

**Basic Report 32022, KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared**

Report Date: January 26, 2015 22:21 EST

Nutrient values and weights are for edible portion

| Nutrient                       | Unit | 1 Value Per100 g | 0.5 Package 241g |
|--------------------------------|------|------------------|------------------|
| <b>Proximates</b>              |      |                  |                  |
| Water                          | g    | 69.30            | 167.01           |
| Energy                         | kcal | 139              | 335              |
| Protein                        | g    | 5.50             | 13.26            |
| Total lipid (fat)              | g    | 4.20             | 10.12            |
| Carbohydrate, by difference    | g    | 19.70            | 47.48            |
| Fiber, total dietary           | g    | 2.1              | 5.1              |
| Sugars, total                  | g    | 3.60             | 8.68             |
| <b>Minerals</b>                |      |                  |                  |
| Calcium, Ca                    | mg   | 81               | 195              |
| Iron, Fe                       | mg   | 0.80             | 1.93             |
| Magnesium, Mg                  | mg   | 1                | 2                |
| Phosphorus, P                  | mg   | 4                | 10               |
| Potassium, K                   | mg   | 149              | 359              |
| Sodium, Na                     | mg   | 269              | 648              |
| Zinc, Zn                       | mg   | 0.00             | 0.00             |
| <b>Vitamins</b>                |      |                  |                  |
| Vitamin C, total ascorbic acid | mg   | 0.0              | 0.0              |
| Thiamin                        | mg   | 0.000            | 0.000            |
| Riboflavin                     | mg   | 0.000            | 0.000            |
| Niacin                         | mg   | 0.200            | 0.482            |
| Vitamin B-6                    | mg   | 0.000            | 0.000            |
| Vitamin B-12                   | µg   | 0.00             | 0.00             |
| Vitamin A, IU                  | IU   | 0                | 0                |
| Vitamin D (D2 + D3)            | µg   | 0.0              | 0.0              |
| Vitamin D                      | IU   | 0                | 0                |

**Lipids**

| <b>Nutrient</b>                    | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>0.5 Package<br/>241g</b> |
|------------------------------------|-------------|---------------------------------|-----------------------------|
| Fatty acids, total saturated       | g           | 1.800                           | 4.338                       |
| Fatty acids, total monounsaturated | g           | 1.500                           | 3.615                       |
| Fatty acids, total polyunsaturated | g           | 0.600                           | 1.446                       |
| Cholesterol                        | mg          | 16                              | 39                          |