



Effective: Jul 1, 2015

BREAKFAST QUESADILLA (W24072)

Ingredient Statement: 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); Monterey Jack Cheese (cultured pasteurized milk, salt, enzymes); Reduced Fat Cheese Sauce (pasteurized process reduced fat American Cheese [American cheese {milk, cheese culture, salt, enzymes}, water, sodium citrate, whey, modified food starch, salt, apocarotenal], water, modified food starch); Cheddar Cheese (cultured pasteurized milk, salt, cheese color, enzymes); Diced Green Chiles (green chilies, water, salt, citric acid and calcium chloride); Modified Food Starch.

Contains: Milk, Wheat and Soy

Nutrition Facts	
Serving Size 2.15 ounces (61g)	
Servings Per Container One	
Amount Per Serving	
Calories 180	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 270mg	11%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 9g	
Vitamin A 6%	• Vitamin C 2%
Calcium 25%	• 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	296.82	180.92
Calories from Fat	148.07	90.25
Calories from Saturated Fat	89.12	54.32
Protein	14.63 g	8.92 g
Carbohydrates	22.23 g	13.55 g
Dietary Fiber	2.12 g	1.29 g
Soluble Fiber	0.25 g	0.15 g
Sugar - Total	1.53 g	0.93 g
Other Carbohydrates	20.75 g	11.87 g
Fat - Total	16.45 g	10.03 g
Saturated Fat	9.90 g	6.04 g
Mono Fat	5.05 g	3.08 g
Poly Fat	0.81 g	0.50 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	43.24 mg	26.36 mg
Vitamin A	424.54 IU	258.78 IU
Thiamin - B1	0.18 mg	0.11 mg
Riboflavin - B2	0.28 mg	0.17 mg
Niacin - B3	1.88 mg	1.15 mg
Vitamin C	2.71 mg	1.65 mg
Vitamin E Alpha-Tocopherol	0.43 mg	0.26 mg
Calcium	426.12 mg	259.74 mg
Iron	1.75 mg	1.06 mg
Magnesium	36.02 mg	21.96 mg
Phosphorus	294.78 mg	179.68 mg
Potassium	123.42 mg	75.23 mg
Sodium	434.94 mg	265.12 mg
Zinc	1.96 mg	1.20 mg