



CARANDO

223190 - Calzone Chicken Parmesan S/O

Good source of protein



Nutrition Facts

Servings per Container
Serving size 1 Calzone (170g)

Amount per serving
Calories 460

	% Daily Value*
Total Fat 19g	29%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 820mg	36%
Total Carbohydrate 48g	17%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Sugar	8%
Protein 24g	
Vitamin D 7.83mcg	39%
Calcium 190.38mg	15%
Iron 3.23mg	18%
Potassium 250mg	5%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Benefits

Ingredients	Allergens
	<p>Contains:</p> <p> milk soy wheat</p> <p>Free From:</p> <p> crustaceans eggs fish peanuts</p> <p> sesame tree nuts</p>

Handling Suggestions	Product Specifications																					
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Nutrition Analysis - By Serving

Calories	460	Total Fat	19g	Sodium	820mg
Protein	24	Trans Fats	0g	Calcium	190.38mg
Total Carbohydrates...	48g	Saturated Fat	11g	Iron	3.23mg
Sugars	4g	Added Sugars	4g	Potassium	250mg
Dietary Fiber	2g	Polyunsaturated Fat	2g	Zinc	
Lactose		Monounsaturated Fat	4.5g	Phosphorus	
Sucrose		Cholesterol	55mg		
Vitamin A(U)	155.53	Vitamin D	7.83mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0.06mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

