



## Nutrition and Ingredient Statement

**Product Name:** Cheese Enchilada with Rice & Beans  
**Product Code:** FG1019  
**Serving Size:** 1 each (8.38 ounces)  
**Portions/Case:** 20

Nutrition Facts	
Serving Size 1 entrée (8.38 oz )	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 370</b>	<b>Calories from Fat 70</b>
	% Daily Value*
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 56g</b>	<b>19%</b>
Dietary Fiber 7g	28%
Sugars 2g	
<b>Protein 19g</b>	
<b>Vitamin A 10%</b>	<b>• Vitamin C 25%</b>
<b>Calcium 25%</b>	<b>• Iron 20%</b>
*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 CHEESE ENCHILADA (REDUCED FAT CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT ENZYMES, AND ANNATTO {IF COLORED}), 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), BLACK BEANS, 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), CANOLA OIL, MEXICAN SPICE BLEND (CHILI PEPPERS, SPICES, DEHYDRATED GARLIC, DEHYDRATED ONION, PAPRIKA, NO MORE THAN 2% SILICON DIOXIDE [ADDED TO PREVENT CAKING]), GRANULATED GARLIC, BLACK PEPPER, SEA SALT.

### Allergens:

Contains Milk.

### Notes:

2.5 oz MMA, 2.25 oz eq Grain

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

June 15, 2020  
Date

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## Product Formulation Statement

**Product Name:** Cheese Enchilada with Rice & Beans  
**Product Code:** FG1019  
**Serving Size:** 1 each (8.38 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
Cheddar cheese	1.50	x	16/16	1.50
Black beans, dry	0.88	x	18.3/16	1.00
<b>Total Creditable M/MA Amount <sup>1</sup></b>				<b>2.50</b>

<sup>1</sup>Credible 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
<b>Total Creditable G/B Amount<sup>1</sup></b>			<b>2.25</b>

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

Total weight (per portion) of product as purchased: 8.38 oz  
 Total Creditable MMA amount of product (per portion): 2.50 oz  
 Total Grain/Bread contribution of product (per portion): 2.25 oz equivalent



## Product Formulation Statement

**Product Name:** Cheese Enchilada with Rice & Beans

**Serving Size:** 1 each (8.38 ounces)

I certify that the above information is true and correct and that a 8.38 oz serving of the above product contains 2.50 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

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Email

Debbie Blacher

Printed Name

June 15, 2020

Date

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