

Whole Grain Three Cheese Calzone

Description

Scalloped edge crust packed with rich sauce and mozzarella, parmesan and romano cheeses. CN labeled: 2 grains and 2 meat/meat alternates and 1/8 cup vegetable.

Nutrition Facts

Serving Size: 1 Calzone (132g)

Servings per Case: 60

Amount per Serving

Calories: 250 Calories from Fat: 50

% Daily Value*

Total Fat: 5 g	8%
Saturated Fat: 2 g	10%
Trans Fat: 0 g	
Polyunsaturated Fat: 0 g	
Monounsaturated Fat: 0 g	
Cholesterol: 15 mg	6%
Sodium: 480 mg	20%
Potassium: mg	%
Total Carbohydrates: 33 g	11%
Dietary Fiber: 4 g	15%
Sugars: 4 g	
Protein: 18 g	
Calcium:	35%
Vitamin A:	4%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may differ depending on your calorie needs.

Whole Grain Meat Calzone

Description

Scalloped edge crust packed with rich sauce, mozzarella cheese, turkey pepperoni and turkey sausage. CN labeled: 2 grains and 2 meat/meat alternates and 1/8 cup vegetable.

Nutrition Facts

Serving Size: 1 Calzone (133g)

Servings per Case: 60

Amount per Serving

Calories: 250 Calories from Fat: 50

% Daily Value*

Total Fat: 5 g	8%
Saturated Fat: 2 g	10%
Trans Fat: 0 g	
Polyunsaturated Fat: 0 g	
Monounsaturated Fat: 0 g	
Cholesterol: 15 mg	6%
Sodium: 480 mg	20%
Potassium: mg	%
Total Carbohydrates: 33 g	11%
Dietary Fiber: 4 g	15%
Sugars: 4 g	
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