

Nutrition Facts

Serving Size 1 roll (37.8g)
Servings Per Package Approx. 36

Amount Per Serving	
Calories 95	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 3g	

Vitamin A	0%	Vitamin C	0%
Calcium	0%	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
Sat. 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

INGREDIENTS: PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES.
KEEP REFRIGERATED

Nutrition F

Serving Size 1/2 cup (12
Servings Per Container a

Amount Per Serving	
Calories 140	Calories f
	%
Total Fat 4.5g	
Saturated Fat 1.5g	
Cholesterol 5mg	
Sodium 610mg	
Total Carbohydrate 23g	
Dietary Fiber 2g	
Sugars 15g	
Protein 2g	

Vitamin A 20%	•	Vitar	
Calcium 4%	•	Iron	

* Percent Daily Values are based on a
Your daily values may be higher or low
your calorie needs:

	Calories:	2,(
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300
Sodium	Less than	2,4
Total Carbohydrate		300
Dietary Fiber		25g

http://www.uen.org/lessonplan/upload/5664-2-6012-Calzone_lab_page_2.jpg