**CARANDO**

# 223190 - **Calzone Chicken Parmesan S/O**

Good source of protein

## Nutrition Facts

**Servings per Container**
**Serving size** **1Calzone (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

**Contains:**

milk, soy, wheat

**Free From:**

crustaceans, eggs, fish, peanuts, sesame, tree nuts

## Handling Suggestions

Store and use per package instructions.

## Serving Suggestions

Serve per package instructions

## Prep & Cooking Suggestions

Prepare per package instructions

## Product Specifications

| Brand | Manufacturer | Product Category |
|---|---|---|
| CARANDO | SMITHFIELD/FARMLAND | Prepared Entrees |

| MFG # | SPC # | GTIN | Pack | Pack Desc. |
|---|---|---|---|---|
| 35172 | 223190 | 20076033351727 | 12 | 12/6 OZ |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|---|---|---|---|---|
| 5.26lb | 4.5lb | USA | | No |

| Shipping Information | | | | | | |
|---|---|---|---|---|---|---|
| Length | Width | Height | Volume | TIxHI | Shelf Life | Storage Temp From/To |
| 13.88in | 10.38in | 5.81in | 0.48ft3 | 11x8 | 240DAYS | 0°F / 32°F |

powered by Syndigo
Products Move When Content Flows™

**CARANDO**

# 223190 - **Calzone Chicken Parmesan S/O**

Good source of protein

## 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(IU)• | 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

powered by Syndigo
Products Move When Content Flows™