



Rose & Shore

Purveyors of Fine Custom Foods

Effective: July 1, 2012

PASTA WITH MEAT SAUCE **(810P-TRAY)**

Ingredient Statement: Meat Sauce (tomato sauce [tomatoes, salt, red peppers, dehydrated onions, spice extractives, citric acid], ground beef, tomato paste [tomatoes], sugar, garlic [garlic, water], onion powder, spices); Pasta (water, whole wheat flour, semolina [wheat], niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid).

Contains: Wheat

Made on shared equipment that also processes egg

Nutrition Facts	
Serving Size 8 ounces (227g)	
Servings Per Container 45	
Amount Per Serving	
Calories 310 Calories from Fat 90	
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 4g	19%
Cholesterol 55mg	19%
Sodium 500mg	21%
Total Carbohydrate 32g	11%
Dietary Fiber 4g	15%
Sugars 7g	
Protein 23g	
Vitamin A 8%	• Vitamin C 10%
Calcium 4%	• Iron 25%
*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	173.65	312.19
Calories from Fat	41.07	93.15
Calories from Saturated Fat	15.00	34.03
Protein	10.19 g	23.11 g
Carbohydrates	13.97 g	31.69 g
Dietary Fiber	1.69 g	3.83 g
Soluble Fiber	0.18 g	0.41 g
Insoluble Fiber	0.85 g	1.94 g
Sugar - Total	3.16 g	7.16 g
Other Carbohydrates	4.44 g	10.08 g
Fat - Total	4.56 g	10.35 g
Saturated Fat	1.67 g	3.78 g
Mono Fat	1.74 g	3.94 g
Poly Fat	0.24 g	0.55 g
Trans Fatty Acids	0.29 g	0.67 g
Cholesterol	24.98 mg	56.64 mg
Vitamin A	189.45 IU	429.68 IU
Thiamin - B1	0.13 mg	0.29 mg
Riboflavin - B2	0.12 mg	0.28 mg
Niacin - B3	2.75 mg	6.23 mg
Vitamin - B6	0.18 mg	0.40 mg
Vitamin - B12	0.68 mcg	1.55 mcg
Biotin	1.58 mcg	3.59 mcg
Vitamin C	3.16 mg	7.17 mg
Vitamin E Alpha-Tocopherol	0.73 mg	1.65 mg
Folate	28.88 mcg	65.51 mcg
Vitamin K	1.54 mcg	3.49 mcg
Calcium	18.52 mg	42.01 mg
Chloride	4.95 mg	11.23 mg
Copper	0.12 mg	0.26 mg
Iron	1.89 mg	4.28 mg
Magnesium	27.19 mg	61.67 mg
Phosphorus	99.14 mg	224.85 mg
Potassium	299.99 mg	680.37 mg
Sodium	218.47 mg	495.50 mg
Zinc	2.16 mg	4.91 mg