



Effective: July 1, 2016

TURKEY HAM, EGG & CHEESE SANDWICH
ON AN ENGLISH MUFFIN - SUNNY SIDE UP SANDWICH
(SSU248WC)

Ingredient Statement: White Wheat English Muffin (water, whole wheat flour, enriched bleached flour [bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], yeast, enriched corn meal [degermed yellow corn meal, thiamine, riboflavin, niacin, folic acid, iron], contains 2% or less of: high fructose corn syrup, soybean oil, wheat gluten, salt, calcium propionate, fumaric acid, calcium sulfate, enzymes, ADA); Grilled Egg Patty (whole eggs, water, dry whole milk, soybean oil, xanthan gum, citric acid, soy lecithin); 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); 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).

Contains: Milk, Wheat, Eggs and Soy

Nutrition Facts	
Serving Size 4.60 ounces (130g)	
Servings Per Container One	
Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 140mg	46%
Sodium 650mg	27%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	11%
Sugars 5g	
Protein 14g	
Vitamin A 6%	• Vitamin C 0%
Calcium 30%	• Iron 10%
*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	184.13	240.12
Calories from Fat	52.03	67.86
Calories from Saturated Fat	18.43	24.03
Protein	10.61 g	13.84 g
Carbohydrates	22.64 g	29.53 g
Dietary Fiber	2.07 g	2.69 g
Sugar - Total	3.56 g	4.64 g
Fat - Total	5.78 g	7.54 g
Saturated Fat	2.05 g	2.67 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	106.86 mg	139.36 mg
Vitamin A	244.45 IU	318.78 IU
Thiamin - B1	0.19 mg	0.25 mg
Riboflavin - B2	0.21 mg	0.27 mg
Niacin - B3	2.27 mg	2.96 mg
Vitamin C	0.00 mg	0.00 mg
Vitamin E Alpha-Tocopherol	0.41 mg	0.54 mg
Calcium	224.82 mg	293.18 mg
Iron	1.60 mg	2.08 mg
Magnesium	30.17 mg	39.35 mg
Phosphorus	141.42 mg	184.82 mg
Potassium	161.20 mg	210.22 mg
Sodium	502.12 mg	654.81 mg
Zinc	0.90 mg	1.18 mg