

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

1 (32oz) Baked Potato Casserole

Nutrition Facts	
Serving size	2/3 Cup (140g)
Amount Per Serving	
Calories	210
	<small>% Daily Value*</small>
Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 660mg	29%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1.08mg	6%
Potassium 376mg	8%
Vitamin A	0%
Vitamin C	0%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: POTATOES, WATER, SOUR CREAM (Cultured Milk, Cream, Whey, Modified Corn Starch, Sodium Phosphate, Guar Gum, Carrageenan, Carob Bean Gum and Potassium Sorbate [maintains freshness]), NON DAIRY CREAMER (Corn Syrup Solids, Sunflower Oil, Sodium Caseinate [a milk derivative], Dipotassium Phosphate, Lecithin, Sodium Silico Aluminate Tocopherols [to protect flavor], and Artificial Flavor), CHEDDAR CHEESE (Cultured Pasteurized Milk, Salt, Enzymes, Powdered Cellulose [added to prevent caking], Annatto [color], Natamycin [a natural mold inhibitor]), VEGETABLE OIL (100% Soybean Oil), BACON (Cured with Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite. May also contain Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate), MODIFIED CORN STARCH, SALT, SPICE, GRANULATED GARLIC, CITRIC ACID, DEHYDRATED CHIVES.

CONTAINS: Milk

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1 (30oz) Tray Creamed Spinach

Nutrition Facts	
Serving size	1/2 Cup (110g)
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 9g	45%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 300mg	13%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.08mg	6%
Potassium 94mg	2%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: Spinach, Half and Half (Milk, Cream), Unsalted Butter (Cream), Yellow Onion, Rice Flour, Asiago Cheese (Milk, Cheese Cultures, Salt, Enzymes), Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Cultures Salt, Rennet, Natamycin), Panko Breadcrumbs (Unbleached Wheat Flour, Evaporated Cane Juice, Yeast, Sea Salt), Salt, Nutmeg, Black Pepper, Cayenne Pepper

Contains: Milk, Wheat

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Nutrition Facts	
Serving size	2/3 Cup (140g)
Amount Per Serving	
Calories	210
<small>% Daily Value*</small>	
Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 660mg	29%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1.08mg	6%
Potassium 376mg	8%
Vitamin A	0%
Vitamin C	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: POTATOES, WATER, SOUR CREAM (Cultured Milk, Cream, Whey, Modified Corn Starch, Sodium Phosphate, Guar Gum, Carrageenan, Carob Bean Gum and Potassium Sorbate [maintains freshness]), NON DAIRY CREAMER (Corn Syrup Solids, Sunflower Oil, Sodium Caseinate [a milk derivative], Dipotassium Phosphate, Lecithin, Sodium Silico Aluminate Tocopherols [to protect flavor], and Artificial Flavor), CHEDDAR CHEESE (Cultured Pasteurized Milk, Salt, Enzymes, Powdered Cellulose [added to prevent caking], Annatto [color], Natamycin [a natural mold inhibitor]), VEGETABLE OIL (100% Soybean Oil), BACON (Cured with Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite. May also contain Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate), MODIFIED CORN STARCH, SALT, SPICE, GRANULATED GARLIC, CITRIC ACID, DEHYDRATED CHIVES.

CONTAINS: Milk

NUTRITIONAL FACTS

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1 (32oz) Sweet Potato Casserole

Nutrition Facts	
Serving size	2/3 Cup (140g)
Amount Per Serving	
Calories	370
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 15mg	5%
Sodium 180mg	8%
Total Carbohydrate 48g	17%
Dietary Fiber 2g	7%
Total Sugars 32g	
Includes 19g Added Sugars	38%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.08mg	6%
Potassium 188mg	4%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: SWEET POTATOES, LIQUID MARGARINE (Liquid and Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono & Diglycerides, Soy Lecithin, Sodium Benzoate [preservative], Citric Acid, Natural and Artificial Flavor, Calcium Disodium EDTA [added to protect flavor], Beta Carotene [color], Vitamin A Palmitate [added]), SUGAR, WATER, BROWN SUGAR, LIQUID EGGS (Whole Eggs, Citric Acid [to maintain color], 0.15% Water as Citric Acid carrier), NON DAIRY CREAMER (Corn Syrup Solids, Sunflower Oil, Sodium Caseinate [a milk derivative], Dipotassium Phosphate, Lecithin, Sodium Silico Aluminate, Tocopherols [to protect flavor], Artificial Flavor), ENRICHED BLEACHED WHEAT FLOUR (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron [reduced] Thiamine Mononitrate, Riboflavin, Folic Acid), MODIFIED CORN STRACH, PEACANS, WALNUTS, SPICE.

Contains: Egg, Milk, Soy, Tree Nuts (Pecans, Walnuts), Wheat.