

BAKING AND COOKING NEEDS

Pie Crusts and Shells

Cal Fat Sat Chol Carb Fib Sug Sod

PIE CRUSTS AND SHELLS

Flour pie crust, frozen, 1/8	110	7	3	5	12	0	0	100
Cookie crumb shell, shelf-stable, 1/8	140	5	2	0	14	0	6	110
Graham cracker shell, shelf-stable, 1/8	110	5	1	2	14	1	6	115
Mini shell, shelf-stable	110	5	1	0	15	1	6	125
Flour pie crust, refrigerated, unroll, 1/8.....	110	7	3	5	13	0	1	140
Mix, prep, 1/8.....	100	6	2	0	9	0	0	145

Brands . . . (1/8 of 9" shell unless noted)

FROZEN/REFRIGERATED

Country's Delight	80	5	1	0	8	0	1	75
Food Club Regular.....	80	4	2	5	9	0	1	70
Jewel Ready-to-Bake	80	4	2	5	9	0	0	70
Lowes Ready-to-Bake	80	4	2	5	9	0	0	70
Our Family Regular	80	4	2	5	9	0	1	70
Deep Dish	90	5	2	5	11	0	1	85
Pillsbury Pet-Ritz Regular	80	4	2	0	9	0	1	70
Deep Dish or All Veg Deep Dish	90	5	1	0	11	0	1	85
Just Unroll!	120	7	3	5	13	0	1	110

MIXES

Arrowhead Mills Graham Mix.....	100	5	3	0	14	1	6	65
Betty Crocker Pie Crust	110	7	0	0	9	0	0	135
Dixie Carb Counters Graham Cracker, 1/9.....	63	4	0	0	5	4	1	1
Gluten-Free Pantry Perfect Pie, 1/6.....	120	0	0	0	29	0	0	140
Jiffy Pie Crust Mix	80	5	2	5	8	0	0	120
Krusteaz Pie Crust Mix.....	100	6	2	0	10	1	1	90
ShopRite Pie Crust Mix	90	6	2	0	8	0	0	135

SHELF-STABLE (READY-TO-USE)

Most shelf-stable shells are within the generic average (115mg), the following have 100mg or less sodium per serving.

America's Choice Graham Cracker.....	110	6	1	0	13	1	4	65
Arrowhead Mills Graham Cracker.....	100	5	2	0	12	0	6	55
Choc Cookie	110	6	3	0	14	1	7	95
Fifty50 Sugar Free Graham Cracker.....	110	6	2	0	13	0	0	65
Giant Graham Cracker.....	110	6	2	0	12	0	5	70
Heartland Granola	110	6	2	0	12	1	5	50
Honey Maid Graham Cracker	110	6	3	0	14	1	6	85
Keebler Ready Crust Graham, Reduced Fat.....	100	4	1	0	15	1	6	100
Kemach Graham Cracker.....	100	4	1	0	14	1	5	50
Meijer Graham Cracker	110	7	2	0	12	2	6	50
Midwest Country Fare Graham Cracker	100	5	1	0	14	1	4	90
Mother's Own Graham Cracker.....	110	5	1	0	14	1	4	90
Nabisco Nilla	140	8	2	5	18	0	10	85
Roland Fluted Dessert Shell, 3.6 oz	510	25	0	55	63	2	20	0
ShopRite Graham Cracker	110	7	2	0	12	2	6	50
Spartan Graham Cracker.....	100	5	1	0	14	1	4	90
Wholly Wholesome Graham Cracker	110	5	3	0	14	1	5	70
Choc Pie Crust	110	5	3	0	14	1	5	100

SEASONINGS - SALT AND SALT SUBSTITUTES

Salt substitute, 1 tsp	2	0	0	0	0	0	0	0
Lite table salt, 1 tsp.....	0	0	0	0	0	0	0	1160
Seasoned salt, 1 tsp	0	0	0	0	0	0	0	1280
Garlic salt, 1 tsp.....	0	0	0	0	0	0	0	1480