



Effective: July 1, 2016

DICED COOKED TURKEY ROAST WITH CREAMY GRAVY (782)

Ingredient Statement: Cooked Turkey Roast (turkey, water, salt, sodium phosphate); Gravy (water, whole milk powder, modified food starch [corn], coconut oil, corn starch, salt, dried chicken flavor [mechanically separated chicken, chicken broth, natural flavor, citric acid], maltodextrin, lecithin, sugar, chicken flavor [hydrolyzed soy and corn protein, maltodextrin, autolyzed yeast extract, cooked chicken, flavor, corn syrup solids, disodium inosinate and disodium guanylate, thiamine hydrochloride, partially hydrogenated soybean and cottonseed oil], natural flavor, xanthan gum, onion powder, sodium caseinate, mono and diglycerides, dipotassium phosphate, spice and artificial color [yellow #5]).

Contains: Milk and Soy.

Nutrition Facts	
Serving Size 4 ounces (113g)	
Servings Per Container 20	
Amount Per Serving	
Calories 130	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	12%
Cholesterol 35mg	12%
Sodium 600mg	25%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 14g	
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	114.02	129.30
Calories from Fat	42.96	48.71
Calories from Saturated Fat	19.62	22.24
Protein	12.39 g	14.05 g
Carbohydrates	4.58 g	5.20 g
Dietary Fiber	0.06 g	0.07 g
Sugar - Total	0.86 g	0.98 g
Fat - Total	4.77 g	5.41 g
Saturated Fat	2.18 g	2.47 g
Trans Fatty Acids	0.02 g	0.03 g
Cholesterol	31.34 mg	35.54 mg
Vitamin A	15.94 IU	18.08 IU
Thiamin - B1	0.03 mg	0.03 mg
Riboflavin - B2	0.09 mg	0.10 mg
Niacin - B3	3.47 mg	3.94 mg
Vitamin C	0.00 mg	0.00 mg
Vitamin E Alpha-Tocopherol	0.21 mg	0.24 mg
Calcium	21.92 mg	24.86 mg
Iron	0.96 mg	1.03 mg
Magnesium	12.94 mg	14.68 mg
Phosphorus	146.17 mg	165.76 mg
Potassium	171.17 mg	194.11 mg
Sodium	531.70 mg	602.94 mg
Zinc	1.41 mg	1.60 mg