



Effective: Jul 1, 2016

BREAKFAST DELI STICK
TURKEY HAM & CHEESE WRAPPED IN A TORTILLA
(BDS100SDC)

Ingredient Statement: Whole Grain Tortilla (whole grain wheat flour, bleached enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, palm oil, contains 2% or less of the following: leavening [sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum sulfate], salt, sugar, calcium propionate, potassium sorbate, mono and di-glycerides, fumaric acid, yeast, enzymes, l-cysteine); Smoked Turkey Ham (turkey thigh meat, water, contains 2% or less sugar, salt, sodium phosphate, lite salt [potassium chloride, sodium chloride], carrageenan, sodium erythorbate, natural smoke flavoring, sodium nitrite); Cheddar Cheese (cultured pasteurized milk, salt, cheese color, enzymes).

Contains: Milk and Wheat

Nutrition Facts			
Serving Size 2.25 ounces (64g)			
Servings Per Container 100			
Amount Per Serving			
Calories 150		Calories from Fat 70	
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 4.5g			22%
Trans Fat 0g			
Cholesterol 30mg			10%
Sodium 300mg			13%
Total Carbohydrate 13g			4%
Dietary Fiber 1g			5%
Sugars 1g			
Protein 9g			
Vitamin A 4%		Vitamin C 2%	
Calcium 15%		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	242.71	154.81
Calories from Fat	106.20	67.74
Calories from Saturated Fat	62.44	39.83
Protein	14.17 g	9.04 g
Carbohydrates	19.97 g	12.74 g
Dietary Fiber	1.89 g	1.20 g
Sugar - Total	1.55 g	0.99 g
Fat - Total	11.80 g	7.53 g
Saturated Fat	6.94 g	4.43 g
Trans Fatty Acids	0.01 g	0.01 g
Cholesterol	47.91 mg	30.56 mg
Vitamin A	288.22 IU	183.84 IU
Thiamin - B1	0.23 mg	0.15 mg
Riboflavin - B2	0.27 mg	0.17 mg
Niacin - B3	2.95 mg	1.88 mg
Vitamin C	1.79 mg	1.14 mg
Vitamin E Alpha-Tocopherol	0.35 mg	0.23 mg
Calcium	260.02 mg	165.85 mg
Iron	1.76 mg	1.12 mg
Magnesium	33.12 mg	21.13 mg
Phosphorus	283.44 mg	180.80 mg
Potassium	169.44 mg	108.08 mg
Sodium	472.51 mg	301.40 mg
Zinc	1.99 mg	1.27 mg