



SW Scramble, 3.75 oz, #55120 IW, #55110 Bulk

Nutrition Facts	Total Fat	10 g	15%	Total Carbohydrate	31 g	10%
Amt/Serving size; 3.75 oz (106 grams)	Sat Fat	3.5 g	18%	Fiber	1 g	4%
Servings per unit: 1	Trans fat	0 g		Sugars	3 g	
Calories 260	Cholesterol	105 mg	35%	Protein	11 g	
Calories from Fat 90	Sodium	480 mg	20%			

Vit A – 6% * Vit C – 100% * Calcium – 10% * Iron – 10%

Ingredients:

ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, ASCORBIC ACID ADDED AS CONDITIONER), **SCRAMBLED EGGS** (WHOLE EGGS, NON FAT MILK, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, XANTHAN GUM, CITRIC ACID, BUTTER FLAVOR [MALTODEXTRIN, NATURAL BUTTER FLAVOR, ANNATTO, TUMERIC (ADDED FOR COLOR)], PEPPER), **WATER**, **CHEDDAR CHEESE** (CULTURED PASTEURIZED MILK, SALT, ENZYMES, COLORING IF NEEDED), **POTATOES** (POTATOES, CANOLA AND COTTONSEED OIL, SALT, DEHYDRATED ONION, DEXTROSE, SODIUM ACID PYROPHOSPHATE (MAINTAINS NATURAL COLOR), CORN STARCH-MODIFIED), **SALSA** (RED TOMATOES, WATER, TOMATO SAUCE, ONIONS, JALAPENO, CILANTRO, SALT, CITRIC ACID), **BLEND OF CANOLA AND OLIVE OILS**, **CONTAINS 2% OR LESS OF: SUGAR, JALAPENO PEPPERS** (SLICED JALAPENO PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE), **YEAST, SOY LECITHIN, DEXTROSE, WHEY, ASCORBIC ACID, DOUGH CONDITIONER** (WHEY (MILK), L-CYSTEINE HYDROCHLORIDE), **SALT**

CONTAINS: MILK, EGG, SOY, WHEAT

BREAD SERVINGS: $(106 \times .38) = 2.73$ BREADS (ROUNDS DOWN TO 2.5 BREADS)

CHEESE SERVINGS: $(3.75 \times 0.047) = .17$ SERVINGS

EGG SERVINGS: $(3.75 \times .236)/1.7 = .52$ SERVINGS

TOTAL MEAT ALTERNATE SERVINGS PER BREAKFAST EMPANADA = .69 SERVINGS
(ROUNDS DOWN TO 0.5)

Breads	Fruit/Vegetable	Protein
2.5	Na	.5

I certify that the above information is true and correct.

Laura Trujillo

6/1/2011

Date

Laura Trujillo, RD, SNS