



## Food Pantry Nutritional Analysis

Item	Packaged	Detail	Brand	Food Group	# Servings	Serving Size	Calories (kcal)	Protein (g)	Fat (g)	%DV	Cholesterol (mg)	%DV	Na (mg)	%DV	K+ (mg)	%DV	CHO (g)	Dietary Fiber (g)	%DV	Added Sugars (g)	%DV
Beans (Red Kidney)	Canned		Essential Everyday	Vegetable/Protein	3.5	1/2 cup	100	7	0	0%	0	0%	390	17%	350	8%	19	8	28%	<1	1%
Black Beans	Bag	Dry		Vegetable/Protein	8	1/4 cup	70	9	0	0%	0	0%	20	1%	-	-	20	15	60%	0	0%
Pinto Beans	Bag	Dry	Hayes	Vegetable/Protein	8	1/4 cup	60	7	0	0%	0	0%	36	2%	-	-	22	14	58%	0	0%
Red Kidney Beans	Bag	Dry	Regio	Vegetable/Protein	8	1/4 cup	70	9	0	0%	0	0%	20	1%	-	-	22	14	56%	0	0%
Great Northern Beans	Bag	Dry		Vegetable/Protein	8	1/4 cup	70	8	0	0%	0	0%	20	1%	-	-	22	13	52%	0	0%
Lima Beans	Bag	Dry	Packer	Vegetable/Protein	8	1/4 cup	70	7	0	0%	0	0%	20	1%	-	-	22	12	48%	0	0%
Split Pea- Yellow	Bag	Dry		Vegetable/Protein	8	1/4 cup	110	10	0	0%	0	0%	20	1%	-	-	28	12	48%	0	0%
Split Pea- Green	Bag	Dry		Vegetable/Protein	8	1/4 cup	110	11	0	0%	0	0%	25	1%	-	-	27	11	44%	0	0%
Black Eyed Peas	Bag	Dry	Hayes	Vegetable/Protein	8	1/4 cup	90	9	0	0%	0	0%	15	1%	-	-	23	10	40%	0	0%
Lentils	Bag	Dry	Acento	Vegetable/Protein	8	1/4 cup	70	8	0	0%	0	0%	5	0%	-	-	19	9	36%	0	0%
Black Beans	Canned		Progresso	Vegetable/Protein	3.5	1/2 cup	110	8	0.5	1%	0	0%	240	10%	380	8%	26	9	32%	0	0%
Garbanzo Beans	Canned	Low Sodium	Michigan Made	Vegetable/Protein	3.5	1/2 cup	110	6	1	1%	0	0%	140	6%	310	6%	18	6	21%	0	0%
Vegetable Soup	Canned	Country Vegetable	Healthy Choice	Vegetable	1	1 can	180	5	1	1%	0	0%	720	31%	1050	20%	36	7	25%	<1	2%
Vegetable Broth	Box	Organic	Pacific Foods	Vegetable	4	1 cup	15	1	0	0%	-	-	500	22%	-	-	3	1	4%	-	-
Pasta Sauce	Canned	Meat Flavor	Del Monte	Vegetable	5	1/2 cup	60	2	0.5	1%	0	0%	590	26%	304	6%	11	2	7%	4	8%
Corn	Canned	Whole Kernel	Essential Everyday	Vegetable	3.5	1/2 cup	80	1	1	1%	0	0%	300	13%	100	2%	14	1	4%	3	6%
Sweet Peas	Canned	50% less sodium	Green Giant	Vegetable	3.5	1/2 cup	50	3	0	0%	0	0%	150	7%	130	2%	10	4	14%	0	0%
Mushrooms	Canned	Pieces and Stems	Shoppers Value	Vegetable	1	2/3 cup	35	4	0	0%	0	0%	460	20%	160	4%	4	3	11%	0	0%
Tomato Paste	Canned		Essential Everyday	Vegetable	5	2 Tbsp	30	1	0	0%	0	0%	20	1%	270	6%	6	2	5%	0	0%
Mixed Vegetables	Canned	Includes Potatoes	Shoppers Value	Vegetable	3.5	1/2 cup	45	1	0	0%	0	0%	290	13%	152	4%	7	2	7%	0	0%
Tomato (Diced)	Canned	Italian Style	Essential Everyday	Vegetable	3.5	1/2 cup	30	1	0.5	1%	0	0%	250	11%	220	4%	5	1	5%	0	0%
Green Beans	Canned	Whole Green Beans	Essential Everyday	Vegetable	3.5	1/2 cup	15	1	0	0%	0	0%	290	13%	60	2%	3	1	4%	0	0%
Nutritional Supplement - Boost	Box	Very Vanilla	Nestle	Specials	1	1 carton	360	14	14	18%	10	3%	190	8%	-	25%	45	1	4%	22	44%
V8	Canned	Low Sodium	V8	Specials	1	1 can	30	1	0	0%	0	0%	95	4%	600	15%	6	1	4%	0	0%

Chicken Stock	Box	Unsalted	Kitchen Basics	Protein	4	1 cup	20	4	0	0%	0	0%	120	5%	190	4%	1	<1	0%	<1	1%
Pork and Beans	Canned		Campbell's	Protein	2.5	1/2 cup	130	5	0.5	1%	0	0%	480	21%	270	6%	27	6	21%	7	14%
Peanut Butter	Plastic	Creamy	Shoppers Value	Protein	14	2 Tbsp	190	7	15	19%	0	0%	130	6%	-	4%	7	2	7%	2	4%
Chicken Noodle Soup	Canned		Healthy Choice	Protein	2	1 cup	90	7	2	3%	20	7%	390	16%	550	16%	12	1	4%	2	4%
Turkey Sausage Patties	Frozen		Jennie-O	Protein	4	1 patty (40g)	60	8	3	5%	35	11%	180	8%	260	16%	1	0	0%	1	1%
Veggie Burger	Frozen	Meatless Patty	Garden Burger	Protein	1	3.4 oz	150	7	4.5	6%	10	3%	550	24%	160	2%	22	3	9%	0	0%
Beyond Burger	Frozen	Plant based burger	Beyond	Protein	1	4 oz	260	20	18	23%	0	0%	350	15%	280	6%	5	2	7%	0	0%
Nuts (Mixed)	Bag	Indv. Pkg	Nut Harvest	Protein	3	28 grams	180	5	16	21%	0	0%	135	6%	180	2%	6	2	9%	0	0%
Beef Patty w/ Quinoa & Kale	Frozen	Beef, Quinoa & Kale Burger	Gordon's Choice	Protein	2	3.2	240	17	14	17%	55	18%	220	18%	311	6%	10	1	5%	0	0%
Veggie Burger	Frozen	Quinoa & Kale (Meatless)	Dr. Praegers	Protein	1	3.5 oz	160	3	7	10%	0	0%	310	13%	275	8%	22	1	4%	0	0%
Beef Meatballs	Frozen	Fully Cooked	Gorges	Protein	2.5	2.5 oz	130	14	14	22%	35	12%	220	9%	270	8%	4	1	4%	0	0%
Cashews	Bag	Whole Cashews	Nut Harvest	Protein	3	28 grams	160	5	13	16%	0	0%	170	7%	180	2%	8	1	3%	0	0%
Chicken Breast Meat	Canned	w/ Rib Meat	Essential Everyday	Protein	1	5 oz	110	22	2.5	3%	80	27%	650	28%	-	8%	0	0	0%	0	0%
Pork Chop	Frozen	Extra Tender	Farmland	Protein	1	5 oz	163	26	6	9%	60	25%	350	15%	-	-	0	0	0%	0	0%
Salmon Pink	Canned	Chunk Style, Skinless Boneless	Chicken of the Sea	Protein	1	1 can	110	22	2	3%	60	20%	240	10%	-	4%	0	0	0%	0	0%
Chicken Breast	Frozen	Frozen, skinless with Ribmeat	US Foods	Protein	1	5 oz	150	28	4.5	7%	75	25%	230	10%	-	-	0	0	0%	0	0%
Tuna	Canned	Chunk in Water, 50% less sodium	Chick Sea	Protein	1	1 can	100	22	0	0%	50	17%	180	8%	-	4%	0	0	0%	0	0%
Fish Mahi Mahi	Frozen			Protein	1	6 oz	144	32	1.2	2%	124	41%	150	6%	-	-	0	0	0%	0	0%
Beef Ground Patty Angus	Frozen	80/20 - Patties	CBI	Protein	1	5.3 oz	380	26	31	47%	95	31%	105	4%	-	-	0	0	0%	0	0%
Chicken Liver	Frozen		Tyson	Protein	2	4 oz	120	19	4.5	7%	470	157%	80	3%	-	-	1	0	0%	0	0%
Chicken Leg Quarter	Frozen		Chicken Choice	Protein	2	8 oz	270	19	21	32%	90	30%	80	3%	-	-	0	0	0%	0	0%
Fish Salmon	Frozen	Keta		Protein	1	6 oz	210	35	6	8%	128	42%	83	3%	720	15%	0	0	0%	0	0%
Fish Cod	Frozen			Protein	1	4 oz	88	19.8	1.1	2%	49.5	15%	60.5	2%	572	17%	0	0	0%	0	0%
Beef Liver	Frozen	Sliced	Rymer	Protein	1	4 oz	189	28.56	5.082	8%	385	128%	96.6	4%	541.8		5.446	0	0%	0	0%
Grouper Fingers	Frozen			Protein	2	4 oz	100	22	1	1%	40	13%	60	3%	540	10%	0	0	0%	0	
Fish Tilapia	Frozen			Protein	1	6 oz	165	35	3	5%	83	27%	90	5%	513	12%	0	0	0%	0	0%
Turkey Burger	Frozen		Jennie-O	Protein	1	5 oz	300	22	23	29%	95	32%	670	29%	190	4%	0	0	0%	0	0%
Sardines	Canned	In Water	Beach Cliff	Protein	1	1 can	110	12	7	9%	105	35%	280	12%	120	2%	0	0	0%	0	0%
Shrimp	Frozen		Bar Harbor Seafood	Protein	1	4 oz	90	20	1	1%	150	50%	390	17%	98	2%	0	0	0%	0	0%

Turkey Links	Frozen		Jennie-O	Protein	2	2 links	100	8	8	10%	40	13%	300	13%	90	2%	0	0	0%	0	0%
Chicken Noodle Soup	Canned	Low Sodium	Campbell's	Protein	1	1 can	70	3	2.5	3%	10	3%	60	3%	90	2%	8	0	0%	0	0%
Eggs	Box	Large	Essential Everyday	Protein	12	1 egg	70	6	5	6%	185	62%	70	3%	70	0%	0	0	0%	0	0%
Pasta	Box	Whole Wheat Spaguetti	Barilla	Grains	8	2 oz	180	8	1.5	2%	0	0%	0	0%	274	6%	39	7	25%	-	-
Cereal	Box	Corn Flakes	Essential Everyday	Grains	13	1 1/4 cup	140	2	0	0%	0	0%	210	9%	50	2%	30	1	2%	4	8%
Cereal	Box	Toasted Oats	Essential Everyday	Grains	8	1 1/2 cup	160	4	2.5	3%	0	0%	230	10%	250	6%	31	3	12%	2	4%
Rice	Bag	Brown	Essential Everyday	Grains	10	1/4 cup	160	3	1	1%	0	0%	5	0%	90	2%	34	<1	2%	0	0%
Quinoa	Dry	Tri-Color	Del Destino	Grains	4	1/4 cup	170	6	2.5	3%	0	0%	0	0%	300	6%	30	5	18%	0	0%
Oatmeal	Box	Quick Oats	Mom's Best Cereals	Grains	11	1/2 cup	140	5	2.5	3%	0	0%	0	0%	140	4%	27	4	14%	0	0%
Pasta	Bag	10" Spaguetti	Roseli	Grains	8	2 oz	200	7	1	1%	0	0%	0	0%	120	2%	42	2	7%	0	0%
Grits	Box	Quick 5 minutes-Enriched	Jim Dandy	Grains	10	1/4 cup	170	3	0.5	1%	0	0%	0	0%	-	-	38	0	0%	0	0%
Rice	Bag	White (Long grain)	Producers	Grains	8	1/2 cup	160	3	0	0%	0	0%	0	0%	40	1%	35	0	0%	0	0%
Jam Sugar Free	Jar	Grape, Splenda	Smucker's	Fruit	21	1 Tbsp (17g)	10	0	0	0%	0	0%	0	0%	-	-	5	3	11%	0	0%
Peach Slices	Canned	In 100% juice	Essential Everyday	Fruit	3.5	1/2 cup	60	1	0	0%	0	0%	0	0%	152	4%	14	1	4%	0	0%
Mixed Fruit	Cups	100% fruit juice	Dole	Fruit	1	4 oz	70	<1	0	0%	0	0%	0	0%	110	2%	15	1	4%	0	0%
Yogurt (Greek)	Individuals	Vanilla	Oikos	Dairy	1	5.3 oz	110	12	0	0%	10	3%	45	2%	-	2%	16	0	0%	10	20%
Yogurt (Greek)	Individuals	Blueberry	Chobani	Dairy	1	5.3 oz	110	11	0	0%	5	3%	55	2%	-	4%	16	<1	3%	9	18%
Milk Almond	Box	Almond Unsweetened	Silk	Dairy	4	1 cup	30	1	2.5	3%	0	0%	135	6%	170	4%	1	0	0%	0	0%
Milk Soy	Box	Soy	Silk	Dairy	4	1 cup	110	8	4.5	6%	0	0%	115	5%	380	8%	8	2	7%	4	8%
Yogurt (Greek)	Individuals	Strawberry	Oikos	Dairy	1	5.3 oz	100	15	0	0%	<5	1%	65	3%	-	4%	10	3	11%	0	0%
Yogurt (Greek)	Individuals	Mixed Berry	Oikos	Dairy	1	5.3 oz	100	15	0	0%	<5	1%	65	3%	-	-	10	3	11%	0	0%
Yogurt (Greek)	Individuals	Peach	Oikos	Dairy	1	5.3 oz	90	15	0	0%	<5	1%	65	3%	-	4%	10	3	11%	0	0%
Vanilla Pudding	Individuals	No Sugar Added	Kozy Shack	Dairy	1	1 indiv (113g)	90	3	2	3%	10	3%	125	5%	147	4%	13	3	12%	0	0%
Cheese	Bag	Low Moisture Mozzarella	Roseli	Dairy	4	1 oz	90	6	7	10%	20	7%	190	8%	-	-	8	0	0%	0	0%
Yogurt (Greek)	Individuals	Plain (non-fat)	Chobani	Dairy	1	5.3 oz	80	14	0	0%	10	3%	50	2%	-	4%	6	0	0%	0	0%
Milk Skim	Box	Skim	Natrel	Dairy	4	1 cup	80	8	0	0%	<5	2%	105	5%	380	8%	12	0	0%	0	0%
Milk 2%	Box	2%	Natrel	Dairy	4	1 cup	130	8	5	6%	20	7%	115	5%	340	8%	12	0	0%	0	0%