



Rose & Shore

Purveyors of Fine Custom Foods

Effective: July 1, 2012

REDUCED FAT MACARONI & CHEESE (850)

Ingredient Statement: Cheese Sauce (pasteurized process reduced fat American cheese [American cheese {milk, cheese cultures, salt, enzymes}, water, sodium citrate, whey, modified food starch, salt, apocarotenol], water, modified food starch); Macaroni (water, whole wheat flour, semolina [wheat], niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid); Reduced Fat Cheddar Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes and annatto color).

Contains: Wheat and Milk.

Made on shared equipment that also processes egg

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 6 ounces (170g) | |
| Servings Per Container About 13 | |
| Amount Per Serving | |
| Calories 280 | Calories from Fat 110 |
| % Daily Value* | |
| Total Fat 12g | 18% |
| Saturated Fat 5g | 26% |
| Cholesterol 40mg | 13% |
| Sodium 610mg | 26% |
| Total Carbohydrate 25g | 8% |
| Dietary Fiber 2g | 9% |
| Sugars 2g | |
| Protein 17g | |
| Vitamin A 15% | • Vitamin C 0% |
| Calcium 40% | • Iron 8% |
| *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 | 166.09 | 282.52 |
| Calories from Fat | 62.16 | 105.74 |
| Calories from Saturated Fat | 27.31 | 46.45 |
| Protein | 9.77 g | 16.62 g |
| Carbohydrates | 14.79 g | 25.16 g |
| Dietary Fiber | 1.38 g | 2.34 g |
| Soluble Fiber | 0.25 g | 0.42 g |
| Insoluble Fiber | 1.13 g | 1.92 g |
| Sugar - Total | 1.27 g | 2.16 g |
| Other Carbohydrates | 12.75 g | 21.69 g |
| Fat - Total | 6.91 g | 11.75 g |
| Saturated Fat | 3.03 g | 5.16 g |
| Mono Fat | 2.77 g | 4.71 g |
| Poly Fat | 0.88 g | 1.50 g |
| Trans Fatty Acids | 0.04 g | 0.07 g |
| Cholesterol | 22.14 mg | 37.66 mg |
| Vitamin A | 417.96 IU | 710.95 IU |
| Thiamin - B1 | 0.15 mg | 0.26 mg |
| Riboflavin - B2 | 0.20 mg | 0.34 mg |
| Niacin - B3 | 1.34 mg | 2.28 mg |
| Vitamin - B6 | 0.04 mg | 0.11 mg |
| Vitamin - B12 | 0.32 mcg | 0.55 mcg |
| Biotin | 0.00 mcg | 0.00 mcg |
| Vitamin C | 0.00 mg | 0.00 mg |
| Vitamin E Alpha-Tocopherol | 0.10 mg | 0.17 mg |
| Folate | 35.07 mcg | 59.65 mcg |
| Vitamin K | 0.74 mcg | 1.26 mcg |
| Calcium | 240.82 mg | 409.63 mg |
| Chloride | 0.00 mg | 0.00 mg |
| Copper | 0.07 mg | 0.12 mg |
| Iron | 0.87 mg | 1.48 mg |
| Magnesium | 27.42 mg | 46.64 mg |
| Phosphorus | 296.49 mg | 504.33 mg |
| Potassium | 145.81 mg | 248.02 mg |
| Sodium | 360.88 mg | 613.86 mg |
| Zinc | 1.13 mg | 1.93 mg |