



INLAND EMPIRE FOODS, INC., 5425 WILSON ST., RIVERSIDE, CA 92509 888-452-3267 • 951-682-8222

## Child Nutrition Meal Pattern Contribution

### Item # 606423 GroundPro Crumbles

#### Product Formulation Sheet: Meat/Meat Alternate (M/MA)

Description of Creditable Ingredient per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/Purchase Unit	Creditable Amount
Lentils, dry	0.54	x	29.60/16	1.00
Lentils, dry	1.08	x	29.60/16	2.00
Total Creditable M/MA Amount				1.00/2.00



#### Nutrition Information

USDA Meat/Meat Alternate	1/4 Cup (1 Serving)	1/2 Cup (2 Servings)
Contribution Equivalent	21.54g	43.08g
Calories	90	180
<b>Total Fat</b>	3g	6g
Saturated Fat	0g	0g
Trans Fat	0g	0g
<b>Cholesterol</b>	0mg	0mg
<b>Sodium</b>	160mg	320mg
<b>Total Carbohydrate</b>	11g	22g
Dietary Fiber	3g	6g
Total Sugars	0g	0g
Incl. 0 Added Sugars	0g	0g
<b>Protein</b>	5g	10g
Vitamin D	0mcg	0mcg
Calcium	40mg	80mg
Iron	1mg	2mg
Potassium	170mg	340mg

\*Calculated using laboratory testing and FDA Nutrition Facts rounding rules.

Serving Size Measure/Weight	Meal Pattern Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
0.76 oz	1 Meat/Meat Alternate Serving	60	600
1.52 oz	2 Meat/Meat Alternate Servings	30	300

**Ingredients:** LENTILS, SUNFLOWER OIL, YEAST EXTRACT, GARLIC, ONION, SALT, PAPRIKA, SPICES.

#### Preparation and Cooking Instructions

- Preheat oven to 325° F. Empty the contents of one bag of GroundPro Crumbles into a full size 2-1/2" steam table tray. Add 2 quarts of water.
- Level the product and place it in the oven. Heat until product reaches 172° F and water is fully absorbed. Fluff with fork and serve.



Available at [groundpro.info](http://groundpro.info)

MADE IN USA

I certify that the above information is true and correct when prepared according to directions

Gerardo Hernandez – Quality Assurance Manager