

Spaghetti eI Lentil

Nutrition Facts	
Serving Size 1/2 cup (169g)	
Servings Per Container 48	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 45mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 13g	
Vitamin A 15% • Vitamin C 20%	
Calcium 4% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Makes 48 servings. Each serving has 140 calories, 3 grams (g) fat, 13 g protein, 15 g carbohydrate, 4 g fiber and 45 milligrams sodium.

Acini de Pea Confetti Salad

Nutrition Facts	
Serving Size (92g)	
Servings Per Container 48	
Amount Per Serving	
Calories 250	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 35g	12%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 7g	
Vitamin A 10% • Vitamin C 80%	
Calcium 2% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Makes 48 servings. Each serving has 250 calories, 10 grams (g) fat, 7 g protein, 35 g carbohydrate, 4 g fiber, and 200 milligrams sodium.

Chickpea Chocolate Cake

Nutrition Facts	
Serving Size (59g)	
Servings Per Container 18	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 100mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 19g	
Protein 4g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Makes 18 servings. Each serving has 160 calories, 7 grams (g) fat, 4 g protein, 23 g carbohydrate, 2 g fiber, and 100 milligrams sodium.

Zesty Pizza Sub

Nutrition Facts	
Serving Size 1 Sandwich (195g)	
Servings Per Container 50	
Amount Per Serving	
Calories 350	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 460mg	19%
Total Carbohydrate 43g	14%
Dietary Fiber 7g	28%
Sugars 9g	
Protein 23g	
Vitamin A 2% • Vitamin C 0%	
Calcium 15% • Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Makes 50 servings. Each serving has 350 calories, 9 grams (g) fat, 23 g protein, 43 g carbohydrate, 7 g fiber and 460 mg sodium.

(analyzed with 1 ½ T. cheese/sub and no pepperoni)

You will need to state that the cheese and sauce are low sodium in the recipe.

South of the Border Tacos

Nutrition Facts	
Serving Size 1 Taco (97g)	
Servings Per Container 48	
Amount Per Serving	
Calories 150	Calories from Fat 45
<small>% Daily Value*</small>	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 12g	
Vitamin A 4% • Vitamin C 2%	
Calcium 2% • Iron 10%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Makes 48 servings. Each serving has 150 calories, 5 grams (g) fat, 12 g protein, 15 g carbohydrate, 3 g fiber, and 170 milligrams sodium.

Carrot Dip

Nutrition Facts	
Serving Size (117g)	
Servings Per Container 48	
Amount Per Serving	
Calories 120	Calories from Fat 45
<small>% Daily Value*</small>	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 4g	
Vitamin A 0%	• Vitamin C 6%
Calcium 2%	• Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Makes 48 servings. Each serving has: 120 calories, 5 grams (g) fat, 4 g protein, 15 g carbohydrate, 4 g fiber and 230 milligrams of sodium.

Split Pea Salsa

Nutrition Facts	
Serving Size (190g)	
Servings Per Container 50	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 5g	
Vitamin A 6%	• Vitamin C 45%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Makes 50 servings. Each serving has 100 calories, 0.5 grams (g) fat, 5 g protein, 20 g carbohydrate, 6 g fiber, and 250 milligrams sodium.

Souped Up Sloppy Joes

Nutrition Facts	
Serving Size 1 Sloppy Joe (215g)	
Servings Per Container 48	
Amount Per Serving	
Calories 280	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 340mg	14%
Total Carbohydrate 36g	12%
Dietary Fiber 7g	28%
Sugars 7g	
Protein 20g	
Vitamin A 4%	• Vitamin C 6%
Calcium 6%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Makes 48 servings. Each serving has 280 calories, 6 grams (g) fat, 20 g protein, 36 g carbohydrate, 7 g fiber and 340 milligrams of sodium.