



Effective: July 1, 2016

**DICED COOKED TURKEY ROAST WITH GRAVY (780)**

Ingredient Statement: Cooked Turkey Roast (turkey, water, salt, sodium phosphate); Gravy (water, chicken broth, turkey gravy [maltodextrin, cornstarch, modified cornstarch, salt, soybean oil, tamari soy sauce {soybeans, salt, wheat}, hydrolyzed plant protein {corn, wheat, soy}, and less than 2% of coconut oil, corn syrup solids, sodium caseinate {from milk}, yeast extract, partially hydrogenated soybean and cottonseed oils, dipotassium phosphate, mono- and diglycerides, silicon dioxide, soy lecithin, thiamine hydrochloride, dextrose, xanthan gum, caramel color, black pepper, disodium guanylate, disodium inosinate, lactic acid, calcium lactate, titanium dioxide, natural flavors], modified food starch; maltodextrin; chicken base [salt, dextrose, chicken fat, vegetable shortening {hydrogenated soybean and/or cottonseed oil}, cornstarch, hydrolyzed vegetable protein, onion powder, celery salt, disodium inosinate and disodium guanylate, celery seed, spices]); Granulated Garlic; Caramel Powder.  
 Contains: Milk, Soy, Wheat

**Nutrition Facts**

Serving Size 4 ounces (113g)  
 Servings Per Container 20

Amount Per Serving

**Calories 120** Calories from Fat 35

% Daily Value\*

**Total Fat 4g** 6%

Saturated Fat 1g 6%

**Cholesterol 35mg** 11%

**Sodium 580mg** 24%

**Total Carbohydrate 6g** 2%

Dietary Fiber 0g 0%

Sugars 0g

**Protein 15g**

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

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	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	109.67	124.36
Calories from Fat	30.74	34.86
Calories from Saturated Fat	9.71	11.02
Protein	13.35 g	15.14 g
Carbohydrates	5.55 g	6.30 g
Dietary Fiber	0.03 g	0.04 g
Sugar - Total	0.06 g	0.07 g
Fat - Total	3.42 g	3.87 g
Saturated Fat	1.08 g	1.22 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	29.65 mg	33.63 mg
Vitamin A	1.97 IU	2.24 IU
Thiamin - B1	0.03 mg	0.34 mg
Riboflavin - B2	0.12 mg	0.13 mg
Niacin - B3	3.64 mg	4.12 mg
Vitamin C	0.00 mg	0.00 mg
Vitamin E Alpha-Tocopherol	0.21 mg	0.24 mg
Calcium	10.21 mg	11.57 mg
Iron	1.00 mg	1.14 mg
Magnesium	14.02 mg	15.90 mg
Phosphorus	145.58 mg	165.09 mg
Potassium	188.10 mg	213.30 mg
Sodium	511.70 mg	580.27 mg
Zinc	1.44 mg	1.64 mg