



Effective: July 1, 2012

CALIFORNIA BEEF & CHEDDAR WRAP (BCW250W)

Ingredient Statement: Whole Grain Tortilla (whole wheat flour, enriched bleached flour [flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], water, soybean oil, contains 2% or less of the following: baking powder [corn starch, sodium acid pyrophosphate, sodium bicarbonate and monocalcium phosphate], salt, wheat gluten, mono and di-glycerides, guar gum, sugar, rice flour, fumaric acid, l-cysteine, sodium metabisulfite); Savory Beef (ground beef, water, savory beef seasoning [natural beef flavor, salt, dextrose, modified food starch, sodium phosphate, yeast extract, sugar, caramel color, onion & garlic powder, spices, spice extractives], roast beef rub [salt, dextrose, spices, caramel color, beef flavor {natural flavor, autolyzed yeast extract, and soy bean oil}, garlic powder]); Reduced Fat Cheddar Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes and annatto color).

Contains: Milk, Wheat and Soy

Nutrition Facts		
Serving Size 4.15 ounces (118g)		
Servings Per Container 50		
Amount Per Serving		
Calories 260	Calories from Fat 90	
% Daily Value*		
Total Fat 10g		16%
Saturated Fat 3.5g		18%
Cholesterol 30mg		9%
Sodium 660mg		27%
Total Carbohydrate 14g		5%
Dietary Fiber 2g		10%
Sugars 1g		
Protein 16g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 10%	•	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

	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	216.93	255.22
Calories from Fat	79.00	92.94
Calories from Saturated Fat	27.18	31.97
Protein	13.61 g	16.02 g
Carbohydrates	11.77 g	13.84 g
Dietary Fiber	2.07 g	2.43 g
Soluble Fiber	0.23 g	0.28 g
Insoluble Fiber	0.30 g	0.35 g
Sugar - Total	0.91 g	1.07 g
Other Carbohydrates	18.94 g	22.28 g
Fat - Total	8.78 g	10.33 g
Saturated Fat	3.02 g	3.55 g
Mono Fat	2.99 g	3.52 g
Poly Fat	1.82 g	2.14 g
Trans Fatty Acids	0.29 g	0.34 g
Cholesterol	24.19 mg	28.46 mg
Vitamin A	34.20 IU	40.24 IU
Thiamin - B1	0.17 mg	0.20 mg
Riboflavin - B2	0.18 mg	0.21 mg
Niacin - B3	2.30 mg	2.71 mg
Vitamin - B6	0.13 mg	0.15 mg
Vitamin - B12	0.82 mcg	0.96 mcg
Biotin	0.12 mcg	0.14 mcg
Vitamin C	0.02 mg	0.02 mg
Vitamin E Alpha-Tocopherol	0.38 mg	0.45 mg
Folate	31.37 mcg	36.91 mcg
Vitamin K	5.69 mcg	6.70 mcg
Calcium	92.90 mg	109.30 mg
Chloride	33.56 mg	39.49 mg
Copper	0.03 mg	0.03 mg
Iron	2.16 mg	2.54 mg
Magnesium	8.88 mg	10.45 mg
Phosphorus	161.60 mg	190.13 mg
Potassium	135.78 mg	159.75 mg
Sodium	559.42 mg	658.17 mg
Zinc	1.82 mg	2.14 mg