GFS Item#: 192198 **Desc:** **EGG DCD IQF 4-5# GFS**

Item#: MF013 **Desc:** AP Egg, Hard Ckd, Pld, Diced, 1.55z=1egg

Manufacturer: **Manufacturer Item Code:**

Nutrition Information

Serving Size: 3 TBSP (50 grams)

Amount Per Serving	
Calories: 80	Calories from Fat: 50

		% Daily Value*
Total Fat:	5 GM	8%
Saturated Fat:	2 GM	9%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	210 MG	70%
Sodium:	70 MG	3%
Potassium:	60 MG	2%
Total Carbohydrate:	0 GM	0%
Dietary Fiber:	0 GM	0%
Sugars:	0 GM	
Protein:	6 GM	13%

Vitamin A: 6%	Vitamin C: 0%
Calcium: 2%	Iron: 4%

Ingredients:
Hard cooked eggs, Citric acid, Sodium Benzoate (as a preservative). COMMON ALLERGENS PRESENT: Egg. Nutrition and Ingredient statement updated February 2009. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Fat Soluble Vitamins

VITAMIN D(iu)	NA
VITAMIN E	NA
VITAMIN K	NA
VITAMIN A(iu)	250.00 IU
VITAMIN A(re)	50 MCG_

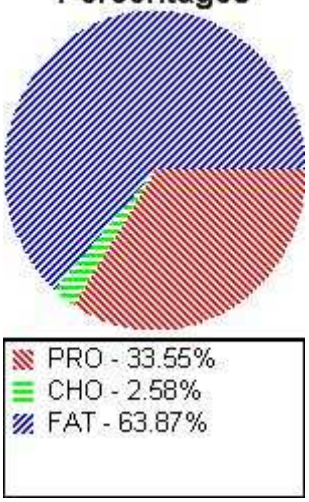
Water Soluble Vitamins

THIAMIN	NA
RIBOFLAVIN	NA
NIACIN	NA
VITAMIN B-6	NA
VITAMIN B-12	NA
VITAMIN C, TOTAL ASCORBIC ACID	0.00 MG
FOLIC ACID	NA

Minerals

PHOSPHOROUS	NA
ZINC	NA
MAGNESIUM	NA
COPPER	NA
IRON	0.55 MG
CALCIUM	20.00 MG

School Equivalents

Serving Size:	.21c=1.68z
Meat Quantity:	1.00
Bread Quantity:	0.00
Fruit/Veg Quantity:	0.00

Calorie Percentages