



NUTRITION INFORMATION



KID CUISINE® MEALS	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Thiamin %DV	Riboflavin %DV	Pantothenic Acid %DV	Folate %DV	Vitamin B12 %DV	Phosphorous %DV	Magnesium %DV	Zinc %DV	Manganese %DV	Whole Grain (grams)
Beef & Fish																											
KC's Constructor Cheeseburger	198	370	90	9	3.5	0	20	490	530	55	6	14	13	90	90	40	6	15	6	–	15	10	20	15	15	45	16
Deep Sea Adventure	215	320	100	11	3	0	15	490	540	45	4	6	10	10	4	6	8	8	10	6	15	10	20	10	–	25	3
Chicken & Turkey																											
All American Fried Chicken	286	540	210	24	6	1	110	750	610	53	5	19	30	2	0	15	15	–	15	10	60	60	35	15	20	20	–
All Star Chicken Nuggets	249	410	130	15	3.5	0	25	490	480	52	6	15	16	10	0	10	10	–	8	8	30	15	30	15	8	40	8
Fiesta Chicken & Cheese Quesadillas	214	380	80	9	2.5	0	10	420	340	62	7	22	13	2	0	20	15	15	15	–	70	25	30	15	15	20	9
KC's Karate Chop Chicken Sandwich	204	410	140	15	4	0	15	550	490	55	8	7	13	25	15	6	4	15	8	8	20	8	20	15	–	50	20
Pop Star Popcorn Chicken	245	410	100	11	2	0	15	480	610	64	8	14	14	0	0	8	10	6	6	15	80	10	25	15	–	35	8
Bug Safari Chicken Breast Nuggets	227	400	110	13	3	0	25	480	430	55	7	13	17	10	0	8	10	10	8	8	45	15	25	10	–	35	12
KC's Campfire Hot Dog	204	340	60	7	2	0	20	550	540	58	6	15	12	0	25	6	10	10	15	10	50	6	20	10	10	40	9
Carnival Corn Dog	249	400	90	10	2.5	0	20	520	610	68	6	21	9	2	6	8	15	4	10	8	20	10	25	10	10	20	2
Pizza & Pasta																											
Home Run Blast Mac & Cheese	301	420	100	11	3.5	0	25	470	690	69	6	25	12	10	6	15	15	–	20	20	20	10	35	20	10	60	14
KC's Kickin' Ravioli	229	320	60	7	3	0	20	290	520	54	7	14	10	10	60	15	6	8	20	10	50	10	20	15	10	40	12
Magical Cheese Stuffed Crust Pizza	227	390	60	7	3	0	10	430	400	66	7	24	15	4	0	30	15	20	15	10	70	20	35	15	15	50	12
KC's Primo Pepperoni Pizza	203	300	60	6	3	0	15	350	340	47	6	18	12	6	8	20	10	10	15	–	8	10	25	10	15	40	9
Twist & Twirl Spaghetti with Mini Meatballs	289	410	90	10	2.5	0	25	400	710	61	7	24	17	4	8	8	20	6	15	–	15	15	25	20	15	70	17
Breakfast																											
Flip n'Dip Pancakes	205	400	130	15	3	0	15	540	400	59	6	22	8	2	15	10	15	15	8	10	–	10	20	10	10	40	13

Nutrition information updated August 1, 2011. For most current information always check the Nutrition Facts panel on the product. Visit www.ConAgraFoodsScienceInstitute.com for additional nutrition information.

