

Cheese Calzone

Product Information

W code: W573

ConAgra Foods: #16272-20120
 Serving/case: 60
 Net Weight: 17lbs 9.4oz

Crediting Information per Serving

Serving size: 4.69 oz (1 calzone)
 Meat or M/A: 2 oz eq
 Grain: 2 oz eq
 Vegetable: 1/8 cup red/orange
 Fruit:
 CN Label: Yes*

*Obtain CN label from product package

Nutrition Facts

Serving Size: 4.69 oz

Amount Per Serving

Calories 250 Calories from Fat 45

Total Fat 5g

Sat. Fat 2 g

Trans Fat 0 g

Cholesterol 10 mg

Sodium 420mg

Carbohydrates 33 g

Dietary Fiber 4 g

Sugars 4 g

Protein 19 g

Vitamin A 4%

Calcium 40%

Vitamin C 0%

Iron 15%

Preparation Instructions

Thaw under refrigeration before baking. Keep covered while thawing. Bake within 48 hours of thawing for best quality.

Preheat convection oven to 350°F. Place calzones on parchment lined baking sheet(s). Spray with cooking spray prior to baking for softer crust. Bake 10-12 minutes or until product reaches an internal temperature of 165 °F.

Conventional Oven: Thaw under refrigeration before baking. Keep covered while thawing. Bake within 48 hours of thawing for best quality. Preheat convection oven to 400°F. Place calzones on parchment lined baking sheet(s). Spray with cooking spray prior to baking for softer crust. Bake 10-12 minutes or until product reaches an internal temperature of 165 °F.

Ingredients

Low Fat Mozzarella Cheese ([Pasteurized Part-Skim Milk, Cultures, Salt, Enzymes], Nonfat Milk, Modified Food Starch*, Potassium Chloride*).*Ingredients Not In Regular Mozzarella Cheese, Water, Whole Wheat Flour, Enriched Wheat Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomato Paste (Not less than 31% NTSS), Soy Flour, Less than 2% of: Parmesan Cheese (Part Skim Milk, Cheese Culture, Salt, Enzymes), Romano Cheese from Cow's Milk (Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Spice Blend (Sugar, Spices, Garlic Powder, Citric Acid), Dextrose, Soybean Oil, Yeast Blend (Yeast, Sorbitan Monostearate, May Contain Ascorbic Acid), Salt, Baking Powder (Sodium Bicarbonate, Sodium Aluminum Sulfate, Cornstarch, Monocalcium Phosphate, Calcium Sulfate), Wheat Gluten, Modified Corn Starch, Dough Conditioner (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Enzymes), Yeast, Paprika Annatto Blend (Natural Extractives Of Annatto Seeds And Paprika With Mono-, Di-, And Triglycerides, Soybean and/or Canola Oil, Other Natural Flavors, Tocopherol and Potassium Hydroxide), Ascorbic Acid, Soy Lecithin.

Allergens: Milk, Soy, Wheat