



Effective: July 1, 2012

## **PASTA SAUCE WITH COOKED GROUND BEEF (810)**

Ingredient Statement: Tomato Sauce (Tomatoes, Salt, Red Pepper, Dehydrated Onions, Dehydrated Garlic, Natural Flavors, [May Contain Citric Acid]); Ground Beef; Tomato Paste (Tomatoes, Salt, Citric Acid); Sugar; Garlic Puree (Garlic, Water); Modified Food Starch; Onion Powder, Spices.

### **Nutrition Facts**

Serving Size 5 ounces (142g)

Servings Per Container One

**Amount Per Serving**

**Calories 230** Calories from Fat 90

% Daily Value\*

**Total Fat 10g** 16%

Saturated Fat 3.5g 18%

**Cholesterol 60mg** 19%

**Sodium 150mg** 6%

**Total Carbohydrate 12g** 4%

Dietary Fiber 2g 9%

Sugars 8g

**Protein 20g**

Vitamin A 15% • Vitamin C 40%

Calcium 4% • 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:

	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](http://www.Roseandshore.com)

	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	159.07	225.49
Calories from Fat	66.03	93.60
Calories from Saturated Fat	23.29	33.01
Protein	13.83 g	19.60 g
Carbohydrates	8.71 g	12.35 g
Dietary Fiber	1.60 g	2.26 g
Soluble Fiber	0.00 g	0.00 g
Insoluble Fiber	0.00 g	0.00 g
Sugar - Total	5.47 g	7.76 g
Other Carbohydrates	1.64 g	2.32 g
Fat - Total	7.34 g	10.40 g
Saturated Fat	2.59 g	3.67 g
Mono Fat	2.69 g	3.82 g
Poly Fat	0.21 g	0.30 g
Trans Fatty Acids	0.47 g	0.66 g
Cholesterol	41.15 mg	58.32 mg
Vitamin A	491.73 IU	697.03 IU
Thiamin - B1	0.02 mg	0.03 mg
Riboflavin - B2	0.09 mg	0.12 mg
Niacin - B3	2.34 mg	3.31 mg
Vitamin - B6	0.18 mg	0.25 mg
Vitamin - B12	1.08 mcg	1.54 mcg
Biotin	0.19 mcg	0.27 mcg
Vitamin C	17.58 mg	24.93 mg
Vitamin E Alpha-Tocopherol	0.45 mg	0.64 mg
Folate	3.86 mcg	5.47 mcg
Vitamin K	1.23 mcg	1.75 mcg
Calcium	29.23 mg	41.44 mg
Chloride	29.40 mg	41.67 mg
Copper	0.06 mg	0.08 mg
Iron	1.98 mg	2.80 mg
Magnesium	14.01 mg	19.86 mg
Phosphorus	88.44 mg	125.36 mg
Potassium	250.56 mg	354.47 mg
Sodium	103.26 mg	146.36 mg
Zinc	2.86 mg	4.06 mg