

Frandale Ham Croissant

Nutrition Facts		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Serving Size 1 croissant (142g)		Calories	2,000 2,500
Servings per Container 1			
Amount per Serving			
Calories 370	Calories from Fat 170		
		% Daily Value*	
Total Fat 19g		29%	
Saturated Fat 8g		41%	
<i>Trans</i> Fat 2.5g			
Cholesterol 45mg		15%	
Sodium 1300mg		54%	
Total Carbohydrate 32g		11%	
Dietary Fiber 1g		4%	
Sugars 0g			
Protein 19g			
Vitamin A 0% • Vitamin C 0%			
Calcium 0% • Iron 0%			

	Less than	65g	80g
Total Fat	Less than	65g	80g
Sat 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 • Carbohydrates 4 • Protein 4

INGREDIENTS: Croissant Dawn Medium 2.5 Oz(Enriched wheat flour bleached(flor,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid),partially hydrogenated vegetable shortening(soybean and/or cottonseed),butter(pasteurized cream,salt),yeast,sugar,egg whites, high fructose corn syrup, salt,mono & diglycerides,food starch-modified,soy lecithin,datem,ascorbic acid(dough conditioner), enzymes,artificial flavor,annatto as color,citric acid), Frandale Country Inn Ham (Cured with water,salt,sugar,sodium phosphates,sodium erythorbate,sodium nitrate,flavor), Frandales American Cheese(American Cheese(milk,cheese cultures,salt,enzymes,annatto,vegetable color)water,cream,sodium citate,color added,salt sorbic acid added as a preservative,and soy lecithin(non sticking agent), Frandale Swiss Cheese (Swiss Cheese(milk,cheese cultures,salt,calcium chloride,enzymes),water,cream,sodium citrate,color added,enzyme modified cheese,salt,sorbic acid added as a preservative, and soy lecithin(non sticking agent)

CONTAINS: Eggs, Milk, Soybeans,