

188190 - **QUESADILLA CHS 48-5Z MAX**
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General
Nutrition
Product Image


Based on: As Purchased
Rounding: On

Description: AP Quesadilla, Cheese, The Max
Ingredients: For ingredient or allergen information, please contact: Conagra Foodservice... [More](#)

Nutritional Information

Serving Size: 1 each (141.75 g)
Amount Per Serving:

Calories	340	Calories From Fat:	117	
				% Daily Value
Total Fat	13 g			20%
Saturated Fat	4 g			20%
Trans Fat	0 g			
PolyUnSat	n/a			n/a
MonoUnSat	n/a			n/a
Cholesterol	5 mg			2%
Sodium	910 mg			38%
Potassium	n/a			n/a
Total Carbs	41 g			14%
Dietary Fiber	3 g			12%
Sugars	6 g			n/a
Protein	15 g			30%
Vitamin A -	15%	Vitamin C -		0%
Calcium -	30%	Iron -		2%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram: Fat 9 Carbohydrates 4 Protein 4

School Equivalents

1 Each

Child Nutrition Label	Yes
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Bread	n/a

Updated for New Final Rule

Meat/Meat Alternate	2.00 oz
Grain/Bread	2.00 srv
Fruit	0.00 cup
Vegetable:	
Red/Orange	0.13 cup
Dark Green	0.00 cup

Fat Soluble Vitamins

Vitamin D	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	750 IU
Vitamin A	n/a

Minerals

Phosphorus	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a

Starchy	0.00 cup	Calcium	300 mg
Beans/Peas	0.00 cup	Iron	0 mg
Other	0.00 cup	Manganese	n/a
Notes:		Iodine	n/a
n/a			

Water Soluble Vitamins

Thiamin B1	n/a
Riboflavin B2	n/a
Niacin B3	n/a
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0 mg
Folic Acid	n/a

Ingredients	For ingredient or allergen information, please contact: Conagra Foodservice, phone: (800) 888-6807/web page: www.conagrafoodservice.com. Please reference manufacturer number: 7738712531. Nutrition updated December 2012. The nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Back
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