



Effective: Jul 1, 2016

## CHEESE QUESADILLA (W31100)

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, Wheat and Soy

<b>Nutrition Facts</b>	
Serving Size 4.20 ounces (119g)	
Servings Per Container One Quesadilla	
<b>Amount Per Serving</b>	
<b>Calories 330</b>	<b>Calories from Fat 160</b>
% Daily Value*	
<b>Total Fat 18g</b>	<b>28%</b>
Saturated Fat 11g	<b>54%</b>
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>16%</b>
<b>Sodium 530mg</b>	<b>22%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 2g	<b>10%</b>
Sugars 2g	
<b>Protein 18g</b>	
Vitamin A 10%	• Vitamin C 6%
Calcium 50%	• 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	

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	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	280.76	334.29
Calories from Fat	136.41	162.42
Calories from Saturated Fat	81.59	97.15
Protein	14.73 g	17.54 g
Carbohydrates	21.02 g	25.03 g
Dietary Fiber	2.02 g	2.40 g
Sugar - Total	1.48 g	1.76 g
Fat - Total	15.16 g	18.05 g
Saturated Fat	9.07 g	10.79 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	39.36 mg	46.87 mg
Vitamin A	401.33 IU	477.85 IU
Thiamin - B1	0.17 mg	0.20 mg
Riboflavin - B2	0.27 mg	0.33 mg
Niacin - B3	1.78 mg	2.11 mg
Vitamin C	3.30 mg	3.93 mg
Vitamin E Alpha-Tocopherol	0.40 mg	0.48 mg
Calcium	441.06 mg	525.15 mg
Iron	1.64 mg	1.95 mg
Magnesium	35.37 mg	42.12 mg
Phosphorus	300.09 mg	357.30 mg
Potassium	122.21 mg	145.51 mg
Sodium	447.97 mg	533.39 mg
Zinc	2.04 mg	2.42 mg