



BV RF Three Cheese Calzone, SKU# 50240 (IW) 5.5 oz

BV RF Three Cheese Calzone, SKU# 50230 (B) 5.5 oz

Nutrition Facts	Total Fat	12 g	18%	Total Carbohydrate	49 g	16%
	Sat Fat	5 g	25%	Fiber	2 g	8%
	Trans fat	0 g		Sugars	4 g	
	Cholesterol	25 mg	8%	Protein	19g	
Amt/Serving size; 5.5 oz (156 grams)	Sodium	610 mg	25%			
Servings Size: 1 Calzone						
Calories 370						
Calories from Fat 110						

Vit A – 10% * Vit C – 100% * Calcium – 30% * Iron – 15%

Ingredients:

ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), **PIZZA SAUCE** (TOMATO PUREE (WATER, TOMATO PASTE), SALT, CORN SYRUP, SPICES, ONION POWDER, CITRIC ACID, XANTHAN GUM, NATURAL FLAVOR), **MOZZARELLA CHEESE** (CULTURED PASTEURIZED MILK, SALT, ENZYMES), **LITE MOZZARELLA CHEESE** (PASTEURIZED PART SKIM MILK, NONFAT MILK, CHEESE CULTURE, MODIFIED CORN STARCH, SALT, VITAMIN A PALMITATE, ENZYMES), **WATER**, **CHEDDAR CHEESE** (CULTURED PASTEURIZED MILK, SALT, ENZYMES, COLORING IF NEEDED), **PROVOLONE CHEESE** (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), **BLEND OF CANOLA AND OLIVE OILS**, CONTAINS LESS THAN TWO PER CENT OF: **YEAST**, **SUGAR**, **DOUGH CONDITIONER** (WHEY, L-CYSTEINE HYDROCHLORIDE), **SOY LECITHIN**, **DEXTROSE**, **FOOD STARCH-MODIFIED**, **RICE FLOUR**, **ASCORBIC ACID**, **SALT**

CONTAINS: MILK, EGG, SOY, WHEAT

BREAD SERVINGS: $(156 \times 0.35)/14.75 = 3.70$ BREADS (ROUNDS DOWN TO 3.5 BREADS)

MEAT ALTERNATE SERVINGS: EACH CALZONE CONTAINS 2 SERVINGS OF CHEESE

VEGETABLE SERVINGS: EACH CALZONE CONTAINS 0.37 SERVINGS OF TOMATO SAUCE (ROUNDS DOWN TO 0.25)

Breads	Fruit/Vegetable	Protein
3.5	.25	2.0

I certify that the above information is true and correct.

Laura Trujillo

6/1/2011

Date

Laura Trujillo, RD, SNS