



Effective: July 1, 2016

GRILLED CHEESE ON WHOLE WHEAT BREAD (GCW454WC)

Ingredient Statement: Pasteurized Process Blended American Cheese (American cheese [milk, cheese cultures, salt, enzymes, annatto], water, skim milk, sodium citrate, color added, salt, sorbic acid, soy lecithin); Whole Wheat Bread (whole wheat flour, water, yeast, wheat gluten, high fructose corn syrup, contains 2% or less of: soybean oil, cracked wheat, salt, calcium propionate, sugar, DATEM, mono-glyceride, enzymes, ascorbic acid, ADA).

Contains: Milk, Wheat and Soy

Nutrition Facts			
Serving Size 3.80 ounces (108g)			
Servings Per Container One			
Amount Per Serving			
Calories 280	Calories from Fat 90		
% Daily Value*			
Total Fat 10g			16%
Saturated Fat 5g			25%
Trans Fat 0g			
Cholesterol 30mg			10%
Sodium 800mg			33%
Total Carbohydrate 30g			10%
Dietary Fiber 6g			26%
Sugars 8g			
Protein 18g			
Vitamin A 4%		•	Vitamin C 0%
Calcium 80%		•	Iron 8%
*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

5151 Alcoa Avenue, Vernon CA 90058
 Telephone: (323) 826-2144 Facsimile: (323) 826-2150
www.Roseandshore.com

	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	257.66	277.57
Calories from Fat	85.17	91.75
Calories from Saturated Fat	41.77	45.00
Protein	16.69 g	17.98 g
Carbohydrates	28.15 g	30.33 g
Dietary Fiber	5.92 g	6.38 g
Sugar - Total	7.23 g	7.78 g
Fat - Total	9.46 g	10.19 g
Saturated Fat	4.64 g	5.00 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	27.85 mg	30.00 mg
Vitamin A	167.09 IU	180.00 IU
Thiamin - B1	0.13 mg	0.14 mg
Riboflavin - B2	0.04 mg	0.05 mg
Niacin - B3	1.18 mg	1.28 mg
Vitamin C	0.00 mg	0.00 mg
Vitamin E Alpha-Tocopherol	0.20 mg	0.22 mg
Calcium	754.86 mg	813.20 mg
Iron	1.40 mg	1.51 mg
Magnesium	18.587 mg	20.22 mg
Phosphorus	396.84 mg	427.52 mg
Potassium	68.69 mg	74.00 mg
Sodium	738.23 mg	795.28 mg
Zinc	1.57 mg	1.70 mg