

Prepared Foods Nutrient Analysis--Gold Foil Ready-To-Bake Appetizers

Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g) *not a significant source of trans fat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingrid.	Allergens
White cheddar & Veggie Mini Frittatas	3.35	146	106	11.8	6.3	0	141.7	480.2	3.8	0.4	2.4	6.3	Y	Milk, Egg
Herb Goat Cheese Stuffed Pepperazzi's	0.7	30	17	1.9	1.3	0	5	182	1.4	0	0	1.5	N	Milk, Wheat
Grilled Chicken Skewers, Buffalo	1.8	69	20	2.2	0.1	0	29.8	315	1.2	0	0.2	11.1	Y	None
Grilled Chicken Skewers, Mango Chipotle	1.8	78	12	1.3	0	0	29.8	204.1	5.2	0.1	1.7	11.1	Y	None
Grilled chicken Skewers, Teriyaki	1.8	78	14	1.5	0	0	29.8	234.1	4.5	0	3.1	11.3	N	Soy, Wheat
Sweet Pepper Pineapple & Chicken Skewers	2.46	63	4	0.4	0	0	15.3	233.7	9.2	0.7	7.7	4.9	Y	None
Teriyaki Grilled Veggie Skewers, Veggie Only	2	57	17	1.9	0.2	0	0	234.1	9.6	0.6	6.6	0.5	N	Soy, Wheat
Teriyaki Grilled Veggie Skewers, With Chicken	2.36	76	16	1.8	0.1	0	15.9	369.1	9.2	0.5	6.4	5.3	N	Soy, Wheat
Grilled Veggie Crostini Kits, Herb Almond Goat Cheese	0.67	44	22	2.4	1	0	4.1	88.5	3.7	0.3	0.5	1.5	N	Milk, Wheat, Nuts (Almonds)
Grilled Veggie Crostini Kits, Pesto Sundried Tomato	0.67	52	29	3.2	1.2	0	5.5	68	4.1	0.3	0.6	1.4	N	Milk, Wheat, Nuts (Almonds, Pine Nuts)
Loaded Smoked Yukon Potatoes	0.81	36	11	1.2	0.3	0	0.8	66.9	5.7	0.6	0.8	0.6	Y	Milk
Bourbon Apple & Smoked Cheddar cups	0.88	53	17	1.9	1.1	0	4.8	77.4	7.3	0.3	2.9	1.6	N	Milk, Wheat
Brie & Gorgonzola Walnut Grape Bites	0.7	64	36	4	2.2	0	11.9	93.7	4.5	0.2	0.6	1.9	N	Milk, Wheat, Nuts (Walnuts)
Crispy Phyllo Baked Appetizer dips, Seafood Crab White cheddar	0.77	60	33	3.6	1.7	0	10.6	167.3	4.7	0.2	0.5	1.6	N	Milk, Egg, Soy, Wheat, Fish (Pollock), Crustacean (Crab)
Crispy Phyllo Baked Appetizer dips, 4 Cheese Spinach Artichoke	0.5	27	19	2.1	0.9	0	4.6	80.5	1.1	0.3	0.3	1	N	Milk, Egg, Wheat
Crispy Phyllo Baked Appetizer dips, Artichoke Parmesan	0.7	45	22	2.4	0.8	0	4.1	135.3	4.5	0.1	0.3	1.5	N	Milk, Egg, Wheat
Crispy Phyllo Baked Appetizer dips, Pepperjack Poblano	0.7	65	41	4.5	1.8	0	9.9	97.5	4.1	0.2	0.3	1.5	N	Milk, Egg, Wheat
Smoked Salmon Phyllo Bites	0.63	63	29	3.2	1	0	7.7	75.5	4	0.2	0.2	2.5	N	Milk, Egg, Wheat, Fish (Salmon)
BBQ Pulled Pork & Bourbon Apple Bites	0.63	43	11	1.2	0.4	0	4.5	85.8	5.8	0.2	1.9	2.1	N	Wheat
Smoked Chicken, Brie & Cherry Jam Bites	0.56	53	16	1.8	0.9	0	9.1	84	6.1	0.1	2	2.8	N	Milk, Wheat
Praline Pecan Sweet Potato Tartlets	0.88	59	19	2.1	1.1	0	4.4	42.4	9.5	0.4	4.3	0.7	N	Milk, Wheat, Nuts (Pecan)
Sweet & Savory Apricot Goat Cheese Bites	0.81	88	38	4.2	1.8	0	7.9	99	8	0.4	2.6	1.3	N	Milk, Wheat, Nuts (Almonds)
Tuscan Asiago Pesto Grilled Veggie Tartlet	1.7	137	81	9	2	0	6.7	107.2	9.3	0.4	1.1	2.4	N	Milk, Wheat, Nuts (Almond)
Angus Beef & Specialty Cheese Tartlets, Creamy Gorgonzola	2.32	174	109	12.1	4.6	0	25.9	311.4	8.8	0.3	1	7.1	N	Milk, Wheat, Nuts (Almond, Walnut)
Angus Beef & Specialty Cheese Tartlets, Creamy Goat Cheese	2.32	168	101	11.3	3.7	0	17.8	335.2	9.3	0.6	1.1	6.5	N	Milk, Wheat, Nuts (Almond)
Smokey Southwest Chipotle Tartlets, Smoked Chicken	1.8	128	73	8.1	2.2	0	13.2	175.3	9.3	0.3	0.6	3.9	N	Milk, Egg, Wheat, Nuts (Almond)
Smokey Southwest Chipotle Tartlets, Cheesy Veggie	1.3	122	73	8.2	2.2	0	8.7	165.5	9	0.4	0.4	2.7	N	Milk, Egg, Soy, Wheat, Nuts (Almond)
Italian Style Tartlets, Pesto Caprese Fresh Mozzarella	2	197	122	13.6	5.3	0	23.3	133.2	8.5	0	0.1	6.7	N	Milk, Wheat, Nuts (Almond)
Italian Style Tartlets, Tuscan Grilled Vegetable	1.7	137	81	9	2	0	6.7	107.2	9.3	0.4	1.1	2.4	N	Milk, Wheat, Nuts (Almond)
Mini Salmon Burger Bites, Spinach Feta	0.77	45	27	3	0.7	0	16.8	97	1.8	0.1	0.9	2.6	N	Milk, Egg, Wheat, Fish (Salmon)
Mini Salmon Burger Bites, Teriyaki	0.77	43	15	1.7	0.4	0	7	131.9	4.3	0.1	3.3	2.4	N	Egg, Soy, Wheat, Fish (Salmon)
Salmon Burger Bites, chipotle	0.77	99	70	7.8	1.4	0	11.2	65.7	1.8	0.1	0.2	2.3	N	Egg, Wheat, Fish (Salmon)
Bacon Wrapped Scallops, Colossal, Bourbon Glazed	2	71	17	1.9	0.1	0	15.4	275.1	5.2	0	3.1	7.1	N	Soy, Wheat, Crustaceans (Scallop)
Bacon Wrapped Scallops, Colossal, Mango Chipotle	2	74	16	1.7	0.1	0	15.4	324	6.9	0	0.7	7	Y	Crustaceans (Scallop)
Bacon Wrapped Scallops, Colossal, Teriyaki	2	49	3	0.4	0.1	0	11.3	300.4	5	0	2.5	5.6	N	Soy, Wheat, Crustaceans (Scallop)
Bacon Wrapped Scallops, colossal, Thai Chili	2	55	3	0.4	0.1	0	11.3	287.3	6	0	4.2	5.6	Y	Crustaceans (Scallop)

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Bacon Wrapped Scallops, Medium, Bourbon Glazed	1	40	9	1	0	0	7	136.4	3.7	0	2.6	3.2	N	Soy, Wheat, Crustaceans (Scallop)
Bacon Wrapped Scallops, Medium, Mango Chipotle	1	58	12	1.3	0	0	11.3	156.1	6.2	0	3.9	5.2	Y	Crustaceans (Scallop)
Bacon Wrapped Scallops, Medium, Teriyaki	1	51	13	1.4	0.1	0	9.2	264.7	4.6	0	3.2	4.3	N	Soy, Wheat, Crustaceans (Scallop)
Bacon Wrapped Scallops, Medium, Thai Chili	1	62	15	1.7	0	0	11.3	280.5	5.4	0	4.2	4.9	Y	Crustaceans (Scallop)
Bacon Wrapped Jumbo Shrimp, Bourbon Glaze	1.44	62	17	1.9	0.1	0	36	246.2	4.9	0	3.9	5	N	Soy, Wheat, Crustaceans (Shrimp)
Bacon Wrapped Jumbo Shrimp, Mango Chipotle	1.44	66	16	1.8	0.1	0	36	307.3	7	0	0.9	4.9	Y	Crustaceans (Shrimp)
Bacon Wrapped Jumbo Shrimp, Teriyaki	1.44	58	16	1.8	0.1	0	36	352.6	4.6	0	3.1	4.9	N	Soy, Wheat, Crustaceans (Shrimp)
Bacon Wrapped Jumbo Shrimp, Thai Chili	1.44	65	16	1.8	0.1	0	36	336.2	5.9	0	5.3	4.9	Y	Crustaceans (Shrimp)
Bacon Wrapped Salmon Bites, Thai chili	2	152	77	8.5	1.6	0	33.2	204.4	4.7	0	4.4	12.2	Y	Fish (Salmon)
Bacon Wrapped Salmon Bites, Mango Chipotle	2	152	77	8.5	1.6	0	33.2	180.3	5.6	0	0.8	12.2	Y	Fish (Salmon)
Bacon Wrapped Salmon Bites, Bourbon Glaze	2	84	40	4.5	0.6	0	16	110.9	3.9	0	3.2	5.8	N	Soy, Wheat, Fish (Salmon)
Bacon Wrapped Salmon Bites, Teriyaki	2	145	77	8.5	1.6	0	33.2	218	3.7	0	2.6	12.2	N	Soy, Wheat, Fish (Salmon)
Encrusted Shrimp, Parmesan	1.6	72	32	3.5	0.9	0	32.2	262.3	5	0.4	1.3	5	N	Milk, Egg, Wheat, Crustaceans (Shrimp)
Encrusted Shrimp, Coconut	1.6	89	35	3.9	1.7	0	37.8	99.7	7	0.4	4.8	5.5	N	Milk, Egg, Wheat, Nuts (Coconut), Crustaceans (Shrimp)
Encrusted Shrimp, chipotle	1.6	158	100	11.1	1.8	0	36.7	228.9	6.2	0.6	0.8	3.6	N	Milk, Egg, Wheat, Crustaceans (Shrimp)
Encrusted Shrimp, Sesame Teriyaki	1.6	65	5	0.6	0.1	0	28.6	308.3	10.4	0.2	3.8	3.8	N	Soy, Wheat, Crustaceans (Shrimp)
Stuffed Sea Scallops	2	66	27	3.1	1.1	0	19.2	348.1	2.3	0.1	0.5	6.8	N	Milk, Egg, Soy, Wheat, Fish (Pollock), Crustacean (Crab, Scallop)
Signature Glazed Shrimp, Asian Ginger	0.63	15	1	0.1	0	0	17.1	178.1	1.4	0	0.8	2	N	Soy, Wheat, Crustaceans (Shrimp)
Signature Glazed Shrimp, Teriyaki	0.63	17	1	0.1	0	0	17.1	135	1.9	0	1.3	1.9	N	Soy, Wheat, Crustaceans (Shrimp)
Signature Glazed Shrimp, Thai Chili	0.63	20	1	0.1	0	0	17.1	128.4	2.4	0	2.1	1.9	Y	Crustaceans (Shrimp)
Marinated Jumbo Shrimp, Lemon Citrus	1	49	33	3.7	0.5	0	35	301.8	0.7	0	0	6.3	Y	Crustaceans (Shrimp)
Marinated Jumbo Shrimp, Smokey Alabama	1	49	33	3.7	0.5	0	35	276.3	0.7	0	0.4	3.8	Y	Crustaceans (Shrimp)
Marinated Shrimp, Wild Garlic	1	54	33	3.7	0.1	0	35	344.3	0.3	0	0	3.8	Y	Crustaceans (Shrimp)
Seafood Crab Stuffed Shrimp	1.5	66	31	3.4	0.7	0	41.7	417.4	2.7	0.1	0.9	5.1	N	Milk, Egg, Soy, Wheat, Fish (Pollock), Crustacean (Crab, Shrimp)
Salmon Florentine Cups	1.25	85	45	5	2.1	0	13	194.5	4.7	0.5	0.3	5.2	N	Milk, Egg, Wheat, Fish (Salmon)
Shrimp Florentine Cups	1.25	63	34	3.8	1.6	0	19.4	137.8	4.3	0.3	0.2	2.5	N	Milk, Egg, Wheat, Crustaceans (Shrimp)
Seafood Crab Stuffed Mushrooms	1.25	43	24	2.7	1.1	0	12.7	388.5	2	0.2	1	1.9	N	Milk, Egg, Soy, Wheat, Fish (Pollock), Crustaceans (Crab)