FIESTA EXPRESS

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
BAKED POTATO BAR									
Bacon Bits ▲	1 T.	31	2 g	52%	0 mg	2 g	2 g	0.7 g	124 mg
Baked Potato ▲	1	220	0 g	0%	0 mg	4.6 g	51 g	4.8 g	16 mg
Broccoli (Steamed) ▲	1/2 cup	25	0 g	0%	0 mg	2.8 g	5 g	2.7 g	214 mg
Cheddar Cheese ■	2 T.	57	4.7 g	74%	15 mg	3.5 g	0 g	0 g	88 mg
Cheese Sauce ■	1/4 cup	105	9 g	77%	22 mg	5.6 g	1.2 g	0 g	356 mg
Chili Con Carne	1/4 cup	80	3.5 g	39%	15 mg	5.6 g	6.8 g	2 g	329 mg
Margarine ■	1 T.	101	11 g	98%	0 mg	0 g	0 g	0 g	133 mg
Sour Cream ■	2 T.	51	5 g	88%	11 mg	0.7 g	1 g	0 g	13 mg
ENTREES									
Chicken Burrito	1	585	32 g	49%	125 mg	44.1 g	30.2 g	3.1 g	1095 mg
Mexican Lasagna	1 serving	517	27 g	47%	82 mg	33 g	36 g	0.5 g	1188 mg
Mexican Potato Skins (no filling)	2.5 oz.	219	11.4 g	47%	<5 mg	2.8 g	27.3 g	2.3 g	116 mg
Pork & Chipotle Fajita Filling	2 oz.	108	5.8 g	48%	32 g	11.4 g	2.5 g	0 g	466 mg
Shrimp Fajita Filling	1 serving	134	3.2 g	21%	221 mg	24 g	1.2 g	0 g	665 mg
Steak & Pepper Fajita Filling	2 oz.	133	6.5 g	44%	35 mg	14.7 g	4 g	0 g	771 mg
Tamale Bake	1 piece	572	30 g	53%	54 mg	37 g	23 g	1.2 g	1028 mg
PANCAKE BAR									
Apple Topping ▲	1/4 cup	65	0 g	0%	0 mg	0 g	17 g	0.6 g	28 mg
Blueberry Topping ▲	1/4 cup	75	0 g	0%	0 mg	0 g	19.5 g	0 g	22 mg
Cherry Topping ▲	1/4 cup	74	0 g	0%	0 mg	0 g	18 g	0 g	12 mg
Margarine ■	1 T.	101	11 g	98%	0 mg	0 g	0 g	0 g	133 mg
Pancakes ■	1	122	2.5 g	18%	6 mg	2.8 g	22 g	0 g	414 mg
Peach Topping ▲	1/4 cup	76	0 g	0%	0 mg	0 g	18 g	0 g	23 mg
Strawberry Topping ▲	1/4 cup	76	0 g	0%	0 mg	0 g	18 g	0.8 g	42 mg
Syrup ▲	1/4 cup	240	0 g	0%	0 mg	0 g	60 g	0 g	66 mg
Whipped Topping ■	2 T.	20	1 g	45%	0 mg	0 g	2 g	0 g	5 mg
STANDARDS									
Beef Taco Meat	1/4 cup	150	11 g	66%	40 mg	10 g	2 g	0 g	235 mg
Fiesta Chicken	1/2 cup	90	2 g	20%	41 mg	17 g	1 g	0 g	274 mg
Flour Tortilla ▲	1	110	2 g	16%	0 mg	3 g	21 g	0.5 g	120 mg
Guacamole ▲	2 T.	80	7 g	78%	0 mg	1 g	4 g	2 g	190 mg
Hard Corn Shells ▲	1	50	2.3 g	41%	0 mg	0.7 g	7 g	0.7 g	0 mg
Jalapeños ▲	1 T.	2	0 g	0%	0 mg	0 g	<1 g	0 g	170 mg
Lettuce ▲	1/2 cup	3	0 g	0%	0 mg	0.3 g	0.6 g	0 g	3 mg
Meatless "Burger Crumbles" ▲	1/3 cup	45	1.5 g	30%	0 mg	5 g	2 g	1 g	130 mg
Nacho Cheese Sauce ■	1/4 cup	105	9 g	77%	22 mg	5.6 g	1.2 g	0 g	356 mg
Nacho Chips ▲	12	140	7 g	45%	0 mg	2 g	18 g	1 g	120 mg
Refried Beans ▲	1/4 cup	68	0.5 g	7%	0 mg	3 g	11 g	3 g	185 mg
Rice—White ▲	1/2 cup	100	0 g	0%	0 mg	2 g	22 g	0 g	92 mg
Salsa ▲	1/4 cup	9	0 g	0%	0 mg	0.4 g	2 g	0.5 g	139 mg
Shredded Cheese ■	2 T.	57	4.7 g	74%	15 mg	3.5 g	0 g	0 g	88 mg
Sour Cream ■	2 T.	51	5 g	88%	11 mg	0.7 g	1 g	0 g	13 mg
Tomato—Diced ▲	1/4 cup	10	0 g	0%	0 mg	0 g	2 g	0.5 g	4 mg
Vegetarian Chili ▲	6 oz.	120	1 g	7%	0 mg	6 g	21 g	7.2 g	1200 mg

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KOZY KITCHEN, CONT.

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
Cream of Potato ■	8 oz.	235	11 g	42%	17 mg	8 g	26 g	0.3 g	190 mg
Cream of Portabella Mushroom	8 oz.	176	10 g	51%	23 mg	7 g	14.6 g	1.3 g	254 mg
Cream of Turkey	8 oz.	174	10 g	52%	33 mg	9 g	12 g	0.3 g	148 mg
Cream of Spinach ■	8 oz.	163	9 g	50%	31 mg	8 g	12.6 g	0.3 g	180 mg
Italian Wedding	8 oz.	100	4.2 g	38%	21 mg	7 g	8.4 g	1.2 g	121 mg
Lentil & Orzo ▲	8 oz.	76	2 g	24%	0 mg	3 g	11.5 g	2 g	179 mg
Manhattan Clam Chowder	8 oz.	84	1 g	11%	5 mg	5 g	13.7 g	1.6 g	279 mg
Maryland Seafood	8 oz.	112	2 g	16%	32 mg	10.5 g	13 g	1.7 g	657 mg
Navy Bean	8 oz.	181	1.3 g	6%	4 mg	11.4 g	30.8 g	7.5 g	186 mg
New England Clam Chowder	8 oz.	247	10.4 g	39%	29 mg	18 g	20.3 g	1 g	752 mg
Pasta Fagioli	8 oz.	110	2 g	16%	2 mg	5.3 g	17.8 g	4.7 g	366 mg
Potato Leek	8 oz.	213	11 g	46%	14 mg	7.4 g	21 g	1.5 g	296 mg
Sausage Chili	8 oz.	224	12.7 g	51%	36 mg	12.4 g	15 g	1 g	1154 mg
Shrimp Bisque	8 oz.	296	15.7 g	48%	100 mg	15 g	23.6 g	0 g	562 mg
Shrimp Creole	8 oz.	104	4 g	35%	38 mg	6 g	11 g	0.5 g	548 mg
Split Pea	8 oz.	77	1.4 g	16%	1 mg	4.4 g	11.8 g	4.6 g	154 mg
Succotash ▲	8 oz.	59	2.6 g	40%	0 mg	1.4 g	7.5 g	0.6 g	157 mg
Swiss Broccoli ■	8 oz.	114	6 g	47%	10 mg	6 g	9 g	2 g	123 mg
Tomato ▲	8 oz.	90	0 g	0%	0 mg	2 g	20 g	1 g	710 mg
Turkey Noodle	8 oz.	77	1.4 g	16%	26 mg	9.6 g	6.4 g	0.8 g	128 mg
Turkey Rice	8 oz.	109	3 g	25%	27 mg	11.2 g	9.3 g	0.6 g	188 mg
Vegan Chili ▲	8 oz.	167	3.6 g	19%	0 mg	7.4 g	26.3 g	3.5 g	669 mg
Vegan Mushroom Barley ▲	8 oz.	72	2.5 g	31%	0 mg	2.3 g	10 g	1.3 g	167 mg
Vegetable Gumbo ▲	8 oz.	89	1 g	10%	0 mg	2.7 g	17.4 g	3 g	302 mg
Vegetable Rice ▲	8 oz.	87	1.3 g	13%	0 mg	2.7 g	16 g	3 g	510 mg
VEGGIE PATCH									
Alfredo Sauce ■	1/4 cup	150	13 g	77%	25 mg	2.7 g	6 g	0 g	317 mg
Baked Flounder	1 piece	78	2 g	23%	22 mg	14 g	1 g	0 g	63 mg
Baked Potato ▲	1	220	0 g	0%	0 mg	4.6 g	51 g	4.8 g	16 mg
Baked Sweet Potato ▲	1	120	0 g	0%	0 mg	2 g	28 g	3.4 g	11 mg
Broccoli ▲	1/2 cup	25	0 g	0%	0 mg	2.8 g	5 g	2.7 g	214 mg
Brown Rice ▲	1/2 cup	108	0.8 g	7%	0 mg	2.5 g	22 g	1.8 g	5 mg
Brussel Sprouts ▲	1/2 cup	33	0 g	0%	0 mg	2.8 g	6.4	3 g	210 mg
Cauliflower ▲	1/2 cup	17	0 g	0%	0 mg	1.4 g	3.4 g	2.4 g	208 mg
Cavatappi Marinara ▲	1 cup	180	2 g	10%	0 mg	6 g	34 g	2.5 g	258 mg
Cheese Sauce ■	1/4 cup	120	9 g	68%	20 mg	5 g	5 g	0 g	280 mg
Corn ▲	1/2 cup	66	0 g	0%	0 mg	2.3 g	16 g	2 g	196 mg
Gravy	2 oz.	17	1 g	53%	0.1 mg	0.4 g	1.8 g	0 g	134 mg
Green Beans ▲	1/2 cup	20	0 g	0%	0 mg	1.8 g	4 g	2 g	198 mg
Linguine with Herbs ▲	4.5 oz.	186	2 g	10%	0 mg	6 g	36 g	2 g	2 mg
Mashed Potatoes ■	3 oz.	85	1 g	11%	2 mg	2 g	17 g	1.7 g	13 mg
Pork Loin	3 oz.	217	13 g	54%	74 mg	25 g	0 g	0 g	406 mg
Roast Beef	4 oz.	302	22 g	66%	83 mg	26 g	0 g	0 g	110 mg
Snow Peas ▲	1/2 cup	42	0 g	0%	0 mg	3 g	7 g	2.5 g	4 mg
Turkey Breast	4 oz.	204	8 g	35%	84 mg	33 g	0 g	0 g	71 mg

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KOZY KITCHEN, CONT.

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Vegetable Medley ▲	1/2 cup	33	0 g	0%	0 mg	2.6 g	6.6 g	3 g	28 mg
White Rice ▲	1/2 cup	103	0.2 g	2%	0 mg	2 g	22 g	0 g	1 mg

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