

Brown Gravy & Mushrooms

[illegible]

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Brown Gravy**Rich Vegan Gravy**

Portion:	2 oz.
Calories:	25
Protein:	0
Carbohydrates:	4 g
Dietary Fiber:	0
Total Sugars:	
Total Fat:	.5 g
Saturated Fat:	0
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	0
Sodium:	270 mg

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Green Curry simmered with Coconut Milk

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Sweet Chili Sauce

Convenience Item-Sweet & Tangy Flavor with a little Heat

Portion:	2 T
Calories:	70
Protein:	0
Carbohydrates:	17 g
Dietary Fiber:	0
Total Sugars:	19 g
Total Fat:	
Saturated Fat:	0
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	0
Sodium:	400 mg

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Barbeque Sauce

Convenience Item-Sweet Baby Ray's, Tangy Flavor with a little Heat

Portion:	2 T
Calories:	70
Protein:	0
Carbohydrates:	18 g
Dietary Fiber:	0
Total Sugars:	17 g
Total Fat:	0
Saturated Fat:	0
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	0
Sodium:	290 mg

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Buffalo-Ranch Sauce

Spicy Hot Wing Cayenne Sauce mixed with Ranch Dressing

Portion:	2 oz.
Calories:	80
Protein:	Less than 1 g
Carbohydrates:	8 g
Dietary Fiber:	0
Total Sugars:	3 g
Total Fat:	6 g
Saturated Fat:	1 g
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	10 mg
Sodium:	980 mg

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Alfredo Cheese Sauce

White Cream Sauce-Garlic Parmesan & Mozzarella Cheese

Portion:	4 oz.
Calories:	170
Protein:	7 g
Carbohydrates:	11 g
Dietary Fiber:	0
Total Sugars:	5 g
Total Fat:	11 g
Saturated Fat:	5 g
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	20 mg
Sodium:	300 mg

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Traditional Italian Plumb Tomato and basil Sauce

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Tomato Cream Sauce

Tomato Sauce & Cream-Garlic, Onions and Seasonings

Portion:	4 oz.
Calories:	20
Protein:	0
Carbohydrates:	2 g
Dietary Fiber:	0
Total Sugars:	0
Total Fat:	1.5 g
Saturated Fat:	0
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	0
Sodium:	55 mg

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Cacciatore/Mediterranean Tomato Sauce**A Rich Tomato Vegetable Sauce**

Portion:	4 oz.
Calories:	50
Protein:	2 g
Carbohydrates:	5 g
Dietary Fiber:	1 g
Total Sugars:	3 g
Total Fat:	2.5 g
Saturated Fat:	.5 g
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	5 mg
Sodium:	230 mg

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Plant Based Cream Sauce-Onions, Garlic, Spinach and Seasonings

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General Tso's Sauce

Slightly Spicy Stir Fry Sauce

[illegible]

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Ponzu Sauce

Citrus Soy Sauce with Thai Sweet Chili Sauce and Scallions

Portion:	2 oz.
Calories:	35
Protein:	3 g
Carbohydrates:	5 g
Dietary Fiber:	0
Total Sugars:	3 g
Total Fat:	0
Saturated Fat:	0
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	0
Sodium:	1170 mg

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Spicy Roasted Peanuts, Peanut Butter, Cream, garlic Chili Sauce, Brown Sugar
Ginger

[illegible]

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Strawberry Topping

Portion:	2 T
Calories:	6
Protein:	0
Carbohydrates:	16 g
Dietary Fiber:	0
Total Sugars:	14 g
Total Fat:	0
Saturated Fat:	0
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	0
Sodium:	0

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Jalapeno Cheese Sauce

Creamy Cheddar Cheese Sauce with Jalapenos

Portion:	2 oz.
Calories:	45
Protein:	1 g4 g
Carbohydrates:	1 g
Dietary Fiber:	0
Total Sugars:	1 g
Total Fat:	2.5 g
Saturated Fat:	1.5 g
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	Less than 5 mg
Sodium:	290 mg

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Cheddar Cheese

Portion:	2 oz.
Calories:	229
Protein:	14 g
Carbohydrates:	.7 g
Dietary Fiber:	0
Total Sugars:	Less than 1 g
Total Fat:	19 g
Saturated Fat:	12 g
Polyunsaturated Fat:	.5 g
Trans Fat:	0
Cholesterol:	60 mg
Sodium:	352 mg

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Apple-Cinnamon Sauce

Stewed Green Apples with Cinnamon, Brown Sugar, Corn Starch

Portion:	3 oz.
Calories:	170
Protein:	0
Carbohydrates:	22 g
Dietary Fiber:	Less than 1 g
Total Sugars:	15 g
Total Fat:	9 g
Saturated Fat:	0
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	0
Sodium:	95 mg

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Tater Sauce

Portion:	4 oz.
Calories:	110
Protein:	0
Carbohydrates:	6 g
Dietary Fiber:	0
Total Sugars:	5 g
Total Fat:	10 g
Saturated Fat:	1.5 g
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	10 mg
Sodium:	240 mg

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Marinara sauce**Traditional Roma Tomato and Basil Sauce**

Portion:	4 oz.
Calories:	35
Protein:	1 g
Carbohydrates:	6 g
Dietary Fiber:	1 g
Total Sugars:	3 g
Total Fat:	1.5 g0
Saturated Fat:	0
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	0
Sodium:	190 mg

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Vegetarian Pesto Cream Sauce

Creamy Alfredo Sauce Blended with Pine Nut Basil Pesto

Portion:	4 oz.
Calories:	220
Protein:	3 g
Carbohydrates:	8 g
Dietary Fiber:	Less than 1 g
Total Sugars:	Less than 1 g
Total Fat:	20 g
Saturated Fat:	4 g
Polyunsaturated Fat:	3.5 g
Trans Fat:	0
Cholesterol:	15 mg
Sodium:	550 mg

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Rich Tomato Sauce with Soy Vege Crumbles, Carrot, Basil, Seasonings

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Vegetarian Alfredo Cream & Cheese Sauce**Rich Creamy Sauce with Milk, Parmesan, Mozzarella, Garlic****Contains Dairy and Wheat**

Portion:	4 oz.
Calories:	170
Protein:	7 g
Carbohydrates:	11 g
Dietary Fiber:	0
Total Sugars:	0
Total Fat:	11 g
Saturated Fat:	5 g
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	20 mg
Sodium:	300 mg

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Marinara Sofrito Sauce

Portion:	2 oz.
Calories:	35
Protein:	Less than 1 g
Carbohydrates:	6 g
Dietary Fiber:	1 g
Total Sugars:	3 g
Total Fat:	.5 g
Saturated Fat:	0
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	0
Sodium:	180 mg

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Rice Wine Vinegar and Seasonings

[illegible]

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A Mixture of Indian Curry, Ginger, Peppers, Garlic, Tomatoes, simmered in Cream

[illegible]

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Country Cream Gravy (VG)**A Creamy Gravy Seasoned with White Pepper**

Portion:	2 oz.
Calories:	80
Protein:	1 g
Carbohydrates:	5 g
Dietary Fiber:	0
Total Sugars:	2 g
Total Fat:	6 g
Saturated Fat:	2.5 g
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	Less than mg
Sodium:	190 mg

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Ocean Spray Whole Berry Cranberry Sauce

Portion:	1 C
Calories:	440
Protein:	2.5 g
Carbohydrates:	112 g
Dietary Fiber:	3.1 g
Total Sugars:	88 g
Total Fat:	.4 g
Saturated Fat:	0
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	0
Sodium:	14 mg

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Vegan Tandoori Sauce

Portion:	4 oz.
Calories:	50
Protein:	1 g
Carbohydrates:	6 g
Dietary Fiber:	1 g
Total Sugars:	2.5 g
Total Fat:	5 g
Saturated Fat:	.3 g
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	0
Sodium:	225 mg

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Apricot BBQ Sauce

Portion:	2 T (1 oz.)
Calories:	60
Protein:	0
Carbohydrates:	17 g
Dietary Fiber:	0
Total Sugars:	16 g
Total Fat:	0
Saturated Fat:	0
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	0
Sodium:	100 mg

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Honey Mustard Dipping Sauce
Dijon Mustard, Honey, Seasonings

Portion:	2 oz.
Calories:	160
Protein:	2 g
Carbohydrates:	30 g
Dietary Fiber:	Less than 1 g
Total Sugars:	29 g
Total Fat:	4 g
Saturated Fat:	0
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	0
Sodium:	640 mg

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Cabbage Marinated in Vinegar and Sugar with Carrots and Chili peppers

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Tartar Sauce

Portion:	2 oz.
Calories:	330
Protein:	0
Carbohydrates:	4
Dietary Fiber:	1 g
Total Sugars:	4 g
Total Fat:	34 g
Saturated Fat:	6 g
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	20 mg
Sodium:	280 mg

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Stewed Apples, Jalapeno Peppers, Sugar and Cinnamon

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Thai Satay Sauce

Spicy Peanut, Coconut Milk & Cumin Sauce

Portion:	2 T
Calories:	80
Protein:	3 g
Carbohydrates:	11 g
Dietary Fiber:	Less than 1 g
Total Sugars:	8 g
Total Fat:	3.5 g
Saturated Fat:	.5 g
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	0
Sodium:	750 mg

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Nacho Cheese Sauce

Portion:	4 oz.
Calories:	140
Protein:	2 g
Carbohydrates:	12 g
Dietary Fiber:	0
Total Sugars:	4 g
Total Fat:	9 g
Saturated Fat:	9 g
Polyunsaturated Fat:	0
Trans Fat:	0
Cholesterol:	5 mg
Sodium:	920 mg

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A Rich mixtures of Simmered Roasted Garlic, Tomatoes, Red peppers, Almonds, Chipotle Peppers and Smoky Paprika

[illegible]

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