

ALBIE'S FOODS, INC.
NUTRITIONAL PANEL & INGREDIENT LIST

WHOLE GRAIN PIZZA CALZONE
48-4.5 oz. Whole Grain Pizza Calzone
(Cheese, Pizza Sauce and Pepperoni in a Whole Grain Crust)
Product Code #813

Nutrition Facts	
Serving Size 1 package (128g)	
Amount Per Serving	
Calories 300	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	26%
Cholesterol 25mg	8%
Sodium 460mg	19%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	11%
Sugars 4g	
Protein 14g	
Vitamin A 4%	Vitamin C 4%
Calcium 15%	Iron 15%
* 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 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



C.N. EQUIVALENTS – 2 MMA & 2 GRAINS

Shelf Life: 12 months frozen. Once thawed, use within 3-5 days.

INGREDIENTS: FILLING: Mozzarella Cheese (pasteurized part skim milk, cultures, salt, enzymes), Crushed Tomato, Water, Pepperoni (pork, beef, salt, spices, dextrose, lactic acid starter culture, oleoresin of paprika, garlic powder, sodium nitrite, BHA, BHT, citric acid), Seasoning (monosodium glutamate, spices, garlic, onion, less than 2% vegetable oil (soy) as a processing aid). CRUST: Whole Wheat flour, Wheat flour enriched (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Isolated soy protein, Sugar, Soybean oil (citric acid), Shortening (partially hydrogenated soybean & cottonseed oils), Salt (yellow prussiate of soda), Yeast (sorbitan monostearate, ascorbic acid), Corn Meal.

CONTAINS: Wheat, soy and milk products.

Regan Quaal, President

2/1/2017