



Effective: July 1, 2012

## TURKEY & CHEESE SOFT TACOS (TST248WC)

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); Cooked Turkey Roast (turkey, water, salt, sodium phosphate); Pinto Beans (Prepared Pinto Beans, Water, Salt, Calcium Chloride, Calcium Disodium EDTA); Cheddar Cheese (cultured pasteurized milk, salt, enzymes); Diced Green Chiles (green chilies, water, salt, citric acid and calcium chloride); Seasoning (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: Milk, Wheat and Soy

<b>Nutrition Facts</b>	
Serving Size 4.50 ounces (128g)	
Servings Per Container One	
Amount Per Serving	
<b>Calories</b> 280	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 5g	<b>24%</b>
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 690mg	<b>29%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 4g	<b>14%</b>
Sugars 1g	
<b>Protein</b> 16g	
Vitamin A 4%	• Vitamin C 4%
Calcium 15%	• 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	216.93	276.75
Calories from Fat	79.97	102.02
Calories from Saturated Fat	34.34	43.81
Protein	12.89 g	16.44 g
Carbohydrates	13.10 g	16.75 g
Dietary Fiber	2.82 g	3.60 g
Soluble Fiber	0.22 g	0.28 g
Insoluble Fiber	0.28 g	0.35 g
Sugar - Total	0.44 g	0.56 g
Other Carbohydrates	19.56 g	24.95 g
Fat - Total	8.89 g	11.34 g
Saturated Fat	3.82 g	4.87 g
Mono Fat	2.17 g	2.76 g
Poly Fat	2.20 g	2.80 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	28.37 mg	36.20 mg
Vitamin A	167.99 IU	214.31 IU
Thiamin - B1	0.16 mg	0.20 mg
Riboflavin - B2	0.18 mg	0.23 mg
Niacin - B3	2.36 mg	3.01 mg
Vitamin - B6	0.08 mg	0.11 mg
Vitamin - B12	0.52 mcg	0.67 mcg
Biotin	0.51 mcg	0.65 mcg
Vitamin C	1.60 mg	2.04 mg
Vitamin E Alpha-Tocopherol	0.37 mg	0.47 mg
Folate	29.12 mcg	37.15 mcg
Vitamin K	5.32 mcg	6.78 mcg
Calcium	119.20 mg	152.07 mg
Chloride	137.33 mg	175.20 mg
Copper	0.02 mg	0.02 mg
Iron	1.97 mg	2.51 mg
Magnesium	9.70 mg	12.37 mg
Phosphorus	134.42 mg	171.48 mg
Potassium	93.86 mg	119.74 mg
Sodium	544.27 mg	694.35 mg
Zinc	1.10 mg	1.41 mg