



Nutrition Information Facts

	Servings per Package	Serving Size	Calories	Calories from fat	Total Fat gram	Sat Fat gram	Trans Fat gram	Chol mg	Sodium mg	Carb gram	Fiber gram	Sugar gram	Protein gram
Homemade Gourmet® Mix													
Amazing Amaretto Cheesecake Mix	8	2 Tbs	60	0	0.0	0	0	0	0	16	0	12	0
Awesome Oatmeal Cookie Mix	18	3 Tbs	80	5	0.5	0	0	0	90	18	1	11	1
Bacon Cheeseburger Meatloaf Mix	6	2 Tbs	35	5	0.5	0	0	0	430	4	0	1	2
Baked Potato Soup Mix	16	1 1/2 Tbs	60	0	0.0	0	0	0	580	14	1	0	2
Basic Cheesecake Mix	8	2 Tbs	60	0	0.0	0	0	0	0	16	0	16	0
Basic Cheesecake Pantry Staple	48	2 Tbs	60	0	0.0	0	0	0	0	16	0	16	0
Basic Sweet Bread Mix	10	1/4 Cup	130	0	0.0	0	0	0	270	33	0	28	1
Beer Bread Mix	10	1/3 Cup	60	0	0.0	0	0	0	420	13	0	4	2
Black Bean Salsa Mix	12	2 Tbs	20	0	0.0	0	0	0	135	5	<1	2	1
BLT Dip Mix	16	1 tsp	5	0	0.0	0	0	0	15	1	0	0	0
BLT Seasoning Pantry Staple	111	1 tsp	5	0	0.0	0	0	0	15	1	0	0	0
Bonnie's Blue Ribbon Chili Mix	6	2 Tbs	50	15	1.5	0	0	0	1260	9	3	2	2
Caramel Apple Cheesecake Mix	8	2 Tbs	60	0	0.0	0	0	0	0	16	0	12	0
Carrot Cake with White Chocolate Icing Mix	9	3 Tbs	150	0	0.0	0	0	0	400	39	0	35	1
Chicken Enchilada Soup Mix	8	2 tsp	15	5	0.5	0	0	0	720	2	0	1	0
Chicken Enchilada Soup Seasoning Pantry Staple	48	2 tsp	15	5	0.5	0	0	0	720	2	0	1	0
Chicken Noodle Soup Mix	8	3 Tbs	50	5	0.5	0	0	5	540	10	<1	2	2
Chipotle Seasoning Rub Pantry Staple	56	2 tsp	20	0	0.0	0	0	0	320	4	<1	2	1
Chipotle Steakhouse Rub	8	2 tsp	20	0	0.0	0	0	0	320	4	<1	2	1
Chocolate Chip Cookie Pie Mix	8	5 Tbs	220	70	8.0	3	0	0	15	37	<1	21	1
Chocolate Chunk Cookie Mix	12	2 1/2 Tbs	90	25	3.0	2	0	0	105	17	<1	14	1
Chocolate Pecan Cheesecake Mix	8	3 Tbs	170	70	8.0	3	0	0	5	25	<1	23	1
Cilantro Citrus Seasoning	8	1 1/2 Tbs	35	0	0.0	0	0	0	920	9	0	7	0
Cilantro Citrus Seasoning Pantry Staple	40	1 1/2 Tbs	35	0	0.0	0	0	0	920	9	0	7	0
Cilantro Lime Chicken Salad Mix	8	3 1/2 Tbs	30	0	0.0	0	0	0	620	7	<1	4	1
Cinnamon Sopapilla Dessert Mix	15	1 1/3 Tbs	70	0	0.0	0	0	0	0	17	0	17	0
Coleslaw Dressing Mix	8	4 tsp	60	0	0.0	0	0	0	0	16	0	14	0
Cool Cucumber Dip Mix	16	1/3 tsp	0	0	0.0	0	0	0	85	0	0	0	0
Cool Lemonade Cheesecake Mix	8	2 1/4 Tbs	60	0	0.0	0	0	0	0	16	0	12	0
Cranberry Almond Pasta Mix	12	2 1/2 Tbs	110	0	0.0	0	0	0	10	24	1	9	3
Creamy Corn Chowder Mix	8	5 tsp	25	0	0.0	0	0	0	380	6	0	2	1
Creamy Italian Casserole Mix	6	1/2 Cup	160	5	1.0	0	0	0	390	32	0	6	8
French Onion Soup Mix	6	2 1/3 tsp	10	0	0.0	0	0	0	820	2	0	1	1
Garlic Basil Seasoning Mix	8	1 1/3 tsp	5	0	0.0	0	0	0	220	1	0	1	0
Garlic Basil Seasoning Pantry Staple	119	1 1/3 tsp	5	0	0.0	0	0	0	220	1	0	1	0
Garlic Lemon Seasoning	8	3/4 tsp	5	0	0.0	0	0	0	230	1	0	0	0



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Homemade Gourmet® Mix													
Garlic Lemon Seasoning Pantry Staple	111	3/4 tsp	5	0	0.0	0	0	0	230	1	0	0	0
Grandma's Buttermilk Pie Mix	8	3 Tbs	140	0	0.0	0	0	0	5	37	0	37	0
Gusto Garlic Pesto Cheese Ball Mix	16	2/3 tsp	5	0	0.0	0	0	0	110	1	0	0	0
Hearty Beef and Vegetable Soup Mix	8	3 Tbs	60	10	1.0	0	0	0	860	11	2	2	3
Homestyle Spaghetti Sauce Mix	6	2 1/2 tsp	25	0	0.0	0	0	0	520	6	<1	2	1
Homestyle Spaghetti Seasoning Pantry Staple	30	2 1/2 tsp	25	0	0.0	0	0	0	520	6	<1	2	1
Italian Mozzarella Meatloaf Mix	6	4 tsp	20	0	0.0	0	0	0	460	4	0	1	1
Italian Mozzarella Meatloaf Pantry Staple	36	4 tsp	20	0	0.0	0	0	0	460	4	0	1	1
It's The Real Dill Dip Mix	16	1/2 tsp	0	0	0.0	0	0	0	85	0	0	0	0
Jalapeno Bacon Cheddar Dip Mix	16	1/2 Tbs	10	0	0.0	0	0	0	75	2	0	0	0
Jalapeno Bacon Cheddar Pantry Staple	112	1/2 Tbs	10	0	0.0	0	0	0	75	2	0	0	0
Jalapeno Garlic Cheese Ball Mix	8	2/3 tsp	15	0	0.0	0	0	0	125	2	0	0	1
Kansas City Rub	8	1 Tbs	30	0	0.0	0	0	0	600	6	1	4	1
Kansas City Seasoning Pantry Staple	48	1 Tbs	30	0	0.0	0	0	0	600	6	1	4	1
Key Lime Cheesecake Ball Mix	16	1 Tbs	35	0	0.0	0	0	0	0	9	0	8	0
Lemon Poppy Seed Seasoning Mix	6	5 tsp	80	5	0.5	0	0	0	200	19	0	17	1
Lemon Poppy Seed Seasoning Pantry Staple	36	5 tsp	80	5	0.5	0	0	0	200	19	0	17	1
Lemon Sandwich Cookie Mix	24	1/3 cup	70	0	0.0	0	0	0	60	18	0	14	1
Louisiana Gumbo Mix	12	1 Tbs	15	0	0.0	0	0	0	125	4	<1	0	0
Maria's Salsa Mix	8	1 tsp	5	0	0.0	0	0	0	240	1	0	0	0
Maria's Salsa Pantry Staple	200	1 tsp	5	0	0.0	0	0	0	240	1	0	0	0
Mini Pecan Pie Muffin Mix	18	2 Tbs	80	20	2.5	0	0	0	0	15	0	11	1
Mom's Smashed Potatoes Mix	6	1/3 Cup	70	0	0.0	0	0	0	160	17	2	2	2
N'Awlins Jambalaya Mix	8	1/4 Cup	110	0	0.0	0.0	0	0	300	23	<1	0	2
Old Fashioned Apple Crisp Mix	8	3 1/2 Tbs	110	25	3.0	0	0	0	0	20	<1	13	2
Old Fashioned Meatloaf Mix	6	4 tsp	20	0	0.0	0	0	0	400	4	<1	1	1
Old Fashioned Meatloaf Pantry Staple	38	4 tsp	20	0	0.0	1	0	0	400	4	<1	1	1
Panko Parmesan Casserole Mix	6	1/4 Cup	80	15	1.5	0.5	0	0	1190	17	2	4	3
Peanut Butter Cookie Mix	20	7 tsp	60	0	0.0	0	0	0	135	15	0	7	0
Pumpkin Muffin Mix	18	1 Tbs	70	0	0.0	0	0	0	140	16	0	14	0
Pumpkin Pie Cheesecake Mix	8	2 Tbs	70	0	0.0	0	0	0	0	17	0	15	0
Roasted Tomato Salsa Mix	12	1/2 tsp	5	0	0.0	0	0	0	160	1	0	0	0
Silky Chocolate Mousse Mix	8	2 3/4 Tbs	90	0	0.0	0	0	0	60	21	0	17	0
Southwest Seasoning Mix	8	2 tsp	15	0	0.0	0	0	0	440	3	1	0	1
Southwest Seasoning Pantry Staple	56	2 tsp	15	0	0.0	0	0	0	440	3	1	0	1
Spiced Molasses Cookie Mix	18	3 Tbs	70	0	0.0	0	0	0	35	16	<1	12	1
St. Looney Gooney Cake Mix	12	5 Tbs	140	0	0.0	0	0	0	115	34	0	32	0



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Homemade Gourmet® Mix													
Strawberry Bread Mix	10	1/4 Cup	110	0	0.0	0	0	0	340	27	<1	22	1
Strawberry Lemonade Squares Mix	24	2 3/4 Tbs	70	0	0.0	0	0	0	60	19	0	15	1
Sunday Roast Seasoning Mix	6	2 Tbs	45	0	0.0	0	0	0	1360	9	<1	3	2
Sunday Roast Seasoning Pantry Staple	35	2 Tbs	45	0	0.0	0	0	0	1360	9	<1	3	2
Taco Soup Mix	6	2 1/2 tsp	20	0	0.0	0	0	0	580	4	0	1	1
Taco Soup Seasoning Pantry Staple	47	2 1/2 tsp	20	0	0.0	0	0	0	580	4	0	1	1
Tami's Garden Select Seasoning	96	1/2 tsp	5	0	0.0	0	0	0	0	1	0	0	0
Taste of Tuscany Cheese Ball Mix	8	2 tsp	10	0	0.0	0	0	0	0	2	0	0	0
Texas Cobbler Mix	8	7 tsp	120	0	0.0	0	0	0	260	29	0	26	1
Texas Cornbread Mix	10	1/4 Cup	120	0	0.0	0	0	0	450	28	<1	16	2
Three Cheese Garlic Biscuit Mix	15	2 1/2 Tbs	90	30	3.5	1	1	0	260	12	0	1	2
Tomato Basil Bread Mix	10	1/3 Cup	70	0	0.0	0	0	0	420	14	<1	5	2
Tomato Basil Soup Mix	6	3 1/2 Tbs	70	0	0.0	0	0	0	490	11	0	9	6
Tortilla Soup Mix	6	4 tsp	25	0	0.0	0	0	0	890	5	<1	1	1
Tropical Chicken Salad Mix	8	3 1/2 tsp	60	0	0.0	0	0	0	0	15	<1	12	0
White & Dark Chocolate Brownie Mix	9	9 Tbs	180	45	5.0	2	0	0	5	32	0	22	2
White Chicken Chili Mix	6	3 Tbs	90	0	0.0	0	0	0	500	17	5	2	5