



Nutrition and Ingredient Statement

Product Name: Chicken Enchilada
Product Code: FG1022
Serving Size: 1 each (7.07 ounces)
Portions/Case: 20

Nutrition Facts	
Serving Size 1 entrée (7.07 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 340	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 350mg	15%
Total Carbohydrate 41g	14%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 22g	
Vitamin A 8%	• Vitamin C 25%
Calcium 8%	• 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 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients:

WHOLE GRAIN CHICKEN ENCHILADA [COOKED CHICKEN WHITE MEAT SHREDDED BONELESS CHICKEN BREAST WITH RIB MEAT, WATER, CANOLA OIL, MODIFIED POTATO STARCH, SALT, SUGAR, LEMON JUICE CONCENTRATE, GRANULATED GARLIC, AND BLACK PEPPER], [WHOLE GRAIN WHITE CORN TORTILLA: WHOLE GRAIN CORN MASA FLOUR (CORN MASA FLOUR, PROPIONIC ACID, GUAR GUM, CELLULOSE GUM, PHOSPHORIC ACID, ENZYMES), WATER], [ENCHILADA SAUCE: TOMATO PASTE, REHYDRATED ONION, CORN FLOUR, CANOLA OIL, PAPRIKA, (PAPRIKA, ROSEMARY EXTRACT), CUMIN, CAYENNE PEPPER, WATER, GARLIC POWDER, ONION, SALT, (SRIRACHA MAYONNAISE: MAYONNAISE (SOYBEAN OIL, EGGS, WATER, DISTILLED VINEGAR, CONTAINS LESS THAN 2% SALT, SUGAR, LEMON JUICE CONCENTRATE), CHILI SAUCE (RED CHILI, WHITE VINEGAR, SUGAR, SALT, GARLIC, ACETIC ACID, LACTIC, RED CHILI POWDER, XANTHAN GUM, POTASSIUM SORBATE))] PART-SKIM MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE [ADDED TO PREVENT CAKING]), BROWN RICE, MARINARA SAUCE (CRUSHED TOMATOES [WATER, CONCENTRATED CRUSHED TOMATOES], SUGAR, SEA SALT, EXTRA VIRGIN OLIVE OIL, SUNFLOWER OIL, SPICES, DEHYDRATED GARLIC, CITRIC ACID), ENCHILADA SEASONING (DEHYDRATED VEGETABLES [RED BELL PEPPER, ONION, GARLIC], FOOD STARCH-MODIFIED, SUGAR, CHILI PEPPER, MOLASSES, SALT, COCOA POWDER, MALTODEXTRIN, SPICES, XANTHAN GUM, NO MORE THAN 2% CALCIUM SILICATE [ADDED TO PREVENT CAKING]), VEGETABLE BROTH (VEGETABLE JUICES [TOMATO, MUSHROOM, ONION, CARROT, CELERY], SUGAR, MALTODEXTRIN, SALT, YEAST EXTRACT, NATURAL FLAVOR), GRANULATED GARLIC, CANOLA OIL, BLACK PEPPER, SEA SALT.

Allergens:

Contains Egg, Milk.

Notes:

2.25 oz eq Grain, 2.25 oz eq MMA

This nutritional data is approximated. It was derived by calculation from information supplied by our vendors, and from commercially available databases.

Debbie Blacher

Signature

Debbie Blacher

Printed Name

CEO

Title

August 11, 2019

Date

debbie@wholesomekitchens.com

Email

407-421-9529

Phone

Nutrition and Ingredient Statement

Product Name: Chicken Enchilada

Product Code: FG1022

Perfect For:

- ✓ Summer Feeding
- ✓ Supper Meals
- ✓ Grab & Go
- ✓ Satellite Feeding





Product Formulation Statement

Product Name: Chicken Enchilada
Product Code: FG1022
Serving Size: 1 each (7.07 ounces)

Meat/ Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate.

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Portion of Creditable Ingredient	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount
Cooked chicken, frozen, diced or pulled	1.50	x	16/16	1.50
Mozzarella cheese, shredded	0.75	x	16/16	0.75
Total Creditable M/MA Amount ¹				2.25

¹Credible Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

Grains

I. Does the product meet the Whole Grain-Rich Criteria?: Yes No

(Per SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains?: Yes No

(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G and 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

The Product Belongs in Exhibit A Group (A-I): B & H

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of one ounce equivalent as listed in SP 30-2012 B	Creditable Amount A ÷ B
Whole kernel corn tortilla (g)	42	28	1.50
Brown rice, dry (g)	21	28	0.75
Total Creditable G/B Amount¹			2.25

¹Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq.

Total weight (per portion) of product as purchased: 7.07 oz
 Total Creditable MMA amount of product (per portion): 2.25 oz
 Total Grain/Bread contribution of product (per portion): 2.25 oz equivalent



Product Formulation Statement

Product Name: Chicken Enchilada

Product Code: FG1022

I certify that the above information is true and correct and that a 7.07 oz serving of the above product contains 2.25 oz of equivalent meat/meat alternate and 2.25 oz equivalent grains when prepared according to directions. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Debbie Blacher

Signature

CEO

Title

debbie@wholesomekitchens.com

Email

Debbie Blacher

Printed Name

August 11, 2019

Date

407-421-9529

Phone