



Effective: July 1, 2012

DELI STYLE TURKEY BREAST & CHEDDAR CHEESE WRAP
(TDW250WC)

Ingredient Statement: Cooked Sliced Deli-Style Turkey Breast (turkey breast, water, contains less than 2% of salt, modified food starch, potassium lactate, sodium lactate, sodium phosphate, dextrose, sodium diacetate); 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

Nutrition Facts		
Serving Size 4.60 ounces (130g)		
Servings Per Container 50		
Amount Per Serving		
Calories 290	Calories from Fat 110	
% Daily Value*		
Total Fat 12g		18%
Saturated Fat 6g		31%
Cholesterol 50mg		17%
Sodium 800mg		33%
Total Carbohydrate 13g		4%
Dietary Fiber 2g		10%
Sugars 0g		
Protein 21g		
Vitamin A 4%	•	Vitamin C 0%
Calcium 20%	•	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	224.92	293.31
Calories from Fat	80.67	105.20
Calories from Saturated Fat	42.25	55.09
Protein	15.96 g	20.81 g
Carbohydrates	9.81 g	12.80 g
Dietary Fiber	1.89 g	2.46 g
Soluble Fiber	0.22 g	0.28 g
Insoluble Fiber	0.28 g	0.36 g
Sugar - Total	0.23 g	0.29 g
Other Carbohydrates	7.95 g	12.41 g
Fat - Total	8.96 g	11.69 g
Saturated Fat	4.69 g	6.12 g
Mono Fat	2.12 g	2.77 g
Poly Fat	3.19 g	4.16 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	40.06 mg	52.24 mg
Vitamin A	164.43 IU	214.44 IU
Thiamin - B1	0.15 mg	0.19 mg
Riboflavin - B2	0.15 mg	0.19 mg
Niacin - B3	0.67 mg	0.87 mg
Vitamin - B6	0.01 mg	0.02 mg
Vitamin - B12	0.14 mcg	0.18 mcg
Biotin	0.60 mcg	0.79 mcg
Vitamin C	0.00 mg	0.00 mg
Vitamin E Alpha-Tocopherol	0.27 mg	0.36 mg
Folate	28.44 mcg	37.09 mcg
Vitamin K	5.24 mcg	6.83 mcg
Calcium	134.57 mg	175.49 mg
Chloride	167.93 mg	219.00 mg
Copper	0.01 mg	0.01 mg
Iron	1.89 mg	2.46 mg
Magnesium	13.64 mg	17.79 mg
Phosphorus	83.48 mg	108.86 mg
Potassium	107.71 mg	140.47 mg
Sodium	615.57 mg	802.90 mg
Zinc	0.51 mg	0.66 mg