

# GCF Provolone Cheese Stick Raw Breaded

## Nutrition Facts

Serving Size 1 piece (34g)  
Servings Per Container about 27

Amount Per Serving

**Calories** 90      **Calories from Fat** 40

% Daily Value\*

**Total Fat** 4g      **6%**

Saturated Fat 3g      **15%**

Trans Fat 0g

**Cholesterol** 10mg      **3%**

**Sodium** 260mg      **11%**

**Total Carbohydrate** 8g      **3%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein** 5g

Vitamin A 2%      • Vitamin C 0%

Calcium 10%      • Iron 0%

\*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

## Unrounded Nutrient Data (Per Serving)

|                          |        |
|--------------------------|--------|
| Gram Weight (g)          | 33.50  |
| Calories (kcal)          | 90.95  |
| Calories from Fat (kcal) | 37.72  |
| Fat (g)                  | 4.19   |
| Saturated Fat (g)        | 2.89   |
| Trans Fatty Acid (g)     | 0.01   |
| Cholesterol (mg)         | 11.46  |
| Sodium (mg)              | 257.89 |
| Carbohydrates (g)        | 8.38   |
| Dietary Fiber (g)        | 0.25   |
| Total Sugars (g)         | 0.22   |
| Protein (g)              | 4.93   |
| Water (g)                | 15.21  |
| Ash (g)                  | 0.79   |
| Vitamin A - IU (IU)      | 120.87 |
| Vitamin C (mg)           | 0.02   |
| Calcium (mg)             | 117.37 |
| Iron (mg)                | 0.15   |

**INGREDIENTS:** PROVOLONE CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), BLEACHED WHEAT FLOUR, WATER, CORN FLOUR, MODIFIED CORNSTARCH, CONTAINS LESS THAN 2% OF CORN SYRUP SOLIDS, DEXTROSE, DRIED EGGS, DRIED PARSLEY, DRIED WHEY, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), LEMON JUICE POWDER, MALTODEXTRIN, NATURAL FLAVOR, NONFAT DRY MILK, ONION POWDER, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, RICE FLOUR, ROMANO AND PARMESAN CHEESE (PART SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, SODIUM ALGINATE, SOY FLOUR, SOY LECITHIN, SPICES INCLUDING PAPRIKA, SUGAR, TAPIOCA DEXTRIN, XANTHAN GUM, YEAST.

**CONTAINS MILK, WHEAT, SOY, AND EGG INGREDIENTS**