

Carbohydrate Report

District: Garden Grove Unified School District

School: Allen Elementary

Menu: 2022-2023 Elementary Lunch Menu



Wed - 03/01/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Hamburger (2.25 oz) w/ 4" Knot Bun	1.00 serving	278.000	32.500
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Spinach, 1 cup, (Fresh)	1.00 cup	6.900	1.089
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Baked Doritos (Cool Ranch Flavor)	1.00 package	130.000	19.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Cheese Slice	1.00 slice	55.686	1.012
Weighted Daily Average		627.764	87.166
% of Calories			55.54%

Thu - 03/02/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Meatballs (5 pcs) with Marinara Sauce & Garlic Knot Roll	1.00 serving/5 meatballs + garlic knot	333.202	32.496
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		646.384	89.813
% of Calories			55.58%

Fri - 03/03/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			

Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Cheese French Bread Pizza	1.00 each	340.000	35.000
Pepperoni French Bread Pizza	1.00 serving	350.000	35.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		666.893	91.737
% of Calories			55.02%

Mon - 03/06/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu

Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Sicilian Cheese Pizza Calzone	1.00 serving	310.000	34.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000

4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		630.314	91.794
% of Calories			58.25%

Tue - 03/07/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu

Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Breaded Popcorn Chicken	10.00 pieces	240.000	16.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000

Banana (fresh)	1.00 each	89.890	23.068
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		542.323	75.383
% of Calories			55.60%

Wed - 03/08/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu

Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Breaded Chicken Fillet w/ Hamburger Buns 4" 2M/3G	1.00 serving	380.000	50.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Broccoli, 1/2 cup, (raw)	0.50 cup	15.470	3.021
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Mickey Goldfish Cheese Crackers	1.00 each	100.000	14.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000

Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		766.475	113.360
% of Calories			59.16%

Thu - 03/09/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu

Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Orange Popcorn Chicken w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	295.212	48.042
Cocoa Sandwich	1.00 serving	260.000	31.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		584.992	100.850
% of Calories			68.96%

Fri - 03/10/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Cheese Pizza Crunchers	1.00 serving/4 pcs	420.000	41.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Black Beans, 1/2 cup	0.50 cup	108.996	19.872
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Cara Cara Oranges (1/2 cup)	0.50 cup	61.570	15.393
Cool Tropic Fruit Slush (Tropical TrioFlavor)	1.00 each	60.000	15.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		722.910	98.237
% of Calories			54.36%

Mon - 03/13/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Chicken Corn Dog	1.00 each	238.000	27.800
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		520.521	85.893
% of Calories			66.01%

Tue - 03/14/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Cheesy Pull Apart Bread	1.00 serving	260.000	29.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000

4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Banana (fresh)	1.00 each	89.890	23.068
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Marinara Sauce Cup	1.00 each	15.000	3.000
Weighted Daily Average		570.706	89.269
% of Calories			62.57%

Wed - 03/15/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Chicken Tenders (Goldkist)	1.00 serving/3 pieces	210.000	14.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Potato Smiles	1.00 serving/4 pieces	130.000	20.000
Spinach, 1 cup, (Fresh)	1.00 cup	6.900	1.089

Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		633.728	90.821
% of Calories			57.33%

Thu - 03/16/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu

Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Seasoned Chicken w/ Buttered Noodles #2A (FINAL 2)	1.00 serving/1 CUP	397.845	31.774*
Cocoa Sandwich	1.00 serving	260.000	31.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Cookie, WG Shamrock Buena Vista	1.00 each	130.000	22.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000

1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		773.874	110.798*
% of Calories			57.27%

Fri - 03/17/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu

Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
Cocoa Sandwich	1.00 serving	260.000	31.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Garbanzo Beans, 1/2 cup	0.50 cup	105.000	16.992
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Cara Cara Oranges (1/2 cup)	0.50 cup	61.570	15.393
Cool Tropic Fruit Slush (Tropical TrioFlavor)	1.00 each	60.000	15.000
Fun and Fitness Educational Crackers	1.00 package	120.000	22.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup Packet	1.00 packet	10.000	0.000
Ranch Dressing Cup	1.00 each	130.000	1.000

Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		699.967	110.661
% of Calories			63.24%

Mon - 03/20/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Mini Cheeseburger Sliders	1.00 serving	272.000	31.300
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		576.689	90.596
% of Calories			62.84%

Tue - 03/21/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Chicken Nuggets (Goldkist)	1.00 serving/5 pieces	200.000	13.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Banana (fresh)	1.00 each	89.890	23.068
Birthday Cake Grahams Crackers	1.00 each	120.000	21.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		602.498	93.846
% of Calories			62.30%

Wed - 03/22/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Spaghetti w/ Cheesy Breadstick (Bosco)	1.00 serving	282.825	33.899
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Broccoli, 1/2 cup, (raw)	0.50 cup	15.470	3.021
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		562.417	86.837
% of Calories			61.76%

Thu - 03/23/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu			
Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Breaded Chicken Drumstick with Emoji Waffle	1.00 serving	280.000	19.500
Cocoa Sandwich	1.00 serving	260.000	31.000

4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fruit Cups	0.50 cup	84.199	19.997
Strawberries, 1/2 cup, (Fresh)	0.50 cup	23.040	5.530
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Syrup Cup	1.00 each	120.000	30.000
Weighted Daily Average		667.653	108.389
% of Calories			64.94%

Fri - 03/24/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 Elementary Lunch Menu

Recipe	Total		
Assorted Yami Yogurt w/ Granola	1.00 serving	440.000	82.000
Personal Cheese Pizza (Tony's)	1.00 each	310.000	31.000
Personal Pepperoni Pizza (Tony's)	1.00 each	310.000	31.000
Tortilla Chips & Cheese Cup w/ Honey Roasted Sunflower Seeds	1.00 serving	570.000	45.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Black Beans, 1/2 cup	0.50 cup	108.996	19.872

Assorted Dried Fruit	1.00 each	112.500	28.250
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Pears, 1/2 cup (diced, canned)	1/2 cup	59.991	15.996
Pineapple Tidbits Fruit Cup	1.00 each	80.000	18.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
1% Low Fat Milk	1.00 each	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Ranch Dressing	1.00 tablespoon	27.101	0.850
Mustard Packet	1.00 packet	5.000	0.000
Lunch Pal	1.00 bag	214.615	45.077
Weighted Daily Average		636.291	96.600
% of Calories			60.73%

* = Indicates missing Nutrient Information.

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