



Effective: Jul 1, 2015

**TURKEY HAM & CHEESE WRAPPED IN A TORTILLA**  
**DELI STICK (C63019)**

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 grain wheat flour, bleached enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, palm oil, contains 2% or less of the following: leavening [sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum sulfate], salt, sugar, calcium propionate, potassium sorbate, mono and di-glycerides, fumaric acid, yeast, enzymes, l-cysteine); Cheddar Cheese (cultured pasteurized milk, salt, cheese color, enzymes).

Contains: Milk, Wheat and Soy

<b>Nutrition Facts</b>	
Serving Size 4.65 ounces (132g)	
Servings Per Container 50	
<b>Amount Per Serving</b>	
<b>Calories</b> 290	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>19%</b>
Saturated Fat 7g	<b>33%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 820mg	<b>34%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 2g	
<b>Protein</b> 18g	
Vitamin A 6%	• Vitamin C 4%
Calcium 25%	• 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	

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	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	220.22	290.30
Calories from Fat	82.99	109.41
Calories from Saturated Fat	45.19	59.57
Protein	14.02 g	18.52 g
Carbohydrates	19.67 g	25.94 g
Dietary Fiber	1.74 g	2.29 g
Soluble Fiber	0.21 g	0.28 g
Sugar - Total	1.58 g	2.08 g
Other Carbohydrates	17.89 g	24.49 g
Fat - Total	9.22 g	12.16 g
Saturated Fat	5.02 g	6.62 g
Mono Fat	3.19 g	4.20 g
Poly Fat	0.68 g	0.90 g
Trans Fatty Acids	0.01 g	0.02 g
Cholesterol	46.19 mg	60.83 mg
Vitamin A	199.81 IU	263.40 IU
Thiamin - B1	0.25 mg	0.32 mg
Riboflavin - B2	0.26 mg	0.35 mg
Niacin - B3	3.34 mg	4.41 mg
Vitamin C	1.65 mg	2.18 mg
Vitamin E Alpha-Tocopherol	0.30 mg	0.40 mg
Calcium	187.56 mg	247.26 mg
Iron	1.73 mg	2.28 mg
Magnesium	30.90 mg	40.74 mg
Phosphorus	267.32 mg	352.53 mg
Potassium	187.41 mg	247.05 mg
Sodium	620.85 mg	818.44 mg
Zinc	1.92 mg	2.53 mg