

# Mountain House Nutritional Information

Updated 09/07/2016

Product Description	Product Code	Case Net Wt. (lbs.)	Pkg. Net Wt. (oz)	Servings per Pkg	Serving Size	Total Water Required (oz)	Nutrients Per Serving											% of Recommended Daily Allowance			
							Calories		Fat/Grams		Transfat Acid	Milligrams		Grams			Vitamins		Calcium	Iron	
							Total	From Fat	Total	Saturated		Choles-terol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	A			C

## MOUNTAIN HOUSE POUCH NUTRITIONAL INFORMATION

PRO-PAKS																					
Rice and Chicken	50105	1.69	4.51	2	1 cup	14	270	80	10	1.5	0	10	750	41	1	1	6	6	4	2	10
Beef Stroganoff with Noodles	50119	1.52	4.06	2	1 cup	14	260	100	11	4	0	45	910	29	1	3	11	4	2	6	4
Chicken Teriyaki with Rice	50124	1.52	4.06	2	1 cup	14	230	20	2.5	1	0	20	660	41	2	13	11	8	4	2	8
Lasagna with Meat Sauce	50127	1.52	4.06	2	1 1/4 cup	14	240	70	8	3.5	0	30	400	29	3	6	14	10	30	25	10
Chili Mac with Beef	50128	1.52	4.06	2	1 cup	14	230	50	6	2	0	20	780	31	5	3	12	15	15	6	15
Scrambled Eggs with Bacon	50447	0.84	2.25	1.5	1 cup	8	240	130	14	4.5	0	410	680	8	0	5	17	10	2	20	10
Breakfast Skillet	50482	1.18	3.14	1	1 package	8	440	240	27	8	0	310	1250	32	2	5	17	15	8	15	10

MAIN ENTREES																					
Rice & Chicken	53105	2.39	6.38	3	1 cup	16	270	80	10	1.5	0	10	750	41	1	1	6	6	4	2	10
Spaghetti with Meat Sauce	53108	1.69	4.51	2.5	1 cup	16	230	45	5	2	0	20	600	33	3	5	12	10	30	4	15
Homestyle Chicken Noodle Casserole	53110	2.38	6.35	3	1 cup	16	290	100	11	2.5	0	55	800	29	1	6	18	15	10	8	6
Chicken Fried Rice	53112	1.91	5.08	2	1 cup	12	310	90	10	2.5	0	115	670	45	5	4	14	30	4	6	6
Beef Stew	53114	1.61	4.30	2.5	1 cup	16	200	60	7	1	0	20	930	23	3	3	14	70	20	2	10
Beef Stroganoff with Noodles	53119	1.80	4.80	2.5	1 cup	16	260	100	11	3.5	0	30	910	29	1	3	11	4	2	6	4
Chicken Teriyaki with Rice	53124	1.88	5.01	2.5	1 cup	16	230	20	2	0.5	0	20	660	41	1	13	10	8	4	2	8
Lasagna with Meat Sauce	53127	1.80	4.80	2.5	1 1/4 cup	16	240	70	8	3.5	0	30	400	29	3	6	14	10	30	25	10
Chili Mac with Beef	53128	1.80	4.80	2.5	1 cup	16	230	50	6	2	0	20	780	31	5	3	12	15	15	6	15
Italian Style Pepper Steak with Rice	53129	1.71	4.55	2	1 1/2 cup	14	240	30	3.5	1	0	25	640	41	6	3	16	10	15	6	10
Noodles & Chicken	53131	1.77	4.73	2.5	1 cup	16	220	45	5	1	0	35	710	32	1	3	10	2	0	0	2
Sweet & Sour Pork with Rice	53134	2.29	6.10	2.5	1 1/4 cup	16	290	50	6	1.5	0	30	760	48	2	17	12	4	10	2	8
Turkey Tetrazzini	53135	1.60	4.27	2.5	3/4 cup	16	230	70	8	1.5	0	30	670	22	1	4	13	10	10	10	8
Pasta Primavera (Vegetarian)	53137	1.80	4.80	2.5	1 cup	16	220	50	6	3.5	0	20	570	33	2	7	8	15	15	15	2
Mexican Style Rice & Chicken	53144	2.03	5.40	3	1 cup	16	220	45	5	0.5	0	15	550	31	6	3	12	15	2	6	10
Macaroni & Cheese (Vegetarian)	53158	2.55	6.81	3	1 1/4 cup	16	320	130	15	7	0.5	35	680	31	1	5	13	10	2	30	8
Grilled Chicken Breasts & Mashed Potatoes	53170	1.39	3.70	2	1/2 package	12	220	35	4	1.5	0	55	800	22	1	1	22	2	15	10	4
Chicken Fajita Bowl	53172	1.59	4.23	2	3/4 cup	12	300	100	12	1	0	60	820	27	4	4	21	20	90	4	10
Chicken & Dumplings with Vegetables	53173	1.75	4.66	2	1 cup	12	310	120	14	4	0	35	900	31	2	7	15	15	4	20	15

BREAKFAST ENTREES																					
Spicy Southwest Breakfast Hash	53174	1.46	3.88	2	3/4 cup	12	250	80	9	1.5	0	20	750	31	5	5	11	15	25	4	10
Biscuits & Gravy	53326	1.85	4.94	2	1 cup	14	310	130	14	6	0	10	900	36	2	6	8	0	0	20	15
Scrambled Eggs with Ham and Peppers	53425	0.95	2.54	2	3/4 cup	8	190	100	11	3.5	0	330	600	7	1	4	15	15	2	15	8
Scrambled Eggs with Bacon	53447	0.84	2.25	1.5	1 cup	8	240	130	14	4.5	0	410	680	8	0	5	17	10	2	20	10
Granola with Milk and Blueberries	53449	1.50	4.00	2	1/2 cup	4	250	80	9	4.5	0	10	65	37	4	16	8	6	2	15	8
Breakfast Skillet	53482	1.77	4.73	2	1 cup	12	350	190	21	6	0	240	980	25	1	4	13	10	6	15	8

SIDES																					
Fire Roasted Vegetable Blend	53333	0.56	1.48	2.5	1/2 cup	12	70	5	0	0	0	0	5	13	4	5	2	20	100	2	2

DESSERTS & SNACKS																					
New York Style Cheese Cake Bites	53511	0.73	1.94	1	1 package	0	240	120	14	8	0.5	55	190	25	1	14	4	6	0	2	2
Ice Cream Sandwich	53524	0.85	1.13	1	1 package	0	170	50	6	3	0	20	135	28	1	15	2	4	0	6	2
Apple Crisp	53536	1.72	4.59	3	2/3 cup	8	180	35	4	1.5	0	0	75	35	3	18	2	0	4	2	6
Raspberry Crumble	53541	1.93	5.15	4	1/4 pouch	11	150	25	3	0.5	0	0	60	32	2	21	1	0	6	4	4

## MOUNTAIN HOUSE #10 CANS

BREAKFAST ENTREES																					
Scrambled Eggs with Ham and Peppers	30425	7.28	19.4	15	3/4 cup	64	190	100	11	3.5	0	330	600	7	1	4	15	15	2	15	8
Scrambled Eggs with Bacon	30447	7.62	20.3	13	1 cup	64	240	130	14	4.5	0	410	680	8	0	5	17	10	2	20	10
Granola with Milk and Blueberries	30449	14.82	39.5	20	1/2 cup	40	250	80	9	4.5	0	10	65	37	4	16	8	6	2	15	8
Breakfast Skillet	30482	9.26	24.7	10	1 cup	56	350	190	21	6	0	240	980	25	1	4	13	10	6	15	8

MAIN ENTREES																					
Rice & Chicken	30105	7.88	21.0	10	1 cup	54	270	80	10	1.5	0	10	750	41	1	1	6	6	4	2	10
Spaghetti with Meat Sauce	30108	7.12	19.0	10	1 cup	64	230	45	5	2	0	20	600	33	3	5	12	10	30	4	15
Chicken A La King with Noodles	30111	9.53	25.4	11	1 cup	68	290	100	11	2.5	0	40	800	29	1	6	18	10	8	8	6
Vegetable Stew with Beef	30113	6.00	16	9	1 cup	56	200	60	7	1	0	10	1140	25	3	4	10	15	20	2	6
Beef Stew	30114	6.45	17.2	10	1 cup	64	200	60	7	1	0	20	930	23	3	3	14	70	20	2	10
Beef Stroganoff with Noodles	30119	7.58	20.2	10	1 cup	64	260	100	11	4	0	45	910	29	1	3	11	4	2	6	4
Chicken Teriyaki with Rice	30124	7.50	20	10	1 cup	64	230	20	2.5	1	0	20	610	41	2	13	11	8	4	2	8
Lasagna with Meat Sauce	30127	7.20	19.2	10	1 1/4 cup	64	240	70	8	3.5	0	30	400	29	3	6	14	10	30	25	10
Chili Mac with Beef	30128	7.35	19.6	10	1 cup	64	230	50	6	2	0	20	780	31	5	3	12	15	15	6	15
Noodles & Chicken	30131	8.86	23.6	12	1 cup	80	220	45	5	1	0	35	710	32	1	3	10	2	0	0	2
Sweet & Sour Pork with Rice	30134	9.15	24.4	10	1 1/4 cup	64	290	50	6	1.5	0	30	760	48	2	17	12	4	10	2	8
Turkey Tetrazzini	30135	6.40	17.1	10	3/4 cup	64	230	70	8	1.5	0	30	670	22	1	4	13	10	10	10	8

Pasta Primavera (Vegetarian)	30137	7.94	21.2	11	1 cup	66	220	50	6	3.5	0	20	570	33	2	7	8	15	15	15	2
Mexican Style Rice & Chicken	30144	7.01	18.7	10	1 cup	56	220	45	5	0.5	0	20	570	31	6	3	12	15	2	6	10
Chicken Stew	30146	7.12	19.0	10	1 cup	64	230	80	9	2	0	30	1170	24	2	5	12	20	15	8	6
Macaroni and Cheese (Vegetarian)	30158	7.66	20.4	9	1 1/4 cup	48	320	130	15	7	0.5	35	680	31	1	5	13	10	2	30	8
<b>MEATS</b>																					
Diced Beef	30122	6.38	17	15	2/3 cup	80	100	20	2	1	0	55	880	0	0	0	25	0	0	0	0
Diced Chicken	30142	6.38	17	14	3/4 cup	80	170	80	8	3	0	80	360	0	0	0	24	0	0	0	8
Ground Beef	30227	10.58	28.2	22	1/2 cup	112	220	140	15	6	0	70	470	0	0	0	20	0	0	0	10
<b>SIDES</b>																					
Crackers Pilot Bread	30584	11.47	30.6	62	1 cracker	0	60	15	2	1	0	0	55	10	0	1	1	0	0	0	4
<b>DESSERTS &amp; FRUITS</b>																					
Raspberry Crumble	30541	5.79	15.5	12	1/4 cup	11	150	25	3	0.5	0	0	60	32	2	21	1	0	6	4	4