



Effective: July 1, 2012

DELI STYLE TURKEY BREAST & CHEESE SANDWICH **ON A FRENCH ROLL (TDC248WC)**

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); White Whole Wheat French Roll (water, white whole wheat flour, enriched wheat flour [{niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid}], malted barley, ascorbic acid], yeast, high fructose corn syrup, contains 2% or less of: soybean oil, salt, calcium propionate, DATEM, mono-glyceride, enzymes, ascorbic acid, ADA); American Cheese (American cheese [milk, cheese cultures, salt, enzymes, annatto], water, cream, sodium citrate, color added, salt, sorbic acid, soy lecithin).

Contains: Milk, Wheat and Soy

Nutrition Facts		
Serving Size 4.70 ounces (133g)		
Servings Per Container One		
Amount Per Serving		
Calories 270	Calories from Fat 70	
	% Daily Value*	
Total Fat 7g		11%
Saturated Fat 4g		20%
Cholesterol 50mg		16%
Sodium 880mg		37%
Total Carbohydrate 25g		8%
Dietary Fiber 3g		10%
Sugars 2g		
Protein 24g		
Vitamin A 2%	•	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	198.49	264.47
Calories from Fat	49.49	65.94
Calories from Saturated Fat	28.96	38.59
Protein	18.54 g	24.70 g
Carbohydrates	18.77 g	25.01 g
Dietary Fiber	1.91 g	2.55 g
Soluble Fiber	0.38 g	0.51 g
Insoluble Fiber	0.84 g	1.12 g
Sugar - Total	1.32 g	1.75 g
Other Carbohydrates	19.21 g	25.59 g
Fat - Total	5.50 g	7.33 g
Saturated Fat	3.22 g	4.29 g
Mono Fat	1.70 g	2.27 g
Poly Fat	2.22 g	2.96 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	36.93 mg	49.21 mg
Vitamin A	102.23 IU	136.22 IU
Thiamin - B1	0.10 mg	0.13 mg
Riboflavin - B2	0.10 mg	0.13 mg
Niacin - B3	0.68 mg	0.91 mg
Vitamin - B6	0.02 mg	0.03 mg
Vitamin - B12	0.07 mcg	0.10 mcg
Biotin	0.61 mcg	0.81 mcg
Vitamin C	0.00 mg	0.00 mg
Vitamin E Alpha-Tocopherol	0.14 mg	0.19 mg
Folate	17.69 mcg	23.56 mcg
Vitamin K	0.98 mcg	1.30 mcg
Calcium	93.57 mg	124.68 mg
Chloride	117.02 mg	155.93 mg
Copper	0.05 mg	0.07 mg
Iron	1.70 mg	2.27 mg
Magnesium	21.19 mg	28.24 mg
Phosphorus	86.74 mg	115.58 mg
Potassium	169.38 mg	225.69 mg
Sodium	657.88 mg	876.59 mg
Zinc	0.65 mg	0.86 mg