

# 1786 Cheese & Pepperoni Calzone

# Nutrition Facts

Serving Size 1 Calzone (8 oz, 224g)

Servings per Container 2

Amount Per Serving

**Calories** 252    Calories from Fat 40

**% Daily Value\***

<b>Total Fat</b> 5g	7%
Saturated Fat 2g	8%
Trans Fat 0g	
<b>Cholesterol</b> 9mg	3%
<b>Sodium</b> 290 mg	12%
<b>Total Carbohydrate</b> 44g	15%
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein</b> 8g	

Vitamin A 1%	•	Vitamin C 1%
Calcium 4%	•	Iron 17%

\*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	300 mg
Sodium	Less than	2,400mg	2,400 mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: DOUGH: WHOLE WHEAT FLOUR AND ENRICHED FLOUR BLEND, (BLEACHED WHEAT FLOUR ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, POTASSIUM BROMATE), WATER, SUGAR, SALT, YEAST, SOYBEAN OIL. FILLING: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PART SKIM MILK, SALT, ENZYMES), PEPPERONI (PORK, SALT, CONTAINS 2% LESS OF BEEF, DEXTROSE, GARLIC POWDER, LACTIC ACID STARTER CULTURE, NATURAL SPICE EXTRACTIVES, OLEORESIN OF PAPRIKA, SODIUM NITRITE, SPICES, BHA, BHT, CITRIC ACID), Sauce [vine-ripened California fresh round and pear tomatoes, salt, basil, citric acid], Garlic, Parsley;

CONTAINS WHEAT, MILK AND SOY

Instructions: Thaw, warm on a baking sheet in preheated 350 degree oven for 4 to 6 minutes.