



65300

Southwest Chicken Panini

Nutrition Facts per Serving

Serving Size 2 pieces = 2 oz meat/meat alternate and 2.00 serving bread alternate

[CN LABEL#072428 USDA Food and Nutrition Services 05-08]

Amount per Serving

Calories 270 Calories from Fat 80

% Daily Value*

Protein	20g	40%	Vitamin A	529IU	10%
Total Fat	9g	14%	Vitamin C	2.33mg	4%
Saturated Fat	2.5g	13%	Calcium	283mg	30%
Trans Fat	0g				
Cholesterol	20mg	7%	Iron	2.02mg	10%
Sodium	620mg	26%	Vitamin D	172	45%
Total Carbohydrate	30g	10%			
Dietary Fiber	3g	12%			
Sugars	5g				

Weight per 2 pieces, average:	128 grams (2.255 oz)
Cheese content of product:	30.67%
Weight of cheese per 2 pieces, average:	1.45 oz
1.0 oz of cheese equals 1.00 meat alternate	
Chicken content of product:	10.99%
2.86 oz = 2 oz protein	
0.52 oz = 0.3636 oz yield	0.3636 oz
Soy protein content of product:	0.92%
Protein yield	0.20 oz
Dough content of product:	41%
Whole wheat/enriched flour content of dough, average:	32.26 grams
14.75 grams of enriched flour equals 1 slice bread credit.	
32.26g divided by 14.75 grams =	2.187 servings

Ingredients: Reduced fat mozzarella cheese (pasteurized part skim milk, non-fat milk, cheese cultures, modified food starch, salt, vit. A palmitate, enzymes), water, ultragrain hard white whole wheat flour(wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, enzyme, riboflavin, folic acid), diced grilled chicken breast, sugar, soybean oil, isolated soy protein, low moisture part-skim mozzarella cheese(pasteurized part-skim milk, cheese cultures, salt, enzymes), yeast, sorbitan monostearate, salt, dried red bell pepper, bell pepper, modified vegetable gum, cholecalciferol(vitamin D3).

Cooking Instructions: Bake at 350F in convection oven for 15-16 min.

We certify that the above information is true and correct.

Raymond L. Jones

Raymond L. Jones
Vice President, Food Safety & Shrimp Procurement

19 May 2008