



Effective: Jul 1, 2015

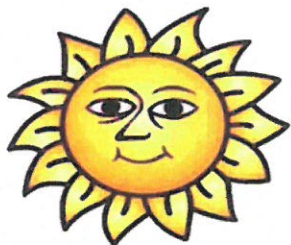
CHEESE QUESADILLA (W31100)

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, aprocarotenal], 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

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

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	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
Soluble Fiber	0.25 g	0.30 g
Sugar - Total	1.48 g	1.76 g
Other Carbohydrates	21.36 g	25.43 g
Fat - Total	15.16 g	18.05 g
Saturated Fat	9.07 g	10.79 g
Mono Fat	4.64 g	5.53 g
Poly Fat	0.82 g	0.97 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



ARIZONA GOLD

PRODUCT SPECIFICATION SHEET

PRODUCT DESCRIPTION:

Burrito, Bean & Cheese Lower Sodium WHOLE GRAIN

CODE #	3180575B	SERVING SIZE	5.75 oz
SERVINGS/CASE	3180575W	NET CASE WEIGHT	19.40 lbs
SHELF LIFE (FZN)	54	PACKAGING	Bulk or Indiv. Wrapped
MEAL PLAN EQUIVALENT:	12 MONTHS		
	2 Grain, 2 Meat/Meat Alternative, 1/4 C Legume		

Cooking Instructions:	<u>Oven Type</u>	<u>Temperature</u>	<u>Thawed</u>	<u>Frozen</u>
	Conventional	350 Degrees	10-16 min	17-19 min
	Convection	320 Degrees	7-10 min	14-17 min

Nutrition Facts

Servings Per Container
Serving size (163g)

Amount per serving
Calories 380

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 500mg	22%
Total Carbohydrate 46g	17%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 294mg	25%
Iron 3mg	15%
Potassium 532mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: FILLING: Water, Pinto Beans, Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Annatto (color)), Green Chilies (Salt, Citric Acid, Calcium Chloride), Vegetable Oil (Soybean), Salt, Potassium Chloride, and Spices. **TORTILLA:** Water, Whole Wheat Flour, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil), Sugar, Vital Wheat Gluten, contains 2% or less of each of the following: Salt, Potassium Chloride, Leavening (Calcium Acid Pyrophosphate, Potassium Bicarbonate, Sodium Bicarbonate, Sodium Acid Pyrophosphate), Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Antioxidants (Tocopherols, Ascorbic Acid, Citric Acid), Cellulose Gum, Guar Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid).

ALLERGENS: Milk, Soy, Wheat

I certify that the above information is true and correct and that records are available to support all information provided in this document.

Vanessa Van Wyk
President 06/01/2020
Velmar Food Services

Velmar Food Services
3846 W. Clarendon Ave. * Phoenix, AZ 85019
www.Velmar-Foods.com
602-484-7279





Date Effective: 7/1/2020
 Product Code: 9733-2 Bulk & 9737-2 Individually Wrapped
 Description: Grilled Burrito. Pinto Bean, Mozzarella & Cheddar Cheese with Mexican Spices
 Natural.

Packaging Type: Bulk or Individually Wrapped

Frozen Shelf Life: 365 days from pkg date
 Case Gross Weight: 30 lbs
 Case Dimensions: 19"x14"x5"
 Case Cube: 0.81

Servings / Case: 72
 Product Net Wt: 6.25 oz
 Pallet Height: 6
 Pallet Tie: 9
 Case Net Wt: 28 lbs

INGREDIENTS: Filling: Water, Dehydrated Pinto Beans, Mozzarella Cheese (Cultured Pasteurized milk, contains less than 2% of salt and enzymes), Cheddar Cheese (Cultured Pasteurized Milk, contains less than 2% of salt, enzymes and annatto), Sauce (Water, Tomato Paste, Spices, Vinegar), Corn Oil, Tortilla/Tortilla Crumble: Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Vitamin Enrichment (Niacin, Iron, Thiamine, Folic Acid), Water, Canola Oil, Sugar, Baking Soda.

Contains: Wheat, Milk.

HEATING INSTRUCTIONS - Fully Cooked Burrito
 Do not overheat as filling will become watery.

Method	Temp	Convection Oven	Conventional Oven
Thawed	295°F	18-20 min	20-22 min
Frozen	295°F	22-24 min	24-26 min

Instructions: For best results, thaw to 40°F, prior to heating. Arrange burritos on oven sheet. Bake at temperatures shown until internal temperature reaches 165°F. Improper heating or overcooking tends to dry burritos or cause to blow up.

Microwave - Not Recommended: Thawed 1 min; Frozen 1 1/2 - 2 min. Allow burrito to rest for 3 minutes before eating.

Nutrition Facts			
Serving Size: 1 Burrito (6.25oz)			
Servings per Container: 72			
Amount per Serving			
Calories 350		Calories from Fat 126	
		% Daily Value*	
Total Fat 11g			17%
Saturated Fat 0g			
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 480mg			20%
Total Carbohydrate 45g			14%
Dietary Fiber 6g			24%
Sugars 4g			
Protein 14g			
Vitamin A 2%		Vitamin C 0%	
Calcium 15%		Iron 30%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate 4		Protein 4

Each 6.25 oz. whole grain bean & cheese filled, grilled burrito provides 2.00 oz. equivalent meat/meat alternate and 2.00 oz servings bread/grain alternate for the Child Nutrition Meal Pattern Requirements.

Simplified Ingredient List:

Pinto Beans:

Water
 Dehydrated Pinto Beans
 Mozzarella Cheese
 Cheddar Cheese

Taco Sauce:

Tomato Paste
 Spices
 Vinegar

Tortilla:

Whole Wheat Flour
 Enriched Wheat Flour
 Vegetable Oil
 Sugar
 Baking Soda
 Salt



76 W. El Paso Ave.
Clovis, CA 93611
Ph.: 559.259.5158
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Bean, Cheese & Salsa Verde Mexi-Pocket
Code Number : BCP-600W (wrapped)
BCP-600B (bulk)

MEAL PATTERN CONTRIBUTION			
PACK SIZE:	60		
PORTION SIZE:	6 oz		
Ingredient	Type	Totals	
White Whole Wheat Flour	Grain	29.11 gm	57%
Corn Meal	Grain	14.56 gm	29%
Enriched Flour	Grain	7.28 gm	14%
Refried Beans	Meat/Meat Alternative	2.32 oz = 1 M/MA	
Cheddar Cheese	Meat/Meat Alternative	1 oz = 1 M/MA	
I certify that this information is true, and correct according to USDA Food Buying guide, Publication Aid#1331. This product contains Three (3) Servings of Creditable Grain and Two (2) Meat/Meat Alternative Servings for the Child Nutrition Meal Pattern Requirements.			
11/1/2020	<i>Erik Lenocker</i>		
Date	Erik Lenocker		

B (pink)

10/12/2015

NUTRITION FACTS			
Serving Size:		6 oz.	
Amount per Serving			
Calories	:	330	Calories From Fat: 120
Total Fat		14 g	21%
Saturated Fat		6 g	31%
Trans Fat		0 g	
Cholesterol		25 mg	9%
Sodium		390 mg	16%
Total Carbohydrate		38 g	13%
Dietary Fiber		3 g	14%
Sugars		1 g	
Protein		13 g	
Vitamin A		8%	Vitamin C 0%
Calcium		20%	Iron 15%
*Percent daily values are based on a 2,000 calorie diet.			
Your daily values may be higher or lower, depending on your calorie needs.			

INGREDIENTS :

Water, dough flour [stone ground white whole wheat flour, corn meal, enriched flour, all purpose shortening fully refined soybean and fully hydrogenated soybean oils. TBHQ, citric acid (added to help protect freshness), dimethylpolysiloxane (anti-foaming agent), sugar, salt, whey (whey, corn flour sodium caseinate), garlic powder, sodium bicarbonate, dextrose, yeast (natural yeast, sorbitan monostearate, ascorbic acid), LC-5 (calcium carbonate, l-cysteine, precipitated silica, tricalcium phosphate, calcium stearate)], beans, contains soy, cheddar cheese [cultured pasteurized milk, salt, enzymes and annatto (color)], salsa verde (tomatillos, chiles, onions, cilantro, salt, xanthan gum, sodium benzoate as preservative, garlic powder and citric acid).

% **Calories from fat:** 36%
% **Calories from sat fat:** 16%
% **Product weight from sugar:** <1%

ALLERGY INFORMATION: CONTAINS WHEAT, SOY and MILK.
PRODUCED IN A PEANUT-FREE ENVIRONMENT

COOKING INSTRUCTIONS:

Frozen Bake @ 350 for 20-25 minutes or until internal temperature

Ardella's

INFORMATION



Item: 3" Round Cheese Sliders
Brand Name: ARDELLA'S

Product Code: 90632 Bulk
 90633 Wrap

Dimensions: 3" Round (2 per serving)
Unit Weight: 5.10 oz.
Count/Case: Bulk 56 servings / 2 units per serving
 Wrap 56 servings

Child Nutrition

Each 5.10 oz. Portion (cooked) will provide

2.00 Meat/Meat Alternate
 2.00 Equivalent Grains
 1/8 Cup Red/Orange Vegetable

Each 3" whole grain cheese slider (5.10 oz.) portion contains: 2.00 oz. servings of creditable grains (32 grams of wheat flour consisting of 51% whole grain whole wheat flour and 49% enriched wheat flour) 2.00 oz. m/m/a consisting of low moisture part skim cheese. Tomato sauce, consisting of 7.5 grams of tomato paste equal to 1/8 cup red vegetable.

Ingredient Statement:

Crust: Water, Whole Grain Whole Wheat Flour, Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, sugar, oat fiber, sea salt, yeast, baking powder (sodium acid pyrophosphate, sodium bicarbonate, starch, monocalcium phosphate), calcium propionate, calcium propionate, non fat dry milk. **Cheese:** Low moisture part-skim mozzarella cheese (cultured pasteurized milk, salt and enzymes). **Pizza Sauce:** Water, tomato paste (not less than 31% natural tomato soluble solids), salt, spices, flavoring.

Allergen Statement: Contains Milk, Wheat & Soy.

3" Round Cheese Sliders contain less than 2% non-creditable grains.

Shipping Information:

Gross Wt. 19.85 lbs.
Net Wt. 17.85 lbs.
Cube 1.00
Cases/Pallet 56
Tie/High 8/7
Box Dims 18 x 12 x 8



Vegetarian
Entrée



Whole Grain
Entrée



Nutrition Information

Portion Size:	144.71 g
Calories	294.73 kcaIs
Protein	18.65 g
Carbohydrate	30.75 g
Dietary Fiber	3.52 g
TFA's	0.00 g
Sugar-Total	3.78 g
Cholesterol	36.29 mg
Fat (Saturated)	6.02 g
Fat (Total)	11.17 g
Vitamins:	
Vitamin A	449.77 IU
Vitamin C	11.50 mg
Minerals:	
Sodium	598.30 mg
Calcium	501.35 mg
Iron	1.36 mg

Nutrition information is based on calculated analysis.

Heating Instructions (Cook Before Eating):

Pre-Heat and place 1 layer of wrapped sliders on baking sheet.

Convection Oven: Bake 11-13 minutes @325°F for wrapped, until sliders are light brown and cheese is melted. Sliders are cooked when internal temperature is 165°F. Serve immediately.

Conventional Oven: Bake 12-15 minutes @ 350°F for wrapped, until sliders are light brown and cheese is melted. Sliders are cooked when internal temperature is 165°F. Serve immediately.

Rethermalization Instructions: Preheat oven to 250°F. Place wrapped sliders on baking sheet. Bake for 20 minutes or until cheese is melted. Sliders are cooked when internal temperature is 165°F. Then program to hold @ 165°F.

Note: For best results, thaw par baked sliders prior to baking.

(Oven temperatures vary so please adjust time and temperature accordingly)

BATCH COOKING IS ADVISED TO MAINTAIN QUALITY OF PIZZA!

Richard Schanz President

July 1, 2019 19-20 Yr. Version 1.0
 Guided by principles of sustainability.

Visit our website at: www.ardellas.com
 Tel: 310-762-1560 • Fax: 310-764-1488

Product Title:

MACARONI & CHEESE

Meets Child Nutrition Program Requirements for Grains in School Meals

JTM Item Numbers: **5781**

Nutritional Information:	CN Serving Size	100g Serving
Serving Size (oz.)	6.00	3.53
Serving Size (g)	170.1	100
Servings Per Case	30	
Calories	279	164
Calories from Fat	100	59
Calories from Fat%	36 %	36 %
Protein (g)	16	9
Carbohydrates (g)	30	18
Fiber (g)	2	1
Total Fat (g)	11	7
Saturated Fat (g)	6.1	3.6
Trans Fat (g)*	0	0
<i>* contains 0 grams artificial trans fat</i>		
Cholesterol (mg)	37	21
Sodium (mg)	771	453
Sugar (g)	8	4
Vitamin A (IU)	493	290
Vitamin C (mg)	1	1
Calcium (mg)	380	223
Iron (mg)	1	1

Ingredients:

WATER, PASTEURIZED PROCESS CHEESE (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, cream, sodium phosphates and potassium phosphates, seasoning [potassium chloride, flavor (contains maltodextrin)], salt, paprika extract, annatto extract), MACARONI (whole durum wheat flour, semolina, egg white, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), NONFAT DRY MILK, CONTAINS LESS THAN 2% OF CHEESE FLAVOR (a dehydrated blend of whey, cheddar cheese [milk, cheese culture, salt, enzymes], butter, buttermilk solids, sodium phosphate, natural flavor), MODIFIED FOOD STARCH, BUTTER FLAVORING (whey solids, enzyme-modified butter [butter, buttermilk powder, enzymes], maltodextrin, salt, dehydrated butter [butter, buttermilk powder], guar gum, annatto and turmeric [for color]), SODIUM PHOSPHATES AND POTASSIUM PHOSPHATES.

CN Statement:

CN ID Number: 093203

Each 6.00 oz container of Macaroni and Cheese provides 2.00 oz equivalent meat alternate and 1.00 oz equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 08-15).

Product Specifications:

UPC (GTIN)	00049485057819
Case Pack	30/6oz 11.25 #
Net Weight	11.25 lbs
Gross Weight	13.55 lbs
Case Length	21.31 in
Case Width	11.06 in
Case Height	6.63 in
Case Cube	1.13 ft
TixHi	6x7
Shelf Life (frozen)	548 days

Allergens:

Milk, Egg, Wheat

Preparation:

KEEP FROZEN

Preferred method—Steamer: Place a case of frozen bowls in the steamer on a perforated tray or pan. Heat at 212 degrees F for 25-30 minutes, or until the product reaches the desired serving temperature based on local requirements. Serve or move to a heated holding cabinet until ready for hot service.

If a steamer isn't available, then use the dry heat method: Convection Oven: Preheat the convection oven to 350 degrees F, with the fan set on low. Place a case of frozen bowls in the oven on a sheet pan with parchment paper, if available. Heat for 25 to 30 minutes, or until the product reaches the desired serving temperature based on local requirements. Serve or move to a heated holding cabinet until ready for hot service.

Statement:

Products Containing USDA non-substitutable commodities bear the following statement: "Contains commodities donated by the United States Department of Agriculture. This product shall be sold only to eligible recipient agencies."



Product Specification/Formula Statement

310 W. Alondra Blvd.
Gardena, CA 90248
(310) 523-3664 - Office (310) 523-1619- Fax

Current as of: 01/21/20

Version #: 08/29/19

Supersedes Version #: 05/08/17

Brand: Hot Off The Grill

Commodity Code #: C10800

Commodity UPC#: 007219391 1081 2

Commercial Code #: 108000

Commercial UPC#: 007219391 1081 2

Product Name: Grilled Cheese on WG w/ Reduced Fat American Cheese- IW

USDA Commodities used: Processed Cheese (100036)

Buy American Provision Statement:

Integrated Food Service certifies that we are in compliance with the "Buy American Provision" (SP20-2006 Revised). All products we produce and sell to School Food Agencies (SFA) containing USDA donated commodity Beef and/or Cheese have a minimum of 95% U.S. content. Our commercial products on the average contain 85% U.S content and minimum of 65% U.S. content.

Handling and Cooking Instructions:

Shelf Life: Frozen 18 months, once thawed 5 days (refrigerated).

Safe Handling and Heating Instructions: Although this product is Ready-to-Eat, for a better experience, it is recommended that it be heated following the instructions below.

Do not remove wrap on wrapped product before heating.

Product can be heated from frozen state; however, it is recommended that it is heated from thawed state. Because of variations in oven equipment, ensure that an internal temperature of at least 160°F is achieved. It is recommended that a calibrated food grade thermometer be used.

Conventional Oven (Frozen): 325 F 18 Minutes

Convection Oven (Frozen): 350 F 18 Minutes

Conventional Oven (Thawed): 350 F 12 Minutes

Convection Oven (Thawed): 350 F 12 Minutes

Ingredients:

Whole Grain Bread: Whole Wheat Flour, Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Canola Oil, Yeast, Salt, Dough Conditioner (Wheat Gluten, Wheat Flour, Deactivated Yeast, Enzymes, Ascorbic Acid), Vital Wheat Gluten, Bread Softener (Enriched Wheat Flour, Enzymes), Reduced Sodium, Reduced Fat Pasteurized Process American Cheese: Milk and Skim Milk, Water, Dairy Product Solids*, Modified Food Starch*, Cream, Contains 2% or Less of Cheese Culture, Citric Acid, Color Added, Enzymes, Milk Protein Concentrate*, Potassium Citrate, Salt, Sodium Citrate, Sorbic Acid (Preservative), Soy Lecithin, Vitamin A Palmitate. *Ingredient not in Regular Pasteurized Process American Cheese. **Canola Oil.**

Allergen Statement (Product Contains):

☒ Wheat

☐ Eggs

☐ Tree Nuts

☐ Fish/Shellfish

☒ Milk

☐ Peanuts

☒ Soy

☒ Gluten

Nutritional Information:

Weight	118.78 g	Dietary Fiber	3.00 g	Sugar	6.50 g
Calories	279.75	Fat (total)	9.68 g	Calcium	456.29 mg
% Calories Fat	31.14 %	Fat (saturated)	5.39 g	Iron	1.61 mg
% Calories Sat Fat	17.34 %	Trans Fat	0.00 g	Vitamin C	0.00 mg
Protein	18.66 g	Cholesterol	30.37 mg	Vitamin A	607.65 IU
Carbohydrate	31.58 g	Sodium	599.36 mg	Riboflavin	0 mg
Niacin	0 mg	Thiamine	0 mg	Potassium	0 mg

Case Coding Example:

(Manufacture Date/ Production Line #)

(Example: January 1st 2013 Product produced on Line A)

010113A

I certify that the above information is true and correct and that a 4.19 ounce serving of the above product (ready for serving) contains 2.00 ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210,220,225,226, Appendix A)

Signature

Jean-Yves Courbin, V.P. of Operations

1/21/2020

(310) 523-3664

Printed Name

Date

Phone Number

test



Land O'Lakes® String Cheese is the perfect individually wrapped ready-to-serve, kid-pleasing protein for meals and snacks. 168/1 oz packages. Meal Contribution Credit per serving: 1 M/MA.

Product Code: 59701000034500

Nutrition – Per 100g	
Added Sugars	0 g
Vitamin D - mcg	0 mcg
Moisture	51 g
Sodium	698 mg
Potassium	188 mg
Phosphorus	548 mg
Iron	0.2 mg
Calcium	696 mg
Ash	4 g
Cholesterol	64 mg
Trans Fatty Acid	1 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	6 g
Saturated Fat	13 g
Total Fat	21 g
Total Sugar	2 g
Dietary Fiber	0 g
Carbohydrates	6 g
Protein	22 g
Calories	296 kcal

Nutrition Facts	
1 servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 200mg	9%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 198mg	15%
Iron 0mg	0%
Potassium 55mg	2%
<p>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</p>	