

Hawaiian Tropics Salad



50 servings, 1/2 cup each

Ingredients	Measures	Weights	Directions
Sweet potatoes, pre-cut frozen dices	2 quarts	1/2 # 10 can	Thaw and blanch 1-inch dices in boiling water.
Celery, thinly sliced	1 quart		
Cabbage, shredded	3 cups		In large bowl, combine first six ingredients.
Raisins	3 cups		
Crushed pineapple	2 cups		In small bowl, combine mayonaise and yogurt, blend well. Pour over vegetable mixture. Toss to blend. Cover and refrigerate until ready to serve. To serve, portion with #8 scoop onto lettuce leaves.
Sunflower seeds or chopped peanuts	1 1/2 cups		
Mayonaise	1 1/2 cups		
Non-fat yogurt, unflavored	1 1/2 cups		
Crisp lettuce leaves			

Nutrients Per Serving

Calories	146.1 Kcal	Potassium	228.7 mg	Total Saturated Fat	1.1 gm
Protein	2.6 gm	Vitamin A	4318.5 IU	Total Poly unsaturated fat	4.7 gm
Fat	8.2 gm	Thiamin	.2 mg	Total Monounsaturated fat	2.0 gm
Carbohydrate	17.3 gm	Riboflavin	.1 mg		
Calcium	38.7 mg	Niacin	.6 mg		
Phosphorus	71.9 mg	Vitamin C	9.6 mg		
Iron	.8 mg	Cholesterol	4.0 mg		
Sodium	55.9 mg				

Farm Fresh Chili



50 servings, 10 oz. each before garnish

Ingredients	Measures	Weights	Directions																																																
Onion, chopped Red and green peppers, coarsely chopped Sliced celery Zucchini, coarsely chopped Carrots, chopped Large garlic, minced Vegetable oil	4 cups 3 cups 2 cups 2 cups 1 cup 8 cloves 1/4 cup		In large pot, saute onion, peppers, celery, zucchini, carrots and garlic in oil until vegetables are tender; stir often.																																																
Chili powder Ground cumin Pepper and salt Water Whole tomatoes, coarsely chopped Mild to medium salsa	2 tablespoons 1 tablespoon 2 teaspoons each 5 cups	1 can (No 10) 1 quart	Add spices, water, tomatoes and salsa. Bring to boil; reduce heat and simmer 20 minutes. Stir often.																																																
Kidney beans, drained Cut sweet potatoes, drained Canned garbanzo beans Corn, whole kernel	4 cups 4 cups	1 can (No 10) 1 can (No 10)	Add kidney beans, sweet potatoes, garbanzo beans and corn. Cook 20 minutes over low heat, stirring often to blend flavors.																																																
Cheddar cheese, shredded Tortilla Chips, coarsely crumbled	6 cups 6 cups		To serve, garnish each serving with cheese and corn chips.																																																
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Crunchy Vegetable Burritos



50 servings, 1/2 cup vegetable mixture and 2 tablespoons cheese

Ingredients		Measures	Weights	Directions																																																
Raw sweet potatoes, shredded		1 1/2 quarts		<p>In large bowl, combine first six ingredients. In second bowl, combine yogurt, dressing, chili powder, garlic powder and cumin. Blend well. Pour over vegetables; toss to blend.</p> <p>Lay tortillas flat on counter. Using #8 scoop in center, top with 2 tablespoons cheese; spread evenly in center of tortilla, leaving 1 1/2 inches at bottom. Fold up bottom of tortilla to cover filling. Fold sides over filling.</p>																																																
Broccoli, chopped		1 1/2 quarts																																																		
Kidney beans, drained		1 quart																																																		
Tomatoes, chopped		3 cups																																																		
Sliced green onions or chopped purple onion		1 1/2 cups																																																		
Canned green chilies, chopped		1 cup, canned																																																		
Low-fat plain yogurt		2 quarts																																																		
Low-fat ranch dressing		2 cups																																																		
Chili powder		1 tablespoon																																																		
Garlic powder		1 tablespoon																																																		
Ground Cumin		2 teaspoons																																																		
10-inch flour tortillas		50		<p>Cover and serve chilled or heat in microwave on high for 25 seconds to serve warm. If desired, arrange in shallow pan and bake at 350 degrees F. for 5 minutes.</p>																																																
Monterey Jack or Cheddar cheese, shredded		6 cups																																																		
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Oatmeal Spice Drop Cookies



120 Cookies, 2 per serving

Ingredients	Measures	Weights	Directions
Butter or margarine, softened Light brown sugar, firmly packed Large eggs Cooked sweet potatoes, pureed	1 cup 2 cups 2 1 quart	1 pound	In electric mixer bowl, cream butter until soft and fluffy. Gradually beat in brown sugar, eggs, and sweet potatoes.
All-purpose flour, unsifted Quick cooking oatmeal Baking powder Baking soda Ground cinnamon Salt Ground allspice, ground ginger Ground cloves Vanilla extract Raisins Walnuts, chopped	3 cups 2 1/2 cups 2 teaspoons 1 teaspoon 1 teaspoon 1 teaspoon 1/2 teaspoon each 1/2 teaspoon 1 teaspoon 1 cup 1 cup		In large bowl, combine flour, oatmeal, baking powder, baking soda, cinnamon, salt, allspice, ginger and cloves. Gradually add to creamed mixture and blend well. Add vanilla. Stir in raisins and nuts. Drop by generous teaspoonfuls onto greased baking sheets. Bake at 350 degrees F. for 12 minutes or until done. Cool on wire racks.

Nutrients Per Serving

Calories	141.1 Kcal	Potassium	116.9 mg	Total Saturated Fat	2.2 gm
Protein	2.1 gm	Vitamin A	3861.7 IU	Total Poly unsaturated fat	1.1 gm
Fat	5.2 gm	Thiamin	.1 mg	Total Monounsaturated fat	1.5 gm
Carbohydrate	22.1 gm	Riboflavin	.1 mg		
Calcium	28.4 mg	Niacin	.5 mg		
Phosphorus	46.3 mg	Vitamin C	3.9 mg		
Iron	.8 mg	Cholesterol	15.3 mg		
Sodium	113.9 mg				

NC Sweet Potato Spaghetti Sauce



100 Servings 1/2 cup each

	Ingredients	Measures	Weights	Directions
	Ground Beef		18 pounds	Brown ground meat. Drain well and rinse to remove all visible fat.
	Onions, chopped Garlic Powder Black Pepper Basil Oregano Marjoram Flakes	3 tablespoons 1 tablespoon 2/3 cup 2/3 cup 1/2 cup	6 pounds	Add onions and spices. Mix well and cook for about 10 minutes.
	Tomatoes, crushed Tomato Paste Water Sweet potatoes, drained and pureed		2 #10 cans 1 #10 can 3 quarts 1 #10 can	Add tomatoes, paste, sweet potatoes and water. Simmer one hour. Taste and adjust seasonings as needed.

**** Sweet potatoes are not optional! Drained, mashed sweet potatoes will add thickness, body and additional nutrients.**

*** Use a blend of beef, pork and turkey whenever available.

Spiced Up Muffins



6 dozen muffins (72 servings)

Ingredients	Measures	Weights	Directions																																												
Cooked sweet potatoes, mashed All-purpose flour, unsifted Granulated sugar Baking powder Ground cinnamon Salt Eggs, large, at room temperature Salad oil Walnuts, chopped Raisins or currants	1 quart 6 cups 4 cups 3 tablespoons 1 tablespoon 1 tablespoon 8 3 cups 2 cups 2 cups	1 1/2 lb. 2 lbs.	In bowl of electric mixer, combine first eight ingredients. Beat at low speed until well blended. Stir in nuts and raisins. Grease and flour 6 dozen muffin cups or line with paper liners. Spoon batter evenly into prepared muffin cups, filling each about 3/4 full. Bake at 350 degrees F. for 15 minutes until muffins spring back when lightly touched with finder. Serve warm.																																												
Note: If using self-rising flour, omit baking powder and reduce salt to 1 1/2 teaspoons.																																															
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Honey Roasted Sweet Potatoes



50 servings, 6 oz. each

Ingredients	Measures	Weights	Directions																																																
Honey Butter or margarine Fresh lemon juice Ground ginger	3 cups 1 1/4 cups 3 tablespoons 1 tablespoon		In large pot, combine honey, butter, lemon juice and ginger. Heat over low heat until butter is melted. Stir to blend.																																																
Cut sweet potatoes, drained Granny Smith apples, cored and cut into slices Pineapple chunks		6 #10 cans 6 lbs. 1 quart	Arrange sweet potatoes, apples and pineapple in two 12x20-inch steamtable pans. Cover and bake at 350 degrees F. for 30 minutes or until heated through and apples are tender.																																																
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Sweets 'N Nuts Slaw



50 servings, 4 oz. each

Ingredients	Measures	Weights	Directions																				
Sweet potatoes, cooked 3/8" dice	25 cups		Shred sweet potatoes, toss with water. Let stand several minutes, drain.																				
Apples, diced Lemon juice	12 1/2 cups 1 cup		In separate bowl, toss diced apples with lemon juice.																				
Celery, thinly sliced Raisins Sunflower seeds or toasted slivered almonds Parsley, chopped Mayonaise, reduced fat	6 1/4 cups 6 1/4 cups 4 cups 2 cups 4 cups		Add sweet potatoes and remaining ingredients to apples and lemon juice. Blend well. Chill until ready to serve.																				
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Sweet Potato Prune Bread Squares



50 servings

Ingredients	Measures	Weights	Directions
Canned sweet potatoes, drained	1/2 No. 10 can	2 lb. 3 1/2 oz.	Mash drained sweet potatoes. Set aside.
All-purpose flour Sugar Instant nonfat dry milk Baking powder Baking soda Salt Allspice Ground nutmeg Ground cloves	1 quart 2 1/4 cups 2 1/2 cups 1/4 cup 2 tablespoons 1 teaspoon 1 teaspoon 1 teaspoon 1 teaspoon 1 teaspoon		Blend flour, sugar, dry milk, baking powder, baking soda, salt, allspice, nutmeg, and cloves for 1 minute in mixer on low speed.
Large eggs Water Shortening	4 1 1/4 cups 1 cup		Combine eggs and water. Add shortening and liquid mixture to dry ingredients. Blend for 1 minute on low speed. Beat for 1 minute on medium speed.
Uncooked dried plums, chopped or raisins plumped Chopped walnuts (optional)	1 1/4 cups 3/4 cup 1 1/2 cups		Add mashed sweet potatoes, dried plums, or raisins, and nuts (optional). Blend for 30 seconds on low speed. DO NOT OVERMIX. Batter will be lumpy. Pour into a 12x20x2 1/2-inch steamtable pan which has been lightly greased. Bake at 350 degrees F. for 55-65 minutes. Cool. Cut each pan into 50 pieces

Nutrients Per Serving

Calories	162.0 Kcal	Potassium	80.0 mg
Protein	3.0 gm	Vitamin A	1,116 IU
Fat	4.0 gm	Thiamin	.0 mg
Carbohydrate	28.0 gm	Riboflavin	.08 mg
Calcium	23.0 mg	Niacin	.92 mg
Phosphorus	44.0 mg	Vitamin C	2.0 mg
Iron	.8 mg	Cholesterol	22.0 mg
Sodium	13.5 mg		

Serving: 1 piece provides 1/8 cup of vegetable and fruit and 1 serving of bread.

Abracadabra Bars



120 Cookies

Ingredients	Measures	Weights	Directions
Granulated sugar Shortening Cooked sweet potatoes, mashed Vanilla extract	3 cups 1 1/2 cups 3 cups 2 tablespoons		In electric mixer bowl, beat together sugar and shortening until light and fluffy. Add sweet potatoes and vanilla and beat well to blend.
All-purpose flour, unsifted Baking soda Salt Ground cinnamon Ground cloves, ginger, nutmeg Raisins or chopped dates	6 cups 1 tablespoon 1 1/2 teaspoons 1 teaspoon 3/4 teaspoon each 3 cups	1 1/2 lbs.	In large bowl, combine flour, baking soda, salt, cinnamon, cloves, ginger, and nutmeg. With mixer at low speed, gradually add dry ingredients to sweet potato mixture; beat until well blended. Stir in raisins.
Bran flakes, crushed Butter or margarine, melted Confectioners' sugar Milk	1 1/2 cups 1/2 cup 3 cups 2 to 3 tablespoons		Spread mixture evenly into three 11x17-inch greased baking pans. In bowl, blend melted butter and bran flakes. Sprinkle over batter in baking pans; pat gently. Bake at 350 degrees F. for 15 minutes or until toothpick inserted near center comes out clean. Cool in pan on wire rack. In small bowl, combine confectioners' sugar and milk until smooth. Drizzle over cooled bars. Cut into bars or diamonds.

Nutrients Per Serving

Calories	108 Kcal	Potassium	57.8 mg	Total Saturated Fat	1.1 gm
Protein	1.0 gm	Vitamin A	1,490 IU	Total Poly unsaturated fat	.7 gm
Fat	3.6 gm	Thiamin	.05 mg	Total Monounsaturated fat	1.5 gm
Carbohydrate	18.3 gm	Riboflavin	.05 mg		
Calcium	6.2 mg	Niacin	.6 mg		
Phosphorus	19.5 mg	Vitamin C	1.5 mg		
Iron	.7 mg	Cholesterol	2.1 mg		
Sodium	81.7 mg				

Carolina Gold Cheese Spread



100 servings, 2 oz. each

Ingredients	Measures	Weights	Directions
Sweet Potato Puree or Canned Sweet Potatoes drained and mashed	9 cups	72 ounces	Combine all ingredients and blend until smooth. Cover and chill in refrigerator. Serve.
Heavy Mayonaise	8 3/4 cups	54 ounces	
Sharp Cheddar Cheese	9 cups	72 ounces	
Canned Pimientos, diced with juice	2 1/4 cups	18 ounces	

1-2-3 Sweet Potato Bread Pudding



100 servings, 4 oz. each

Ingredients	Measures	Weights	Directions
Sweet Potato Puree or Canned Sweet Potatoes drained, without liquid		130 ounces	Place sweet potato puree or canned sweet potatoes without liquid into a large mixing bowl. If using canned sweet potatoes, blend by hand or with mixer until they are small pieces. Do not overmix.
Bread Pudding Mix *Water	5 bags 20 cups	90 ounces 160 ounces	Add bread pudding mix and water to bowl and blend until moistened.
Bread Pieces		100 ounces	1-inch cubes torn or sliced. Any leftover bread, buns or rolls . The pieces may be irregular in shape. Gently fold into the pudding mixture. Do not overmix. Place pudding in a full sized greased steam table pan to 1/2 the pan depth.
			Bake in 350 degree Farenheit convection oven for 35-40 minutes or until golden brown. The finished bread pudding should spring back slightly when fully baked. Cool slightly and slice into uniform pieces. Serve warm. Confectioners sugar may be sprinkled over the cooled pudding.

*Reserved liquid from canned sweetpotatoes can be used.

Orange Glazed Sweet Potatoes



50 servings, 4 oz. each

Ingredients	Measures	Weights	Directions
Canned cut sweet potatoes, with light syrup	1 1/4 No. 10 cans 1 1/2 cups	8 lb. 7 oz.	Drain sweet potatoes, reserving 1 cup liquid. Set liquid aside for glaze. Place sweet potatoes into a 12x20x2 1/2-inch steamtable pan.
Butter or margarine Brown sugar, packed Undiluted frozen orange juice concentrate Ground nutmeg Ground cinnamon Raisins	1/2 cup 1/2 cup 3 tablespoons 3/4 cup 1 teaspoon 1 teaspoon 1 cup		For glaze: Combine butter or margarine, brown sugar, undiluted orange juice concentrate, sweet potato liquid, nutmeg and cinnamon, stir to blend. Bring to boil. Remove from heat. Add raisins. Pour glaze over pan of sweet potatoes. Bake at 375 degrees F. for 20-30 minutes.

Nutrients Per Serving					
Calories	102 Kcal	Potassium	180.0 mg	Yield:	1 steamable pan
Protein	1 gm	Vitamin A	3361.0 IU		
Fat	2.0 gm	Thiamin	.03 mg	1/4 cup provides:	1/4 cup vegetable
Carbohydrate	20.0 gm	Riboflavin	.04 mg		
Calcium	16.0 mg	Niacin	.28 mg		
Phosphorus	24.0 mg	Vitamin C	11.6 mg		
Iron	.8 mg	Cholesterol	5.0 mg		
Sodium	53.0 mg				

Trees in the Forest



48 servings

Ingredients	Measures	Weights	Directions
Low-fat plain yogurt Sour cream Honey Spicey mustard	3 cups 3 cups 1/2 cup 1/2 cup		In bowl, combine first 4 ingredients, blend well. Cover and chill.
Sweet potatoes, peeled and cut into 3-inch matchsticks Broccoli, cut into florets	4 bunches	3 lbs.	For each serving, place 8 sweet potato strips in center of individual salad plates forming 2 tree barks. Arrange broccoli florets above sweet potatoes to make leaves of trees.
Canned peach halves Green onions, chopped Parsley, chopped	4 dozen 1/2 cup 1/2 cup		Place peach half at top left of plate. Combine green onions and parsley. Spoon dressing along bottom of sweet potatoes to make pond. Sprinkle with green onion, parsley mixture.

Nutrients Per Serving

Calories	114.0 Kcal	Potassium	248.8 mg	Total Saturated Fat	2.02 gm
Protein	2.6 gm	Vitamin A	4,825 IU	Total Poly unsaturated fat	.14 gm
Fat	3.3 gm	Thiamin	.02 mg	Total Monounsaturated fat	.9 gm
Carbohydrate	19.5 gm	Riboflavin	.09 mg		
Calcium	60.9 mg	Niacin	.67 mg		
Phosphorus	62.6 mg	Vitamin C	20.9 mg		
Iron	.5 mg	Cholesterol	7.2 mg		
Sodium	.58 mg				

Sweet Potato and Ham Chowder



50 servings, 8 oz. each

Ingredients	Measures	Weights	Directions
Ham, cubed Vegetable oil Sweet potatoes, peeled and cubed Onions, chopped	1/4 cup 2 cups	2 lbs. 6 lbs.	In large pot, brown ham in oil. Add sweet potatoes and onions; saute 8 minutes, until onions are tender. Stir often.
Chicken or vegetable broth Carrots, thinly sliced Celery, thinly sliced Garlic powder Thyme, crushed	2 cups 2 cups 1 tablespoon 1 tablespoon	8 quarts	Add chicken broth, carrots, celery, garlic and thyme. Bring to boil; reduce heat and simmer 20 minutes, until vegetables are tender.
Frozen peas Pasturized process cheese spread, cubed	3 cups	1 lb.	Add peas and cheese. Cook, stirring often until cheese is melted and chowder is smooth.

Nutrients Per Serving

Calories	144.4 Kcal	Potassium	193.7 mg	Total Saturated Fat	2.0 gm
Protein	7.3 gm	Vitamin A	9276.1 IU	Total Poly unsaturated fat	.9 gm
Fat	6.3 gm	Thiamin	.2 mg	Total Monounsaturated fat	1.2 gm
Carbohydrate	13.5 gm	Riboflavin	.1 mg		
Calcium	66.0 mg	Niacin	1.4 mg		
Phosphorus	68.9 mg	Vitamin C	16.6 mg		
Iron	.7 mg	Cholesterol	16.7 mg		
Sodium	1034.3mg				

Pot of Gold Cake



48 Servings

Ingredients	Measures	Weights	Directions
Butter or margarine, softened Granulated sugar Large eggs, at room temperature Light brown sugar, firmly packed Cooked sweet potatoes, pureed Vanilla extract	2 cups 5 cups 8 2 cups 1 quart 1 1/2 tablespoons		In electric mixer bowl, beat butter with granulated sugar until light and fluffy. Beat in eggs, one at a time. Beat in brown sugar, sweet potato puree and vanilla.
Unsifted all-purpose flour Baking powder Baking soda Grated orange peel Ground cinnamon Ground Nutmeg Salt Milk Orange Juice	3 quarts 10 teaspoons 2 teaspoons 1/4 cup 1 1/2 tablespoons 2 teaspoons 2 teaspoons 2 cups 1 cup	3 pounds	In separate bowl, combine flour, baking powder, baking soda, orange peel, cinnamon, nutmeg and salt. Gradually add to creamed mixture alternating with milk and orange juice. Divide batter evenly among 4 13x9-inch greased and floured baking pans. Bake at 350 degrees F. for 35 minutes or until cake springs back when lightly touched. Cool in pan on wire rack.

Cream cheese, softened Confectioners' sugar Orange peel, grated Milk	3/4 cup 2 tablespoons 1/4 cup	1 pound	In bowl, combine ingredients until smooth. Use to frost cakes.
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Nutrients Per Serving

Calories	386.9 Kcal	Potassium	167.1 mg	Total Saturated Fat	7.6 gm
Protein	5.6 gm	Vitamin A	5160.5 IU	Total Poly unsaturated fat	.8 gm
Fat	13.2 gm	Thiamin	.2 mg	Total Monounsaturated fat	3.9 gm
Carbohydrate	62.1 gm	Riboflavin	.2 mg		
Calcium	106.9 mg	Niacin	1.9 mg		
Phosphorus	100.4 mg	Vitamin C	7.9 mg		
Iron	2.1 mg	Cholesterol	68.1 mg		
Sodium	376.2 mg				

Sweet Potatoes Italienne



50 servings, 8 oz. each

Ingredients	Measures	Weights	Directions
Onion, coarsely chopped Olive oil Parsley, chopped Parmesan cheese, grated Dried basil, crushed Garlic powder Oregano, crushed White pepper Red wine vinegar	1 1/2 cups 1 1/2 cups 1 cup 3/4 cup 3 tablespoons 1 tablespoon 1 tablespoon 3/4 tablespoon 1/4 cup		In skillet, cook onion in olive oil until softened, about 8 minutes. Stir often. Remove from heat. Stir in parsley, cheese, basil, garlic powder, oregano, white pepper and vinegar. Blend well.
Canned, cut sweet potatoes		10 lbs.	Arrange sweet potatoes in two 12x20-inch steamtable pans. Spoon seasoning mixture evenly over sweet potatoes. Toss to coat. Cover and bake at 350 degrees F. for 30 minutes or until heated through. Hold warm for service.

Nutrients Per Serving

Calories	149.1 Kcal	Potassium	312.0 mg	Total Saturated Fat	1.1 gm
Protein	2.1 gm	Vitamin A	7350.9 IU	Total Poly unsaturated fat	.6 gm
Fat	7.0 gm	Thiamin	.0 mg	Total Monounsaturated fat	4.9 gm
Carbohydrate	20.1 gm	Riboflavin	.1 mg		
Calcium	46.3 mg	Niacin	.7 mg		
Phosphorus	58.6 mg	Vitamin C	25.5 mg		
Iron	1.1 mg	Cholesterol	9.0 mg		
Sodium	71.2 mg				

Better Than Ever Sweet Potato Pie



50 servings, 5 10-inch pies

Ingredients	Measures	Weights	Directions
Cooked sweet potatoes, mashed Brown sugar, firmly packed Ground cinnamon Salt Large eggs, at room temperature Light cream or evaporated milk Melted butter or margarine Vanilla extract	5 cups 5 teaspoons 1 teaspoons 15 5 cups 1 1/4 cups 1/2 cup	2 1/2 quarts	In bowl of electric mixer, combine first eight ingredients. Beat at medium speed until well blended. Divide evenly among prepared pastry shells. Bake at 450 degrees F. for 10 minutes. Reduce temperature to 350 degrees F. and bake 40 minutes longer or until knife inserted 1/3 from side of crust comes out clean. Remove to wire rack to cool.
Unbaked pastry shells	5 10-inch		If desired, garnish with sweetened whipped cream.

Nutrients Per Serving

Calories	402.2 Kcal	Potassium	263.6 mg	Total Saturated Fat	8.4 gm
Protein	5.2 gm	Vitamin A	11629.4 IU	Total Poly unsaturated fat	2.9 gm
Fat	19.6 gm	Thiamin	.1 mg	Total Monounsaturated fat	7.0 gm
Carbohydrate	51.3 gm	Riboflavin	.3 mg		
Calcium	69.8 mg	Niacin	1.3 mg		
Phosphorus	87.0 mg	Vitamin C	11.5 mg		
Iron	1.8 mg	Cholesterol	92.0 mg		
Sodium	273.1 mg				