g
Monounsaturat Fat:	7.03* g
Polyunsaturat Fat:	2.25* g
Saturated Fat:	11.28 g
Trans Fat:	0.73 g
Water:	378* ml
Total Sugar:	7.60 g
Total Dietary Fiber:	7.26 g
Cholesterol:	62 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	285.42 mg
Magnesium:	47.11* mg
Phosphorus:	126.46* mg
Potassium:	585.14* mg
Sodium:	2,712.90 mg
Copper:	0.304* mg
Iron:	3.94 mg
Manganese:	0.736* mg
Zinc:	1.161* mg

Vitamins

Vitamin A:	225.30 RE
Vitamin E:	2.16* mg
Thiamin (B1):	0.36* mg
Riboflavin (B2):	0.13* mg
Niacin (B3):	3.16* mg
Vitamin (B6):	0.34* mg
Vitamin B12:	0.01* mcg
Folacin:	187.18* mcg
Pantothenic Acid:	1.35* mg
Vitamin C:	67.58 mg
Vitamin D:	2.67* IU
Vitamin K:	28.72* mcg

Fatty Acids

Linoleic:	1.93* g
Oleic:	6.60* g

Other Information

Calories from Carbohydrates:	40%
Calories from Fat:	45%
Calories from Protein:	15%
Poly/SatFat:	0.20:1
Sodium/Potassium:	4.64:1
Calcium/Phosphorus:	2.26:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Fresca Bowl Veggie- Steak

Serving Size : 1 bowl (545.74 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	532 Kcal
Protein:	18.24 g
Carbohydrates:	70.42 g
Total Fat:	21.43 g
Monounsaturat Fat:	7.10* g
Polyunsaturat Fat:	2.48* g
Saturated Fat:	5.49 g
Trans Fat:	0.73 g
Water:	425* ml
Total Sugar:	6.90 g
Total Dietary Fiber:	9.18 g
Cholesterol:	32 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	63.68 mg
Magnesium:	66.97*mg
Phosphorus:	179.32* mg
Potassium:	750.83* mg
Sodium:	2,309.14 mg
Copper:	0.334* mg
Iron:	4.28 mg
Manganese:	0.851* mg
Zinc:	1.608* mg

Vitamins

Vitamin A:	145.54 RE
Vitamin E:	2.29* mg
Thiamin (B1):	0.38* mg
Riboflavin (B2):	0.17* mg
Niacin (B3):	4.11* mg
Vitamin (B6):	0.42* mg
Vitamin B12:	0.00* mcg
Folacin:	213.71* mcg
Pantothenic Acid:	1.44* mg
Vitamin C:	72.08 mg
Vitamin D:	0.00* IU
Vitamin K:	30.75* mcg

Fatty Acids

Linoleic:	2.15* g
Oleic:	6.68* g

Other Information

Calories from Carbohydrates:	50%
Calories from Fat:	36%
Calories from Protein:	14%
Poly/SatFat:	0.45:1
Sodium/Potassium:	3.08:1
Calcium/Phosphorus:	0.36:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Taco Meat

Serving Size : 4 Oz (113.4 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	255 Kcal
Protein:	16.59 g
Carbohydrates:	4.56 g
Total Fat:	18.50 g
Monounsaturat Fat:	8.14 g
Polyunsaturat Fat:	0.60 g
Saturated Fat:	6.94 g
Trans Fat:	1.07* g
Water:	75 ml
Total Sugar:	0.67* g
Total Dietary Fiber:	0.81 g
Cholesterol:	64 mg
Alcohol:	0.00 g
Caffeine:	0.00* mg

Minerals

Calcium:	22.80 mg
Magnesium:	26.61mg
Phosphorus:	173.26 mg
Potassium:	313.03 mg
Sodium:	308.62 mg
Copper:	0.113 mg
Iron:	2.16 mg
Manganese:	0.286 mg
Zinc:	4.021 mg

Vitamins

Vitamin A:	5.82 RE
Vitamin E:	0.32* mg
Thiamin (B1):	0.08 mg
Riboflavin (B2):	0.15 mg
Niacin (B3):	4.01 mg
Vitamin (B6):	0.31 mg
Vitamin B12:	1.94 mcg
Folacin:	11.12 mcg
Pantothenic Acid:	0.56 mg
Vitamin C:	1.35 mg
Vitamin D:	2.72 IU
Vitamin K:	2.24* mcg

Fatty Acids

Linoleic:	0.50 g
Oleic:	1.18 g

Other Information

Calories from Carbohydrates:	9%
Calories from Fat:	65%
Calories from Protein:	26%
Poly/SatFat:	0.09:1
Sodium/Potassium:	0.99:1
Calcium/Phosphorus:	0.13:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Bean Burrito

Serving Size : 1 each (233.04 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	339 Kcal
Protein:	11.62 g
Carbohydrates:	46.26 g
Total Fat:	12.26 g
Monounsaturat Fat:	2.48* g
Polyunsaturat Fat:	0.95* g
Saturated Fat:	4.67 g
Trans Fat:	0.63 g
Water:	134* ml
Total Sugar:	0.43 g
Total Dietary Fiber:	3.08 g
Cholesterol:	14 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	179.80 mg
Magnesium:	16.61* mg
Phosphorus:	98.88* mg
Potassium:	121.83* mg
Sodium:	886.69 mg
Copper:	0.067* mg
Iron:	2.59 mg
Manganese:	0.109* mg
Zinc:	0.745* mg

Vitamins

Vitamin A:	46.78 RE
Vitamin E:	0.51* mg
Thiamin (B1):	0.05* mg
Riboflavin (B2):	0.08* mg
Niacin (B3):	0.08* mg
Vitamin (B6):	0.06* mg
Vitamin B12:	0.16* mcg
Folacin:	43.70* mcg
Pantothenic Acid:	0.11* mg
Vitamin C:	0.19 mg
Vitamin D:	3.40* IU
Vitamin K:	1.15* mcg

Fatty Acids

Linoleic:	0.81* g
Oleic:	2.21* g

Other Information

Calories from Carbohydrates:	54%
Calories from Fat:	33%
Calories from Protein:	14%
Poly/SatFat:	0.20:1
Sodium/Potassium:	7.28:1
Calcium/Phosphorus:	1.82:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Combo Burrito

Serving Size : 1 each (233.04 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	439 Kcal
Protein:	18.87 g
Carbohydrates:	45.48 g
Total Fat:	20.24 g
Monounsaturat Fat:	5.96* g
Polyunsaturat Fat:	0.87* g
Saturated Fat:	7.89 g
Trans Fat:	0.92 g
Water:	107* ml
Total Sugar:	0.73 g
Total Dietary Fiber:	2.45 g
Cholesterol:	46 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	184.03 mg
Magnesium:	23.53*mg
Phosphorus:	168.32* mg
Potassium:	226.50* mg
Sodium:	997.05 mg
Copper:	0.092* mg
Iron:	3.43 mg
Manganese:	0.199* mg
Zinc:	2.641* mg

Vitamins

Vitamin A:	49.69 RE
Vitamin E:	0.46* mg
Thiamin (B1):	0.07* mg
Riboflavin (B2):	0.14* mg
Niacin (B3):	2.05* mg
Vitamin (B6):	0.19* mg
Vitamin B12:	1.13* mcg
Folacin:	29.32* mcg
Pantothenic Acid:	0.36* mg
Vitamin C:	0.77 mg
Vitamin D:	4.76* IU
Vitamin K:	1.87* mcg

Fatty Acids

Linoleic:	0.74* g
Oleic:	2.22* g

Other Information

Calories from Carbohydrates:	41%
Calories from Fat:	41%
Calories from Protein:	17%
Poly/SatFat:	0.11:1
Sodium/Potassium:	4.40:1
Calcium/Phosphorus:	1.09:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Beef Burrito

Serving Size : 1 each (233.04 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	539 Kcal
Protein:	26.12 g
Carbohydrates:	44.70 g
Total Fat:	28.22 g
Monounsaturat Fat:	9.45* g
Polyunsaturat Fat:	0.80* g
Saturated Fat:	11.12 g
Trans Fat:	1.20 g
Water:	80* ml
Total Sugar:	1.02 g
Total Dietary Fiber:	1.81 g
Cholesterol:	78 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	188.26 mg
Magnesium:	30.44*mg
Phosphorus:	237.75* mg
Potassium:	331.17* mg
Sodium:	1,107.42 mg
Copper:	0.118* mg
Iron:	4.26 mg
Manganese:	0.290* mg
Zinc:	4.537* mg

Vitamins

Vitamin A:	52.60 RE
Vitamin E:	0.42* mg
Thiamin (B1):	0.08* mg
Riboflavin (B2):	0.21* mg
Niacin (B3):	4.02* mg
Vitamin (B6):	0.32* mg
Vitamin B12:	2.10* mcg
Folacin:	14.95* mcg
Pantothenic Acid:	0.62* mg
Vitamin C:	1.35 mg
Vitamin D:	6.12* IU
Vitamin K:	2.59* mcg

Fatty Acids

Linoleic:	0.67* g
Oleic:	2.23* g

Other Information

Calories from Carbohydrates:	34%
Calories from Fat:	47%
Calories from Protein:	19%
Poly/SatFat:	0.07:1
Sodium/Potassium:	3.34:1
Calcium/Phosphorus:	0.79:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Extreme Beef Burrito

Serving Size : 1 each (337.36 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	584 Kcal
Protein:	27.28 g
Carbohydrates:	49.06 g
Total Fat:	31.12 g
Monounsaturat Fat:	10.12* g
Polyunsaturat Fat:	0.98* g
Saturated Fat:	12.58 g
Trans Fat:	1.31 g
Water:	176* ml
Total Sugar:	3.86 g
Total Dietary Fiber:	2.93 g
Cholesterol:	87 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	214.23 mg
Magnesium:	40.87*mg
Phosphorus:	269.72* mg
Potassium:	536.19* mg
Sodium:	1,117.32 mg
Copper:	0.167* mg
Iron:	4.54 mg
Manganese:	0.398* mg
Zinc:	4.733* mg

Vitamins

Vitamin A:	101.54 RE
Vitamin E:	0.85* mg
Thiamin (B1):	0.12* mg
Riboflavin (B2):	0.26* mg
Niacin (B3):	4.43* mg
Vitamin (B6):	0.40* mg
Vitamin B12:	2.13* mcg
Folacin:	32.62* mcg
Pantothenic Acid:	0.77* mg
Vitamin C:	11.09 mg
Vitamin D:	6.12* IU
Vitamin K:	12.85* mcg

Fatty Acids

Linoleic:	0.82* g
Oleic:	2.83* g

Other Information

Calories from Carbohydrates:	33%
Calories from Fat:	48%
Calories from Protein:	19%
Poly/SatFat:	0.08:1
Sodium/Potassium:	2.08:1
Calcium/Phosphorus:	0.79:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Extreme Combo Burrito

Serving Size : 1 each (337.36 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	484 Kcal
Protein:	20.03 g
Carbohydrates:	49.84 g
Total Fat:	23.14 g
Monounsaturat Fat:	6.64* g
Polyunsaturat Fat:	1.05* g
Saturated Fat:	9.36 g
Trans Fat:	1.03 g
Water:	203* ml
Total Sugar:	3.56 g
Total Dietary Fiber:	3.57 g
Cholesterol:	55 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	210.01 mg
Magnesium:	33.96*mg
Phosphorus:	200.28* mg
Potassium:	431.52* mg
Sodium:	1,006.96 mg
Copper:	0.141* mg
Iron:	3.71 mg
Manganese:	0.307* mg
Zinc:	2.837* mg

Vitamins

Vitamin A:	98.63 RE
Vitamin E:	0.89* mg
Thiamin (B1):	0.11* mg
Riboflavin (B2):	0.19* mg
Niacin (B3):	2.46* mg
Vitamin (B6):	0.27* mg
Vitamin B12:	1.16* mcg
Folacin:	46.99* mcg
Pantothenic Acid:	0.51* mg
Vitamin C:	10.51 mg
Vitamin D:	4.76* IU
Vitamin K:	12.13* mcg

Fatty Acids

Linoleic:	0.88* g
Oleic:	2.82* g

Other Information

Calories from Carbohydrates:	40%
Calories from Fat:	43%
Calories from Protein:	17%
Poly/SatFat:	0.11:1
Sodium/Potassium:	2.33:1
Calcium/Phosphorus:	1.05:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Extreme Bean Burrito

Serving Size : 1 each (337.36 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	384 Kcal
Protein:	12.78 g
Carbohydrates:	50.63 g
Total Fat:	15.16 g
Monounsaturat Fat:	3.15* g
Polyunsaturat Fat:	1.13* g
Saturated Fat:	6.13 g
Trans Fat:	0.75 g
Water:	230* ml
Total Sugar:	3.26 g
Total Dietary Fiber:	4.20 g
Cholesterol:	22 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	205.78 mg
Magnesium:	27.05*mg
Phosphorus:	130.85* mg
Potassium:	326.85* mg
Sodium:	896.59 mg
Copper:	0.116* mg
Iron:	2.87 mg
Manganese:	0.217* mg
Zinc:	0.941* mg

Vitamins

Vitamin A:	95.72 RE
Vitamin E:	0.94* mg
Thiamin (B1):	0.09* mg
Riboflavin (B2):	0.12* mg
Niacin (B3):	0.50* mg
Vitamin (B6):	0.14* mg
Vitamin B12:	0.19* mcg
Folacin:	61.36* mcg
Pantothenic Acid:	0.26* mg
Vitamin C:	9.93 mg
Vitamin D:	3.40* IU
Vitamin K:	11.42* mcg

Fatty Acids

Linoleic:	0.95* g
Oleic:	2.81* g

Other Information

Calories from Carbohydrates:	51%
Calories from Fat:	36%
Calories from Protein:	13%
Poly/SatFat:	0.18:1
Sodium/Potassium:	2.74:1
Calcium/Phosphorus:	1.57:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Chili

Serving Size : 2 Oz (56.7 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	39 Kcal
Protein:	2.28 g
Carbohydrates:	3.15 g
Total Fat:	2.06 g
Monounsaturat Fat:	0.90* g
Polyunsaturat Fat:	0.07* g
Saturated Fat:	0.77 g
Trans Fat:	0.12 g
Water:	8* ml
Total Sugar:	0.52 g
Total Dietary Fiber:	0.09 g
Cholesterol:	7 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	10.03 mg
Magnesium:	2.96*mg
Phosphorus:	19.25* mg
Potassium:	46.25 mg
Sodium:	215.10 mg
Copper:	0.013* mg
Iron:	0.68 mg
Manganese:	0.032* mg
Zinc:	0.447* mg

Vitamins

Vitamin A:	0.65 RE
Vitamin E:	0.04* mg
Thiamin (B1):	0.01* mg
Riboflavin (B2):	0.02* mg
Niacin (B3):	0.45* mg
Vitamin (B6):	0.03* mg
Vitamin B12:	0.22* mcg
Folacin:	1.24* mcg
Pantothenic Acid:	0.06* mg
Vitamin C:	0.15 mg
Vitamin D:	0.30 IU
Vitamin K:	0.25* mcg

Fatty Acids

Linoleic:	0.06* g
Oleic:	0.13* g

Other Information

Calories from Carbohydrates:	30%
Calories from Fat:	47%
Calories from Protein:	23%
Poly/SatFat:	0.09:1
Sodium/Potassium:	4.65:1
Calcium/Phosphorus:	0.52:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Smothered Burrito

Serving Size : 1 Each (303.91 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	534 Kcal
Protein:	23.64 g
Carbohydrates:	50.06 g
Total Fat:	26.41 g
Monounsaturat Fat:	5.64* g
Polyunsaturat Fat:	0.75* g
Saturated Fat:	11.86 g
Trans Fat:	0.91 g
Water:	125* ml
Total Sugar:	4.09 g
Total Dietary Fiber:	2.54 g
Cholesterol:	69 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	313.81 mg
Magnesium:	24.61* mg
Phosphorus:	131.34* mg
Potassium:	275.69* mg
Sodium:	1,604.76 mg
Copper:	0.111* mg
Iron:	3.84 mg
Manganese:	0.240* mg
Zinc:	2.611* mg

Vitamins

Vitamin A:	93.49 RE
Vitamin E:	0.40* mg
Thiamin (B1):	0.08* mg
Riboflavin (B2):	0.11* mg
Niacin (B3):	2.56* mg
Vitamin (B6):	0.23* mg
Vitamin B12:	1.19* mcg
Folacin:	27.91* mcg
Pantothenic Acid:	0.41* mg
Vitamin C:	1.61 mg
Vitamin D:	4.33* IU
Vitamin K:	1.79* mcg

Fatty Acids

Linoleic:	0.64* g
Oleic:	1.37* g

Other Information

Calories from Carbohydrates:	38%
Calories from Fat:	44%
Calories from Protein:	18%
Poly/SatFat:	0.06:1
Sodium/Potassium:	5.82:1
Calcium/Phosphorus:	2.39:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Chicken & Rice Burrito

Serving Size : 1 each (261.39 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	465 Kcal
Protein:	23.75 g
Carbohydrates:	59.14 g
Total Fat:	14.83 g
Monounsaturat Fat:	2.04* g
Polyunsaturat Fat:	0.51* g
Saturated Fat:	5.78 g
Trans Fat:	0.31 g
Water:	68* ml
Total Sugar:	1.35 g
Total Dietary Fiber:	1.60 g
Cholesterol:	49 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	181.19 mg
Magnesium:	9.38*mg
Phosphorus:	85.16* mg
Potassium:	36.18* mg
Sodium:	1,934.54 mg
Copper:	0.055* mg
Iron:	3.66 mg
Manganese:	0.226* mg
Zinc:	0.752* mg

Vitamins

Vitamin A:	151.41 RE
Vitamin E:	0.20* mg
Thiamin (B1):	0.13* mg
Riboflavin (B2):	0.07* mg
Niacin (B3):	0.88* mg
Vitamin (B6):	0.05* mg
Vitamin B12:	0.16* mcg
Folacin:	53.05* mcg
Pantothenic Acid:	0.33* mg
Vitamin C:	22.59 mg
Vitamin D:	3.40* IU
Vitamin K:	0.69* mcg

Fatty Acids

Linoleic:	0.43* g
Oleic:	1.73* g

Other Information

Calories from Carbohydrates:	51%
Calories from Fat:	29%
Calories from Protein:	20%
Poly/SatFat:	0.09:1
Sodium/Potassium:	53.47:1
Calcium/Phosphorus:	2.13:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Chicken Burrito

Serving Size : 1 each (259.4 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	433 Kcal
Protein:	23.00 g
Carbohydrates:	44.22 g
Total Fat:	18.78 g
Monounsaturat Fat:	2.64* g
Polyunsaturat Fat:	2.21* g
Saturated Fat:	6.88 g
Trans Fat:	0.26 g
Water:	104* ml
Total Sugar:	3.73 g
Total Dietary Fiber:	2.12 g
Cholesterol:	57 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	198.60 mg
Magnesium:	14.62*mg
Phosphorus:	109.64* mg
Potassium:	220.33* mg
Sodium:	1,271.33 mg
Copper:	0.055* mg
Iron:	2.66 mg
Manganese:	0.114* mg
Zinc:	0.724* mg

Vitamins

Vitamin A:	156.78 RE
Vitamin E:	0.69* mg
Thiamin (B1):	0.05* mg
Riboflavin (B2):	0.11* mg
Niacin (B3):	0.42* mg
Vitamin (B6):	0.08* mg
Vitamin B12:	0.20* mcg
Folacin:	21.78* mcg
Pantothenic Acid:	0.23* mg
Vitamin C:	10.34 mg
Vitamin D:	3.61* IU
Vitamin K:	20.12* mcg

Fatty Acids

Linoleic:	1.89* g
Oleic:	2.29* g

Other Information

Calories from Carbohydrates:	40%
Calories from Fat:	39%
Calories from Protein:	21%
Poly/SatFat:	0.32:1
Sodium/Potassium:	5.77:1
Calcium/Phosphorus:	1.81:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Quesavilla Cheese

Serving Size : 1 each (60.39 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	200 Kcal
Protein:	8.98 g
Carbohydrates:	15.88 g
Total Fat:	11.69 g
Monounsaturat Fat:	2.62* g
Polyunsaturat Fat:	0.40* g
Saturated Fat:	5.85 g
Trans Fat:	0.26 g
Water:	10* ml
Total Sugar:	0.14 g
Total Dietary Fiber:	0.50 g
Cholesterol:	28 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	241.29 mg
Magnesium:	7.65*mg
Phosphorus:	128.99* mg
Potassium:	21.55* mg
Sodium:	420.13 mg
Copper:	0.009* mg
Iron:	0.94 mg
Manganese:	0.009* mg
Zinc:	1.032* mg

Vitamins

Vitamin A:	93.56 RE
Vitamin E:	0.20* mg
Thiamin (B1):	0.01* mg
Riboflavin (B2):	0.12* mg
Niacin (B3):	0.02* mg
Vitamin (B6):	0.02* mg
Vitamin B12:	0.31* mcg
Folacin:	7.65* mcg
Pantothenic Acid:	0.12* mg
Vitamin C:	0.00 mg
Vitamin D:	6.80* IU
Vitamin K:	0.68* mcg

Fatty Acids

Linoleic:	0.33* g
Oleic:	2.10* g

Other Information

Calories from Carbohydrates:	29%
Calories from Fat:	53%
Calories from Protein:	18%
Poly/SatFat:	0.07:1
Sodium/Potassium:	19.50:1
Calcium/Phosphorus:	1.87:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Quesavilla w/Taco Meat

Serving Size : 1 each (88.74 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	263 Kcal
Protein:	13.13 g
Carbohydrates:	17.02 g
Total Fat:	16.32 g
Monounsaturat Fat:	4.66* g
Polyunsaturat Fat:	0.55* g
Saturated Fat:	7.58 g
Trans Fat:	0.53 g
Water:	29* ml
Total Sugar:	0.30 g
Total Dietary Fiber:	0.70 g
Cholesterol:	44 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	246.98 mg
Magnesium:	14.31* mg
Phosphorus:	172.31* mg
Potassium:	99.80* mg
Sodium:	497.28 mg
Copper:	0.037* mg
Iron:	1.48 mg
Manganese:	0.080* mg
Zinc:	2.037* mg

Vitamins

Vitamin A:	95.01 RE
Vitamin E:	0.28* mg
Thiamin (B1):	0.03* mg
Riboflavin (B2):	0.16* mg
Niacin (B3):	1.02* mg
Vitamin (B6):	0.10* mg
Vitamin B12:	0.80* mcg
Folacin:	10.44* mcg
Pantothenic Acid:	0.26* mg
Vitamin C:	0.34 mg
Vitamin D:	7.48* IU
Vitamin K:	1.24* mcg

Fatty Acids

Linoleic:	0.46* g
Oleic:	2.39* g

Other Information

Calories from Carbohydrates:	24%
Calories from Fat:	56%
Calories from Protein:	20%
Poly/SatFat:	0.07:1
Sodium/Potassium:	4.98:1
Calcium/Phosphorus:	1.43:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Soft Taco w/Taco Meat

Serving Size : 1 each (133.81 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	218 Kcal
Protein:	10.81 g
Carbohydrates:	18.77 g
Total Fat:	11.64 g
Monounsaturat Fat:	3.72* g
Polyunsaturat Fat:	0.37* g
Saturated Fat:	4.45 g
Trans Fat:	0.47 g
Water:	80* ml
Total Sugar:	1.52 g
Total Dietary Fiber:	1.43 g
Cholesterol:	31 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	105.80 mg
Magnesium:	16.79*mg
Phosphorus:	108.91* mg
Potassium:	226.24* mg
Sodium:	400.69 mg
Copper:	0.070* mg
Iron:	1.89 mg
Manganese:	0.171* mg
Zinc:	1.850* mg

Vitamins

Vitamin A:	43.91 RE
Vitamin E:	0.38* mg
Thiamin (B1):	0.05* mg
Riboflavin (B2):	0.10* mg
Niacin (B3):	1.72* mg
Vitamin (B6):	0.16* mg
Vitamin B12:	0.81* mcg
Folacin:	16.90* mcg
Pantothenic Acid:	0.29* mg
Vitamin C:	5.35 mg
Vitamin D:	2.72* IU
Vitamin K:	8.59* mcg

Fatty Acids

Linoleic:	0.30* g
Oleic:	0.97* g

Other Information

Calories from Carbohydrates:	32%
Calories from Fat:	48%
Calories from Protein:	20%
Poly/SatFat:	0.08:1
Sodium/Potassium:	1.77:1
Calcium/Phosphorus:	0.97:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Soft Taco w/Chicken

Serving Size : 1 each (165.85 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	182 Kcal
Protein:	13.96 g
Carbohydrates:	17.81 g
Total Fat:	6.95 g
Monounsaturat Fat:	0.67* g
Polyunsaturat Fat:	0.14* g
Saturated Fat:	2.41 g
Trans Fat:	0.07 g
Water:	52* ml
Total Sugar:	1.64 g
Total Dietary Fiber:	1.13 g
Cholesterol:	31 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	104.75 mg
Magnesium:	6.81* mg
Phosphorus:	43.94* mg
Potassium:	108.86* mg
Sodium:	671.21 mg
Copper:	0.027* mg
Iron:	1.49 mg
Manganese:	0.064* mg
Zinc:	0.343* mg

Vitamins

Vitamin A:	86.73 RE
Vitamin E:	0.26* mg
Thiamin (B1):	0.02* mg
Riboflavin (B2):	0.04* mg
Niacin (B3):	0.21* mg
Vitamin (B6):	0.04* mg
Vitamin B12:	0.08* mcg
Folacin:	12.73* mcg
Pantothenic Acid:	0.08* mg
Vitamin C:	5.29 mg
Vitamin D:	1.70* IU
Vitamin K:	7.74* mcg

Fatty Acids

Linoleic:	0.11* g
Oleic:	0.53* g

Other Information

Calories from Carbohydrates:	35%
Calories from Fat:	34%
Calories from Protein:	31%
Poly/SatFat:	0.06:1
Sodium/Potassium:	6.17:1
Calcium/Phosphorus:	2.38:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Crispy Taco w/Chicken

Serving Size : 1 each (113.4 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	150 Kcal
Protein:	12.13 g
Carbohydrates:	9.81 g
Total Fat:	7.00 g
Monounsaturat Fat:	0.67* g
Polyunsaturat Fat:	0.14* g
Saturated Fat:	2.58 g
Trans Fat:	0.07 g
Water:	52* ml
Total Sugar:	1.94 g
Total Dietary Fiber:	1.30 g
Cholesterol:	31 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	64.75 mg
Magnesium:	6.81* mg
Phosphorus:	43.94* mg
Potassium:	108.86* mg
Sodium:	436.21 mg
Copper:	0.027* mg
Iron:	0.83 mg
Manganese:	0.064* mg
Zinc:	0.343* mg

Vitamins

Vitamin A:	86.73 RE
Vitamin E:	0.26* mg
Thiamin (B1):	0.02* mg
Riboflavin (B2):	0.04* mg
Niacin (B3):	0.21* mg
Vitamin (B6):	0.04* mg
Vitamin B12:	0.08* mcg
Folacin:	12.73* mcg
Pantothenic Acid:	0.08* mg
Vitamin C:	5.29 mg
Vitamin D:	1.70* IU
Vitamin K:	7.74* mcg

Fatty Acids

Linoleic:	0.11* g
Oleic:	0.53* g

Other Information

Calories from Carbohydrates:	26%
Calories from Fat:	42%
Calories from Protein:	32%
Poly/SatFat:	0.05:1
Sodium/Potassium:	4.01:1
Calcium/Phosphorus:	1.47:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Crispy Taco w/Taco Meat

Serving Size : 1 each (113.4 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	186 Kcal
Protein:	8.98 g
Carbohydrates:	10.77 g
Total Fat:	11.69 g
Monounsaturat Fat:	3.72* g
Polyunsaturat Fat:	0.37* g
Saturated Fat:	4.62 g
Trans Fat:	0.47 g
Water:	80* ml
Total Sugar:	1.82 g
Total Dietary Fiber:	1.60 g
Cholesterol:	31 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	65.80 mg
Magnesium:	16.79*mg
Phosphorus:	108.91* mg
Potassium:	226.24* mg
Sodium:	165.69 mg
Copper:	0.070* mg
Iron:	1.23 mg
Manganese:	0.171* mg
Zinc:	1.850* mg

Vitamins

Vitamin A:	43.91 RE
Vitamin E:	0.38* mg
Thiamin (B1):	0.05* mg
Riboflavin (B2):	0.10* mg
Niacin (B3):	1.72* mg
Vitamin (B6):	0.16* mg
Vitamin B12:	0.81* mcg
Folacin:	16.90* mcg
Pantothenic Acid:	0.29* mg
Vitamin C:	5.35 mg
Vitamin D:	2.72* IU
Vitamin K:	8.59* mcg

Fatty Acids

Linoleic:	0.30* g
Oleic:	0.97* g

Other Information

Calories from Carbohydrates:	24%
Calories from Fat:	57%
Calories from Protein:	19%
Poly/SatFat:	0.08:1
Sodium/Potassium:	0.73:1
Calcium/Phosphorus:	0.60:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Taco Rito

Serving Size : 1 each (205.25 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	369 Kcal
Protein:	14.50 g
Carbohydrates:	42.30 g
Total Fat:	16.82 g
Monounsaturat Fat:	4.01* g
Polyunsaturat Fat:	0.55* g
Saturated Fat:	5.75 g
Trans Fat:	0.59 g
Water:	113* ml
Total Sugar:	1.84 g
Total Dietary Fiber:	3.12 g
Cholesterol:	31 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	109.38 mg
Magnesium:	19.99*mg
Phosphorus:	117.51* mg
Potassium:	252.16* mg
Sodium:	657.66 mg
Copper:	0.085* mg
Iron:	3.15 mg
Manganese:	0.197* mg
Zinc:	1.908* mg

Vitamins

Vitamin A:	43.91 RE
Vitamin E:	0.48* mg
Thiamin (B1):	0.06* mg
Riboflavin (B2):	0.10* mg
Niacin (B3):	1.74* mg
Vitamin (B6):	0.17* mg
Vitamin B12:	0.81* mcg
Folacin:	26.87* mcg
Pantothenic Acid:	0.30* mg
Vitamin C:	5.39 mg
Vitamin D:	2.72* IU
Vitamin K:	8.79* mcg

Fatty Acids

Linoleic:	0.46* g
Oleic:	1.27* g

Other Information

Calories from Carbohydrates:	43%
Calories from Fat:	41%
Calories from Protein:	16%
Poly/SatFat:	0.10:1
Sodium/Potassium:	2.61:1
Calcium/Phosphorus:	0.93:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Street Taco - Chicken

Serving Size : 1 each (122.19 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	235 Kcal
Protein:	14.55 g
Carbohydrates:	32.11 g
Total Fat:	6.78 g
Monounsaturat Fat:	0.01* g
Polyunsaturat Fat:	0.01* g
Saturated Fat:	1.57 g
Trans Fat:	0.00 g
Water:	14* ml
Total Sugar:	0.80 g
Total Dietary Fiber:	1.36 g
Cholesterol:	24 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	92.90 mg
Magnesium:	1.79*mg
Phosphorus:	4.44* mg
Potassium:	30.90* mg
Sodium:	857.95 mg
Copper:	0.013* mg
Iron:	2.30 mg
Manganese:	0.022* mg
Zinc:	0.032* mg

Vitamins

Vitamin A:	54.67 RE
Vitamin E:	0.08* mg
Thiamin (B1):	0.01* mg
Riboflavin (B2):	0.01* mg
Niacin (B3):	0.05* mg
Vitamin (B6):	0.02* mg
Vitamin B12:	0.00* mcg
Folacin:	3.56* mcg
Pantothenic Acid:	0.04* mg
Vitamin C:	3.39 mg
Vitamin D:	0.00* IU
Vitamin K:	8.85* mcg

Fatty Acids

Linoleic:	0.00* g
Oleic:	0.01* g

Other Information

Calories from Carbohydrates:	49%
Calories from Fat:	26%
Calories from Protein:	25%
Poly/SatFat:	0.00:1
Sodium/Potassium:	27.76:1
Calcium/Phosphorus:	20.94:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Bean Chalupa

Serving Size : 1 each (221.13 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	200 Kcal
Protein:	6.74 g
Carbohydrates:	19.71 g
Total Fat:	10.81 g
Monounsaturat Fat:	2.21* g
Polyunsaturat Fat:	0.84* g
Saturated Fat:	4.57 g
Trans Fat:	0.51 g
Water:	201* ml
Total Sugar:	3.10 g
Total Dietary Fiber:	3.82 g
Cholesterol:	14 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	135.25 mg
Magnesium:	23.21* mg
Phosphorus:	113.67* mg
Potassium:	295.47* mg
Sodium:	295.83 mg
Copper:	0.101* mg
Iron:	1.45 mg
Manganese:	0.206* mg
Zinc:	0.857* mg

Vitamins

Vitamin A:	233.46 RE
Vitamin E:	0.82* mg
Thiamin (B1):	0.08* mg
Riboflavin (B2):	0.10* mg
Niacin (B3):	0.48* mg
Vitamin (B6):	0.12* mg
Vitamin B12:	0.16* mcg
Folacin:	55.36* mcg
Pantothenic Acid:	0.19* mg
Vitamin C:	9.83 mg
Vitamin D:	3.40* IU
Vitamin K:	16.10* mcg

Fatty Acids

Linoleic:	0.70* g
Oleic:	1.94* g

Other Information

Calories from Carbohydrates:	38%
Calories from Fat:	49%
Calories from Protein:	13%
Poly/SatFat:	0.18:1
Sodium/Potassium:	1.00:1
Calcium/Phosphorus:	1.19:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Combo Chalupa

Serving Size : 1 each (221.13 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	275 Kcal
Protein:	12.18 g
Carbohydrates:	19.12 g
Total Fat:	16.79 g
Monounsaturat Fat:	4.82* g
Polyunsaturat Fat:	0.79* g
Saturated Fat:	6.99 g
Trans Fat:	0.72 g
Water:	181* ml
Total Sugar:	3.32 g
Total Dietary Fiber:	3.34 g
Cholesterol:	38 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	138.42 mg
Magnesium:	28.40*mg
Phosphorus:	165.75* mg
Potassium:	373.98* mg
Sodium:	378.61 mg
Copper:	0.120* mg
Iron:	2.07 mg
Manganese:	0.274* mg
Zinc:	2.279* mg

Vitamins

Vitamin A:	235.64 RE
Vitamin E:	0.78* mg
Thiamin (B1):	0.09* mg
Riboflavin (B2):	0.15* mg
Niacin (B3):	1.96* mg
Vitamin (B6):	0.21* mg
Vitamin B12:	0.88* mcg
Folacin:	44.58* mcg
Pantothenic Acid:	0.38* mg
Vitamin C:	10.26 mg
Vitamin D:	4.42* IU
Vitamin K:	16.63* mcg

Fatty Acids

Linoleic:	0.65* g
Oleic:	1.94* g

Other Information

Calories from Carbohydrates:	27%
Calories from Fat:	55%
Calories from Protein:	18%
Poly/SatFat:	0.11:1
Sodium/Potassium:	1.01:1
Calcium/Phosphorus:	0.84:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Beef Chalupa

Serving Size : 1 each (221.13 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	350 Kcal
Protein:	17.61 g
Carbohydrates:	18.53 g
Total Fat:	22.78 g
Monounsaturat Fat:	7.44* g
Polyunsaturat Fat:	0.73* g
Saturated Fat:	9.41 g
Trans Fat:	0.93 g
Water:	161* ml
Total Sugar:	3.54 g
Total Dietary Fiber:	2.86 g
Cholesterol:	62 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	141.60 mg
Magnesium:	33.58*mg
Phosphorus:	217.83* mg
Potassium:	452.48* mg
Sodium:	461.38 mg
Copper:	0.139* mg
Iron:	2.70 mg
Manganese:	0.342* mg
Zinc:	3.701* mg

Vitamins

Vitamin A:	237.82 RE
Vitamin E:	0.75* mg
Thiamin (B1):	0.10* mg
Riboflavin (B2):	0.20* mg
Niacin (B3):	3.44* mg
Vitamin (B6):	0.31* mg
Vitamin B12:	1.61* mcg
Folacin:	33.81* mcg
Pantothenic Acid:	0.57* mg
Vitamin C:	10.70 mg
Vitamin D:	5.44* IU
Vitamin K:	17.17* mcg

Fatty Acids

Linoleic:	0.60* g
Oleic:	1.95* g

Other Information

Calories from Carbohydrates:	21%
Calories from Fat:	58%
Calories from Protein:	20%
Poly/SatFat:	0.08:1
Sodium/Potassium:	1.02:1
Calcium/Phosphorus:	0.65:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Guadalajara

Serving Size : 1 each (206.96 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	249 Kcal
Protein:	6.42 g
Carbohydrates:	20.66 g
Total Fat:	16.78 g
Monounsaturat Fat:	6.58* g
Polyunsaturat Fat:	1.27* g
Saturated Fat:	5.35 g
Trans Fat:	0.13 g
Water:	160* ml
Total Sugar:	3.91 g
Total Dietary Fiber:	6.08 g
Cholesterol:	14 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	133.39 mg
Magnesium:	31.12*mg
Phosphorus:	120.64* mg
Potassium:	516.29* mg
Sodium:	457.05 mg
Copper:	0.166* mg
Iron:	1.43 mg
Manganese:	0.225* mg
Zinc:	1.062* mg

Vitamins

Vitamin A:	242.82 RE
Vitamin E:	1.69* mg
Thiamin (B1):	0.09* mg
Riboflavin (B2):	0.16* mg
Niacin (B3):	1.44* mg
Vitamin (B6):	0.23* mg
Vitamin B12:	0.16* mcg
Folacin:	71.58* mcg
Pantothenic Acid:	0.91* mg
Vitamin C:	17.15 mg
Vitamin D:	3.40* IU
Vitamin K:	27.79* mcg

Fatty Acids

Linoleic:	1.13* g
Oleic:	5.92* g

Other Information

Calories from Carbohydrates:	29%
Calories from Fat:	61%
Calories from Protein:	10%
Poly/SatFat:	0.24:1
Sodium/Potassium:	0.89:1
Calcium/Phosphorus:	1.11:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Bean Cup

Serving Size : 1 Cup (236.6 ml)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	153 Kcal
Protein:	6.93 g
Carbohydrates:	12.09 g
Total Fat:	8.85 g
Monounsaturat Fat:	3.21* g
Polyunsaturat Fat:	1.41* g
Saturated Fat:	3.48 g
Trans Fat:	0.95 g
Water:	215* ml
Total Sugar:	0.48 g
Total Dietary Fiber:	3.39 g
Cholesterol:	14 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	128.76 mg
Magnesium:	24.60*mg
Phosphorus:	120.37* mg
Potassium:	186.63 mg
Sodium:	351.62 mg
Copper:	0.106* mg
Iron:	1.10 mg
Manganese:	0.174* mg
Zinc:	0.888* mg

Vitamins

Vitamin A:	46.78 RE
Vitamin E:	0.76* mg
Thiamin (B1):	0.08* mg
Riboflavin (B2):	0.09* mg
Niacin (B3):	0.13* mg
Vitamin (B6):	0.10* mg
Vitamin B12:	0.16* mcg
Folacin:	68.62* mcg
Pantothenic Acid:	0.14* mg
Vitamin C:	0.30 mg
Vitamin D:	3.40 IU
Vitamin K:	1.66* mcg

Fatty Acids

Linoleic:	1.20* g
Oleic:	2.93* g

Other Information

Calories from Carbohydrates:	30%
Calories from Fat:	52%
Calories from Protein:	18%
Poly/SatFat:	0.41:1
Sodium/Potassium:	1.88:1
Calcium/Phosphorus:	1.07:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Fresca Bowl Zesty-Chicken

Serving Size : 17 1/4 Oz (489.04 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	471 Kcal
Protein:	20.44 g
Carbohydrates:	55.79 g
Total Fat:	19.32 g
Monounsaturat Fat:	7.60* g
Polyunsaturat Fat:	2.35* g
Saturated Fat:	5.27 g
Trans Fat:	0.84 g
Water:	373* ml
Total Sugar:	5.38 g
Total Dietary Fiber:	7.26 g
Cholesterol:	47 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	71.19 mg
Magnesium:	46.58*mg
Phosphorus:	128.96* mg
Potassium:	581.77* mg
Sodium:	2,324.22 mg
Copper:	0.296* mg
Iron:	3.74 mg
Manganese:	0.725* mg
Zinc:	1.169* mg

Vitamins

Vitamin A:	212.94 RE
Vitamin E:	2.21* mg
Thiamin (B1):	0.36* mg
Riboflavin (B2):	0.15* mg
Niacin (B3):	3.10* mg
Vitamin (B6):	0.34* mg
Vitamin B12:	0.03* mcg
Folacin:	186.85* mcg
Pantothenic Acid:	1.38* mg
Vitamin C:	67.62 mg
Vitamin D:	0.00* IU
Vitamin K:	28.91* mcg

Fatty Acids

Linoleic:	2.01* g
Oleic:	7.11* g

Other Information

Calories from Carbohydrates:	46%
Calories from Fat:	37%
Calories from Protein:	17%
Poly/SatFat:	0.45:1
Sodium/Potassium:	4.00:1
Calcium/Phosphorus:	0.55:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Fresca Bowl Cheesy-Chicken

Serving Size : 18 3/4 Oz (531.56 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	563 Kcal
Protein:	26.11 g
Carbohydrates:	58.70 g
Total Fat:	25.42 g
Monounsaturat Fat:	7.03* g
Polyunsaturat Fat:	2.25* g
Saturated Fat:	9.70 g
Trans Fat:	0.73 g
Water:	378* ml
Total Sugar:	8.10 g
Total Dietary Fiber:	7.26 g
Cholesterol:	68 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	282.08 mg
Magnesium:	47.11* mg
Phosphorus:	126.46* mg
Potassium:	585.14* mg
Sodium:	2,921.23 mg
Copper:	0.304* mg
Iron:	3.76 mg
Manganese:	0.736* mg
Zinc:	1.161* mg

Vitamins

Vitamin A:	285.30 RE
Vitamin E:	2.16* mg
Thiamin (B1):	0.36* mg
Riboflavin (B2):	0.13* mg
Niacin (B3):	3.16* mg
Vitamin (B6):	0.34* mg
Vitamin B12:	0.01* mcg
Folacin:	187.18* mcg
Pantothenic Acid:	1.35* mg
Vitamin C:	68.18 mg
Vitamin D:	2.67* IU
Vitamin K:	28.72* mcg

Fatty Acids

Linoleic:	1.93* g
Oleic:	6.60* g

Other Information

Calories from Carbohydrates:	41%
Calories from Fat:	41%
Calories from Protein:	19%
Poly/SatFat:	0.23:1
Sodium/Potassium:	4.99:1
Calcium/Phosphorus:	2.23:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Fresca Bowl Veggie

Serving Size : 18 1/4 Oz (517.39 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	430 Kcal
Protein:	9.83 g
Carbohydrates:	69.93 g
Total Fat:	14.14 g
Monounsaturat Fat:	7.10 g
Polyunsaturat Fat:	2.50 g
Saturated Fat:	3.16 g
Trans Fat:	0.73 g
Water:	452 ml
Total Sugar:	7.46 g
Total Dietary Fiber:	9.52 g
Cholesterol:	6 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	55.45 mg
Magnesium:	68.96mg
Phosphorus:	184.99 mg
Potassium:	790.81 mg
Sodium:	2,005.31 mg
Copper:	0.343 mg
Iron:	3.68 mg
Manganese:	0.888 mg
Zinc:	1.650 mg

Vitamins

Vitamin A:	152.63 RE
Vitamin E:	2.34 mg
Thiamin (B1):	0.39 mg
Riboflavin (B2):	0.18 mg
Niacin (B3):	4.14 mg
Vitamin (B6):	0.43 mg
Vitamin B12:	0.00 mcg
Folacin:	221.93 mcg
Pantothenic Acid:	1.47 mg
Vitamin C:	72.87 mg
Vitamin D:	0.00 IU
Vitamin K:	37.58 mcg

Fatty Acids

Linoleic:	2.16 g
Oleic:	6.68 g

Other Information

Calories from Carbohydrates:	61%
Calories from Fat:	30%
Calories from Protein:	9%
Poly/SatFat:	0.79:1
Sodium/Potassium:	2.54:1
Calcium/Phosphorus:	0.30:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Whole Pinto Beans

Serving Size : 2 Oz (56.7 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	27* Kcal
Protein:	1.05* g
Carbohydrates:	3.06* g
Total Fat:	1.27* g
Monounsaturat Fat:	0.58* g
Polyunsaturat Fat:	0.37* g
Saturated Fat:	0.25* g
Trans Fat:	0.25* g
Water:	65* ml
Total Sugar:	0.04* g
Total Dietary Fiber:	1.04* g
Cholesterol:	0* mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	7.17* mg
Magnesium:	6.39*mg
Phosphorus:	17.19* mg
Potassium:	51.84* mg
Sodium:	43.94 mg
Copper:	0.031* mg
Iron:	0.24 mg
Manganese:	0.052 mg
Zinc:	0.115 mg

Vitamins

Vitamin A:	0.00* RE
Vitamin E:	0.20* mg
Thiamin (B1):	0.02* mg
Riboflavin (B2):	0.01* mg
Niacin (B3):	0.04* mg
Vitamin (B6):	0.03* mg
Vitamin B12:	0.00* mcg
Folacin:	19.94* mcg
Pantothenic Acid:	0.02* mg
Vitamin C:	0.09* mg
Vitamin D:	0.00* IU
Vitamin K:	0.41* mcg

Fatty Acids

Linoleic:	0.32* g
Oleic:	0.58* g

Other Information

Calories from Carbohydrates:	43%
Calories from Fat:	42%
Calories from Protein:	15%
Poly/SatFat:	1.50:1
Sodium/Potassium:	0.85:1
Calcium/Phosphorus:	0.42:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Rice

Serving Size : 6 Oz (170.1 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	201 Kcal
Protein:	3.44 g
Carbohydrates:	36.00 g
Total Fat:	4.21 g
Monounsaturat Fat:	1.45* g
Polyunsaturat Fat:	0.61* g
Saturated Fat:	1.71 g
Trans Fat:	0.35* g
Water:	125* ml
Total Sugar:	1.00* g
Total Dietary Fiber:	1.20* g
Cholesterol:	6 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	11.46 mg
Magnesium:	11.11*mg
Phosphorus:	41.32* mg
Potassium:	36.07* mg
Sodium:	1,241.49 mg
Copper:	0.102* mg
Iron:	2.04 mg
Manganese:	0.443* mg
Zinc:	0.472* mg

Vitamins

Vitamin A:	89.26* RE
Vitamin E:	0.20* mg
Thiamin (B1):	0.24* mg
Riboflavin (B2):	0.02* mg
Niacin (B3):	1.75* mg
Vitamin (B6):	0.07* mg
Vitamin B12:	0.00* mcg
Folacin:	98.44* mcg
Pantothenic Acid:	0.55* mg
Vitamin C:	43.98* mg
Vitamin D:	0.00* IU
Vitamin K:	0.70* mcg

Fatty Acids

Linoleic:	0.52* g
Oleic:	1.37* g

Other Information

Calories from Carbohydrates:	74%
Calories from Fat:	19%
Calories from Protein:	7%
Poly/SatFat:	0.36:1
Sodium/Potassium:	34.42:1
Calcium/Phosphorus:	0.28:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Refried Beans

Serving Size : 4 Oz (113.4 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	54 Kcal
Protein:	2.10 g
Carbohydrates:	6.12 g
Total Fat:	2.54 g
Monounsaturat Fat:	1.17 g
Polyunsaturat Fat:	0.74 g
Saturated Fat:	0.50 g
Trans Fat:	0.50 g
Water:	129 ml
Total Sugar:	0.08 g
Total Dietary Fiber:	2.08 g
Cholesterol:	0 mg
Alcohol:	0.00 g
Caffeine:	0.00 mg

Minerals

Calcium:	14.34 mg
Magnesium:	12.79mg
Phosphorus:	34.39 mg
Potassium:	103.68 mg
Sodium:	87.89 mg
Copper:	0.062 mg
Iron:	0.49 mg
Manganese:	0.105 mg
Zinc:	0.229 mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.41 mg
Thiamin (B1):	0.05 mg
Riboflavin (B2):	0.01 mg
Niacin (B3):	0.07 mg
Vitamin (B6):	0.05 mg
Vitamin B12:	0.00 mcg
Folacin:	39.87 mcg
Pantothenic Acid:	0.05 mg
Vitamin C:	0.19 mg
Vitamin D:	0.00 IU
Vitamin K:	0.81 mcg

Fatty Acids

Linoleic:	0.64 g
Oleic:	1.16 g

Other Information

Calories from Carbohydrates:	43%
Calories from Fat:	42%
Calories from Protein:	15%
Poly/SatFat:	1.50:1
Sodium/Potassium:	0.85:1
Calcium/Phosphorus:	0.42:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Fries

Serving Size : 5 Oz (141.75 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	184 Kcal
Protein:	2.84 g
Carbohydrates:	28.35 g
Total Fat:	7.09 g
Monounsaturat Fat:	0.00* g
Polyunsaturat Fat:	0.00* g
Saturated Fat:	2.13 g
Trans Fat:	0.00 g
Water:	0* ml
Total Sugar:	0.00 g
Total Dietary Fiber:	2.84 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	0.00 mg
Magnesium:	0.00*mg
Phosphorus:	1.00* mg
Potassium:	1.00* mg
Sodium:	396.90 mg
Copper:	0.000* mg
Iron:	0.51 mg
Manganese:	0.000* mg
Zinc:	0.000* mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.00* mg
Niacin (B3):	0.00* mg
Vitamin (B6):	0.00* mg
Vitamin B12:	0.00* mcg
Folacin:	0.00* mcg
Pantothenic Acid:	0.00* mg
Vitamin C:	5.10 mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.00* g
Oleic:	0.00* g

Other Information

Calories from Carbohydrates:	59%
Calories from Fat:	35%
Calories from Protein:	6%
Poly/SatFat:	0.00:1
Sodium/Potassium:	396.90:1
Calcium/Phosphorus:	0.00:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Nacho Fries

Serving Size : 7 Oz (198.45 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	305 Kcal
Protein:	8.85 g
Carbohydrates:	31.91 g
Total Fat:	15.92 g
Monounsaturat Fat:	0.08* g
Polyunsaturat Fat:	0.01* g
Saturated Fat:	8.00 g
Trans Fat:	0.00 g
Water:	15* ml
Total Sugar:	3.20 g
Total Dietary Fiber:	2.84 g
Cholesterol:	30 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	225.21 mg
Magnesium:	1.96*mg
Phosphorus:	8.27* mg
Potassium:	21.09* mg
Sodium:	998.30 mg
Copper:	0.010* mg
Iron:	0.54 mg
Manganese:	0.013* mg
Zinc:	0.039* mg

Vitamins

Vitamin A:	89.93 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.01* mg
Niacin (B3):	0.07* mg
Vitamin (B6):	0.01* mg
Vitamin B12:	0.01* mcg
Folacin:	1.18* mcg
Pantothenic Acid:	0.04* mg
Vitamin C:	5.79 mg
Vitamin D:	2.67* IU
Vitamin K:	0.02* mcg

Fatty Acids

Linoleic:	0.01* g
Oleic:	0.07* g

Other Information

Calories from Carbohydrates:	41%
Calories from Fat:	47%
Calories from Protein:	12%
Poly/SatFat:	0.00:1
Sodium/Potassium:	47.33:1
Calcium/Phosphorus:	27.24:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Chili Fries

Serving Size : 9 Oz (255.15 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	344 Kcal
Protein:	11.13 g
Carbohydrates:	35.06 g
Total Fat:	17.98 g
Monounsaturat Fat:	0.98* g
Polyunsaturat Fat:	0.08* g
Saturated Fat:	8.77 g
Trans Fat:	0.12 g
Water:	24* ml
Total Sugar:	3.71 g
Total Dietary Fiber:	2.92 g
Cholesterol:	37 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	235.24 mg
Magnesium:	4.91* mg
Phosphorus:	27.52* mg
Potassium:	67.34* mg
Sodium:	1,213.41 mg
Copper:	0.023* mg
Iron:	1.22 mg
Manganese:	0.045* mg
Zinc:	0.486* mg

Vitamins

Vitamin A:	90.58 RE
Vitamin E:	0.04* mg
Thiamin (B1):	0.01* mg
Riboflavin (B2):	0.03* mg
Niacin (B3):	0.52* mg
Vitamin (B6):	0.05* mg
Vitamin B12:	0.22* mcg
Folacin:	2.42* mcg
Pantothenic Acid:	0.10* mg
Vitamin C:	5.94 mg
Vitamin D:	2.97* IU
Vitamin K:	0.27* mcg

Fatty Acids

Linoleic:	0.06* g
Oleic:	0.20* g

Other Information

Calories from Carbohydrates:	40%
Calories from Fat:	47%
Calories from Protein:	13%
Poly/SatFat:	0.01:1
Sodium/Potassium:	18.02:1
Calcium/Phosphorus:	8.55:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Chili Curly Fries

Serving Size : 9 Oz (255.15 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	386 Kcal
Protein:	11.13 g
Carbohydrates:	35.06 g
Total Fat:	22.23 g
Monounsaturat Fat:	0.98* g
Polyunsaturat Fat:	0.08* g
Saturated Fat:	9.48 g
Trans Fat:	0.12 g
Water:	24* ml
Total Sugar:	3.71 g
Total Dietary Fiber:	2.92 g
Cholesterol:	37 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	235.24 mg
Magnesium:	4.91* mg
Phosphorus:	27.52* mg
Potassium:	67.34* mg
Sodium:	1,411.86 mg
Copper:	0.023* mg
Iron:	2.24 mg
Manganese:	0.045* mg
Zinc:	0.486* mg

Vitamins

Vitamin A:	90.58 RE
Vitamin E:	0.04* mg
Thiamin (B1):	0.01* mg
Riboflavin (B2):	0.03* mg
Niacin (B3):	0.52* mg
Vitamin (B6):	0.05* mg
Vitamin B12:	0.22* mcg
Folacin:	2.42* mcg
Pantothenic Acid:	0.10* mg
Vitamin C:	7.65 mg
Vitamin D:	2.97* IU
Vitamin K:	0.27* mcg

Fatty Acids

Linoleic:	0.06* g
Oleic:	0.20* g

Other Information

Calories from Carbohydrates:	37%
Calories from Fat:	52%
Calories from Protein:	12%
Poly/SatFat:	0.01:1
Sodium/Potassium:	20.97:1
Calcium/Phosphorus:	8.55:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Queso Curly Fries

Serving Size : 7 Oz (198.45 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	347 Kcal
Protein:	8.85 g
Carbohydrates:	31.91 g
Total Fat:	20.17 g
Monounsaturat Fat:	0.08* g
Polyunsaturat Fat:	0.01* g
Saturated Fat:	8.71 g
Trans Fat:	0.00 g
Water:	15* ml
Total Sugar:	3.20 g
Total Dietary Fiber:	2.84 g
Cholesterol:	30 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	225.21 mg
Magnesium:	1.96*mg
Phosphorus:	8.27* mg
Potassium:	21.09* mg
Sodium:	1,196.75 mg
Copper:	0.010* mg
Iron:	1.56 mg
Manganese:	0.013* mg
Zinc:	0.039* mg

Vitamins

Vitamin A:	89.93 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.01* mg
Niacin (B3):	0.07* mg
Vitamin (B6):	0.01* mg
Vitamin B12:	0.01* mcg
Folacin:	1.18* mcg
Pantothenic Acid:	0.04* mg
Vitamin C:	7.50 mg
Vitamin D:	2.67* IU
Vitamin K:	0.02* mcg

Fatty Acids

Linoleic:	0.01* g
Oleic:	0.07* g

Other Information

Calories from Carbohydrates:	37%
Calories from Fat:	52%
Calories from Protein:	10%
Poly/SatFat:	0.00:1
Sodium/Potassium:	56.74:1
Calcium/Phosphorus:	27.24:1

* indicates 1 or more Unreported values.

Nutrient Analysis

TV Curly Fries 5 oz

Serving Size : 5 Oz (141.75 g)

Item Type : Recipe

Food Description :

Macro Nutrients

Calories:	227 Kcal
Protein:	2.84 g
Carbohydrates:	28.35 g
Total Fat:	11.34 g
Monounsaturat Fat:	0.00* g
Polyunsaturat Fat:	0.00* g
Saturated Fat:	2.84 g
Trans Fat:	0.00 g
Water:	0* ml
Total Sugar:	0.00 g
Total Dietary Fiber:	2.84 g
Cholesterol:	0 mg
Alcohol:	0.00* g
Caffeine:	0.00* mg

Minerals

Calcium:	0.00 mg
Magnesium:	0.00*mg
Phosphorus:	1.00* mg
Potassium:	1.00* mg
Sodium:	595.35 mg
Copper:	0.000* mg
Iron:	1.53 mg
Manganese:	0.000* mg
Zinc:	0.000* mg

Vitamins

Vitamin A:	0.00 RE
Vitamin E:	0.00* mg
Thiamin (B1):	0.00* mg
Riboflavin (B2):	0.00* mg
Niacin (B3):	0.00* mg
Vitamin (B6):	0.00* mg
Vitamin B12:	0.00* mcg
Folacin:	0.00* mcg
Pantothenic Acid:	0.00* mg
Vitamin C:	6.80 mg
Vitamin D:	0.00* IU
Vitamin K:	0.00* mcg

Fatty Acids

Linoleic:	0.00* g
Oleic:	0.00* g

Other Information

Calories from Carbohydrates:	50%
Calories from Fat:	45%
Calories from Protein:	5%
Poly/SatFat:	0.00:1
Sodium/Potassium:	595.35:1
Calcium/Phosphorus:	0.00:1

* indicates 1 or more Unreported values.