

# Nutrition Facts

Serving Size 1/8 Quiche (135g)

Servings Per Container 8

Amount Per Serving

**Calories** 310

Calories from Fat 190

**% Daily Value\***

**Total Fat** 21g **32%**

Saturated Fat 11g **55%**

Trans Fat 0g

**Cholesterol** 110mg **37%**

**Sodium** 720mg **30%**

**Total Carbohydrate** 20g **7%**

Dietary fiber less than 1g **3%**

Sugars 3g

**Protein** 10g

Vitamin A 30%

Vitamin C 0%

Calcium 20%

Iron 10%

\* 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



**Sample Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products**

Child Nutrition Program operators should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative.

Product Name: CP QUICHE 10 BROCCOLI 6/38 OZ. Code No.: 05787

Manufacturer: TYSON FOODS, INC. Case/Pack/Count/Portion/Size: 38 OZ./ 1 PIECE= 4.75 OZ.  
1/8 th QUICHE

**I. 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 Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount *
PROCESSED SWISS CHEESE	0.6236607	X	1.00	0.6236607
WHOLE EGGS	0.6388702	X	1.125	0.7187289
		X		
<b>A. Total Creditable M/MA Amount<sup>1</sup></b>				1.3423896

\*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

**II. Alternate Protein Product (APP)**

If the product contains APP, please fill out the chart below to determine the creditable amount of APP. If APP is used, you must provide documentation as described in Attachment A for each APP used.

Description of APP, manufacture's name, and code number	Ounces Dry APP Per Portion	Multiply	% of Protein As-Is*	Divide by 18**	Creditable Amount APP***
N/A		X		÷ by 18	
		X		÷ by 18	
		X		÷ by 18	
<b>B. Total Creditable APP Amount<sup>1</sup></b>					
<b>C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest 1/4 oz)</b>					1.25

\*Percent of Protein As-Is is provided on the attached APP documentation.

\*\*18 is the percent of protein when fully hydrated.

\*\*\*Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.

<sup>1</sup>Total Creditable Amount must be rounded **down** to the nearest 0.25oz (1.49 would round down to 1.25 oz meat equivalent). Do **not** round up. If you are crediting M/MA and APP, you do not need to round down in box A (Total Creditable M/MA Amount) until after you have added the Total Creditable APP Amount from box B to box C.

Total weight (per portion) of product as purchased 4.75 OZ.

Total creditable amount of product (per portion) 1.25 OZ.

(Reminder: Total creditable amount cannot count for more than the total weight of product.)

I certify that the above information is true and correct and that a 4.75 ounce serving of the above product (ready for serving) contains 1.25 ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

Tammy Roughton  
Signature

R&D NUTRITION SPECIALIST  
Title

Tammy Roughton  
Printed Name

6/22/2018  
Date

479-290-4941  
Phone Number