

Mountain House Micro Nutritional Information

Product Description	Product Code	Serving Size	Servings per Pkg	Minerals (Per Serving)													Poly Fats		Other Nutrients
				Calcium (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Magnesium (mg)	Manganese (mg)	Molybdenum (mcg)	Phosphorus (mg)	Potassium (mg)	Selenium (mcg)	Zinc (mg)	Omega 3 Fatty Acid (g)	Omega 6 Fatty Acid (g)	Choline (mg)
MOUNTAIN HOUSE #10 CANS																			
BREAKFAST ENTREES																			
Scrambled Eggs with Ham and Peppers	30425	3/4 cup	17	144.52	0.18	0.03	0.02	22.98	1.52	17.35	0.01	7.37	218.52	211.6	13.31	1.26	0.07	1.83	127.37
Scrambled Eggs with Bacon	30447	2/3 cup	16	177.6	0.23	0.04	0.03	28.97	1.77	21.88	0.02	9.29	275.55	252.47	16.78	1.58	0.09	2.3	160.6
Granola with Milk and Blueberries	30449	1/2 cup	20	148.06	0	0.05	0	0.09	1.34	5.06	0.1	0.13	100.94	296.97	0.81	0.1	0	0	0
MAIN ENTREES																			
Rice & Chicken	30105	1 cup	10	21.59	0	0.01	0.12	0	1.64	1.99	0.01	0	0.23	7.42	0.01	0.01	0	0	0
Spaghetti with Meat Sauce	30108	1 cup	10	44.15	0	0.13	0.06	0	2.53	16.7	0.23	0	56.78	60.48	19.99	0.51	0	0	0
Chicken A La King with Noodles	30111	1 cup	11	80.06	0	0	0.03	0	0.97	0.51	0	0	59.72	112.13	0	0.03	0	0	0
Beef Stroganoff with Noodles	30119	1 cup	10	65.23	0	0.01	0.06	0	0.63	0.82	0	0	26.84	69.21	0	0	0	0	0
Chicken Teriyaki with Rice	30124	1 cup	10	2.04	0	0.01	0.11	0	1.61	2.58	0	0	0	45.08	0	0	0	0	0
Lasagna with Meat Sauce	30127	1 cup	10	228.94	0.01	0.01	0.07	0	2.24	2.84	0.02	0	11.43	66.45	0.03	0.03	0	0	0
Chili Mac with Beef	30128	1 cup	10	52.48	0	0.06	0.09	0	2.62	12.76	0.15	0	33.89	320.41	12.35	0.27	0	0	0
Mexican Style Rice & Chicken	30144	1 cup	10	53.39	0	0.02	0.10	0.07	1.96	32.49	0.04	0.00	21.73	139.68	0.05	0.49	0	0	0

Data was provided using Genesis 11.1 2016 ESHA Research Software