



Effective: Jul 1, 2016

## BREAKFAST QUESADILLA (W24072)

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); Monterey Jack Cheese (cultured pasteurized milk, salt, enzymes); Reduced Fat Cheese Sauce (pasteurized process reduced fat American Cheese [American cheese {milk, cheese culture, salt, enzymes}, water, sodium citrate, whey, modified food starch, salt, apocarotenal], water, modified food starch); Cheddar Cheese (cultured pasteurized milk, salt, cheese color, enzymes); Diced Green Chiles (green chilies, water, salt, citric acid and calcium chloride); Modified Food Starch.

Contains: Milk and Wheat

### **Nutrition Facts**

Serving Size 2.15 ounces (61g)  
Servings Per Container One

Amount Per Serving

**Calories** 180      **Calories from Fat** 90

% Daily Value\*

**Total Fat** 10g      **15%**

    Saturated Fat 6g      **30%**

    Trans Fat 0g

**Cholesterol** 25mg      **9%**

**Sodium** 270mg      **11%**

**Total Carbohydrate** 14g      **5%**

    Dietary Fiber 1g      **5%**

    Sugars 1g

**Protein** 9g

Vitamin A 6%      • Vitamin C 2%

Calcium 25%      • 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:

		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	296.82	180.92
Calories from Fat	148.07	90.25
Calories from Saturated Fat	89.12	54.32
Protein	14.63 g	8.92 g
Carbohydrates	22.23 g	13.55 g
Dietary Fiber	2.12 g	1.29 g
Sugar - Total	1.53 g	0.93 g
Fat - Total	16.45 g	10.03 g
Saturated Fat	9.90 g	6.04 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	43.24 mg	26.36 mg
Vitamin A	424.54 IU	258.78 IU
Thiamin - B1	0.18 mg	0.11 mg
Riboflavin - B2	0.28 mg	0.17 mg
Niacin - B3	1.88 mg	1.15 mg
Vitamin C	2.71 mg	1.65 mg
Vitamin E Alpha-Tocopherol	0.43 mg	0.26 mg
Calcium	426.12 mg	259.74 mg
Iron	1.75 mg	1.06 mg
Magnesium	36.02 mg	21.96 mg
Phosphorus	294.78 mg	179.68 mg
Potassium	123.42 mg	75.23 mg
Sodium	434.94 mg	265.12 mg
Zinc	1.96 mg	1.20 mg