



Effective: July 1, 2012

REDUCED FAT COOKED BEEF TACO CRUMBLES (965)

Ingredient Statement: Ground Beef; Water; Spices; Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid); Salt; Dehydrated Onion; Dehydrated Garlic; Autolyzed Yeast; Paprika; Sugar; Malic Acid; Soy Sauce Powder (Naturally Brewed Soy Sauce [Wheat, Soybeans, Salt], Dextrin, Salt).

Contains: Wheat and Soy

Nutrition Facts	
Serving Size 2.00 ounces (57g)	
Servings Per Container 40	
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 3.5g	17%
Cholesterol 50mg	16%
Sodium 270mg	11%
Total Carbohydrate 2g	1%
Dietary Fiber less than 1g	3%
Sugars 0g	
Protein 15g	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• 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	265.29	150.42
Calories from Fat	139.24	78.95
Calories from Saturated Fat	52.57	29.81
Protein	26.97 g	15.29 g
Carbohydrates	2.94 g	1.67 g
Dietary Fiber	1.27 g	0.72 g
Soluble Fiber	0.00 g	0.00 g
Insoluble Fiber	0.00 g	0.00 g
Sugar - Total	0.64 g	0.36 g
Other Carbohydrates	1.04 g	0.59 g
Fat - Total	15.47 g	8.77 g
Saturated Fat	5.84 g	3.31 g
Mono Fat	5.83 g	3.30 g
Poly Fat	0.42 g	0.24 g
Trans Fatty Acids	1.01 g	0.57 g
Cholesterol	86.21 mg	48.88 mg
Vitamin A	172.52 IU	97.82 IU
Thiamin - B1	0.04 mg	0.02 mg
Riboflavin - B2	0.16 mg	0.09 mg
Niacin - B3	4.64 mg	2.63 mg
Vitamin - B6	0.32 mg	0.18 mg
Vitamin - B12	2.35 mcg	1.33 mcg
Biotin	0.00 mcg	0.00 mcg
Vitamin C	0.58 mg	0.33 mg
Vitamin E Alpha-Tocopherol	0.41 mg	0.24 mg
Folate	5.65 mcg	3.21 mcg
Vitamin K	1.13 mcg	0.64 mcg
Calcium	32.89 mg	18.65 mg
Chloride	0.00 mg	0.00 mg
Copper	0.07 mg	0.04 mg
Iron	3.14 mg	1.78 mg
Magnesium	23.56 mg	13.36 mg
Phosphorus	175.26 mg	99.37 mg
Potassium	455.19 mg	258.09 mg
Sodium	483.16 mg	273.95 mg
Zinc	6.08 mg	3.45 mg