



Effective: July 1, 2012

**BREAKFAST TURKEY HAM & CHEESE WRAPPED  
IN A TORTILLA – BREAKFAST DELI STICK (BDS100WC)**

Ingredient Statement: Smoked Turkey Ham (turkey thigh meat, water, contains 2% or less sugar, salt, sodium phosphate, lite salt [potassium chloride, sodium chloride], carrageenan, sodium erythorbate, natural smoke flavoring, sodium nitrite); 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); Cheddar Cheese (cultured pasteurized milk, salt, cheese color, enzymes);  
Contains: Milk, Wheat and Soy

<b>Nutrition Facts</b>	
Serving Size 2.55 ounces (72g)	
Servings Per Container One	
<b>Amount Per Serving</b>	
<b>Calories 140</b> Calories from Fat 40	
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1.5g	<b>8%</b>
<b>Cholesterol</b> 25mg	<b>9%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 1g	
<b>Protein</b> 10g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 6%
*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	191.23	138.25
Calories from Fat	58.64	42.39
Calories from Saturated Fat	20.84	15.07
Protein	13.77 g	9.95 g
Carbohydrates	10.87 g	7.86 g
Dietary Fiber	1.84 g	1.33 g
Soluble Fiber	0.21 g	0.15 g
Insoluble Fiber	0.27 g	0.20 g
Sugar - Total	0.75 g	0.54 g
Other Carbohydrates	9.29 g	6.69 g
Fat - Total	6.52 g	4.71 g
Saturated Fat	2.32 g	1.67 g
Mono Fat	1.61 g	1.16 g
Poly Fat	1.92 g	1.38 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	37.88 mg	27.39 mg
Vitamin A	28.06 IU	20.28 IU
Thiamin - B1	0.26 mg	0.18 mg
Riboflavin - B2	0.22 mg	0.16 mg
Niacin - B3	2.74 mg	1.98 mg
Vitamin - B6	0.03 mg	0.02 mg
Vitamin - B12	0.41 mcg	0.29 mcg
Biotin	0.11 mcg	0.08 mcg
Vitamin C	0.00 mg	0.00 mg
Vitamin E Alpha-Tocopherol	0.22 mg	0.16 mg
Folate	24.87 mcg	17.98 mcg
Vitamin K	4.66 mcg	3.37 mcg
Calcium	109.45 mg	79.12 mg
Chloride	177.20 mg	127.58 mg
Copper	0.00 mg	0.00 mg
Iron	1.71 mg	1.23 mg
Magnesium	8.16 mg	5.90 mg
Phosphorus	147.33 mg	106.51 mg
Potassium	128.98 mg	93.24 mg
Sodium	669.73 mg	484.16 mg
Zinc	1.07 mg	0.77 mg