

Mountain House Pouch Nutritional Information

Description					Nutrients Per Serving											% of Recommended Daily Allow						
					Calories		Fat/Grams		Milligrams			Grams				Vitamins		Thia-min	Ribo-flavin	Nia-cin	Cal-cium	
Product	Product Code	Pkg. Net Wt. (oz)	Servings per Pkg	Serving Size	Total	From Fat	Total	Saturated	Cholesterol	Sodium	Carbos	Dietary Fiber	Sugars	Other Carb	Protein	A	C					
																		BREAKFAST ENTREES				
Pork Sausage Patties	53-225	1.55	2	1 patty	110	50	6	2.5	45	530	1	0	1	0	12	0	0	20	8	2	0	
Cheese Omelette	53-441	2.4	2	1/2 cup	180	110	12	5	390	500	6	1	4	1	13	8	2	6	30	0	20	
Eggs w/Bacon	53-443	2.2	2	1/2 cup	150	90	10	3.5	395	420	4	0	2	2	11	6	2	6	25	6	10	
Precooked Eggs w/Bacon	53-447	2.6	2	1/2 cup	160	90	10	3	295	590	5	0	2	3	12	4	0	4	20	6	10	
Granola w/BB & Milk	53-449	4.0	2	1/2 cup	250	80	9	3	0	55	36	4	13	19	8	0	2	10	15	4	15	
SINGLE-SERVE ENTREES																						
Rice & Chicken	51-105	4.0	1	1 pouch	510	150	17	3	35	1840	74	3	3	68	14	4	0	15	4	20	4	
Spaghetti	51-108	2.8	1	1 pouch	340	90	10	4.5	25	990	46	3	10	33	17	8	0	10	15	25	6	
Hearty Stew w/Beef	51-114	2.6	1	1 pouch	280	30	3.5	1.5	35	1690	44	5	9	30	18	15	20	15	25	25	8	
Stroganoff w/Beef & Noodles	51-119	3.0	1	1 pouch	390	140	16	6	25	1320	46	2	4	40	17	0	0	10	20	4	10	
Lasagna	51-127	3.0	1	1 pouch	380	140	16	7	45	990	39	5	9	25	21	20	8	15	15	30	25	
Sweet & Sour Pork w/Rice	51-134	3.8	1	1 pouch	480	120	14	4.5	40	1330	70	3	25	42	18	0	40	20	15	20	4	
Turkey Tetrazzini	51-135	2.7	1	1 pouch	350	140	15	3.5	50	1150	35	3	12	20	20	6	10	10	25	35	15	
Pasta Primavera	51-137	3.2	1	1 pouch	370	100	11	6	30	1070	56	4	14	38	14	8	80	20	25	10	2	
DOUBLE-SERVE ENTREES																						
Chicken Stew	53-102	4.8	2.5	1 cup	240	80	9	2	40	930	27	3	6	18	12	50	15	10	10	20	10	
Rice & Chicken	53-105	6.4	2.5	1 cup	310	100	11	2	20	1140	46	2	2	42	9	2	0	10	2	15	2	
Spaghetti w/Meat & Sauce	53-108	4.5	2.5	1 cup	220	60	6	3	15	630	29	2	7	20	11	6	0	8	10	15	4	
Chicken ala King & Noodles	53-111	6.4	2.5	1 cup	280	90	10	2.5	60	720	31	2	5	24	18	10	10	10	15	30	10	
Hearty Stew w/Beef	53-114	3.7	2.5	1 cup	180	20	2	1	20	1080	28	3	6	19	12	8	15	10	15	15	6	
Chicken Polynesian	53-115	4.7	2.5	1 cup	220	35	4	1	25	820	36	1	14	21	10	2	25	6	6	2	2	
Stroganoff w/Beef & Noodles	53-119	4.8	2.5	1 cup	250	90	10	4	15	840	29	1	2	26	11	0	0	8	10	2	6	
Beef Teriyaki	53-123	5.8	2.5	1 cup	260	35	4	1	15	880	44	2	11	31	13	4	15	4	10	10	4	
Chicken Teriyaki	53-124	5.0	2.5	1 cup	240	25	2.5	1	20	870	42	2	14	26	11	2	15	6	8	4	15	
Lasagna	53-127	4.8	2.5	1 cup	250	100	11	4.5	30	660	25	4	6	15	14	15	4	10	10	20	15	
Chili Mac w/Beef	53-128	4.8	2.5	1 cup	240	70	7	3	15	640	31	7	3	21	12	4	0	6	8	15	6	
Noodles & Chicken	53-131	4.7	2.5	1 cup	220	35	4	1	40	1140	35	2	2	31	10	2	8	10	10	20	2	
Wild Rice/Mushroom Pilaf	53-132	5.22	2.5	1 cup	240	40	4.5	2.5	10	680	44	2	3	39	7	6	10	4	10	10	8	
Sweet & Sour Pork w/Rice	53-134	6.1	2.5	1 cup	290	70	8	2.5	42	800	42	2	15	25	11	0	25	15	10	10	2	
Turkey Tetrazzini	53-135	4.3	2.5	1 cup	230	90	10	22.5	35	760	23	2	8	13	13	4	8	8	15	25	10	
Vegetable Lasagna	53-136	3.74	2.5	1 cup	160	25	3	1.5	5	550	26	5	8	13	8	40	8	8	6	15	15	
Pasta Primavera	53-137	5.4	2.5	1 cup	250	60	7	4	20	730	38	3	9	26	9	6	50	10	15	8	2	
Oriental Style Chicken Veg.	53-138	5.5	2.5	1 cup	240	45	5	1	15	860	36	7	6	23	13	4	25	6	15	25	4	
Seafood Chowder	53-143	4.4	2.5	1 cup	200	45	5	3	50	840	27	0	9	18	12	4	2	8	20	6	20	
Mexican Rice & Chicken	53-144	5.4	2.5	1 cup	240	45	5	1.5	30	980	37	5	4	28	13	0	10	8	10	20	6	

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					Calories		Fat/Grams		Milligrams			Grams						Vitamins		Thiamin	Riboflavin	Niacin
Product	Product Code	Pkg. Net Wt. (oz)	Servings per Pkg	Serving Size	Total	From Fat	Total	Saturated	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Other Carb	Protein	A	C					
Mac and Cheese w/Beef	53-160	5.29	2.5	1 cup	260	80	9	4.5	35	820	32	3	3		13	0	0				10	
Potatoes 'n Cheese	53-162	4.37	2.5	1 cup	210	40	4.5	2.5	15	630	34	3	6		9	2	10				20	
Potatoes 'n Beef	53-164	4.8	2.5	1 cup	230	50	6	2.5	20	600	34	5	3		10	0	25				10	
FOUR-SERVING ENTREES																						
Rice & Chicken	55-105	12.7	5	1 cup	310	90	10	2	44	1110	44	2	2	40	9	2	0	10	2	15	2	
Spaghetti w/Meat & Sauce	55-108	9.0	5	1 cup	220	60	6	3	15	630	29	2	7	20	11	6	0	8	10	15	0	
Hearty Stew w/Beef	55-114	7.5	5	1 cup	180	20	2	1	20	1080	28	3	6	19	12	8	15	10	15	15	6	
Stroganoff w/Beef & Noodles	55-119	9.6	5	1 cup	250	90	10	4	15	840	29	1	2	26	11	0	0	8	10	2	6	
Lasagna	55-127	9.6	5	1 cup	250	100	11	4.5	30	660	25	4	6	15	14	15	4	10	10	20	15	
Pasta Primavera	55-137	10.8	5	1 cup	250	60	7	4	20	730	38	3	9	26	9	6	50	10	15	8	2	
VEGETABLES																						
Corn	53-308	1.1	2	1/2 cup	90	15	1.5	0	0	0	16	2	8	6	3	0	6	6	6	4	0	
Green Beans	53-306	0.4	2	1/2 cup	30	0	0	0	6	0	6	2	2	2	1	6	20	4	4	0	4	
Green Peas	53-305	1.5	2	1/2 cup	80	80	5	0.5	0	0	75	14	5	5	4	6	8	30	20	8	2	
DESSERTS																						
Neapolitan Ice Cream	53-523	0.75	1	1 bar	100	45	5	3.5	20	40	12	0	10		2	4	2				6	
Ice Cream Sandwich	53-524	1.1	1	1 bar	150	50	6	2.5	15	150	22	1	13		3	2	0				4	
Nut Chocolate Lurps	53-530	3.0	1	1 pouch	480	270	30	10	39	105	25	3	31	5	13	0	0	10	10	20	6	
Raspberry Crumble	53-541	5.1	4	1/2 cup	150	25	3	0.5	0	75	31	2	22	7	1	0	10	2	0	2	2	
Blueberry Cheesecake	53-542	7.1	4	1/2 cup	220	50	6	2.5	10	330	37	1	31	5	4	0	0	2	8	2	15	

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