Foccacia Melt
Number of Servings: 80  (238.29 g per serving)

<table>
<thead>
<tr>
<th>Amount</th>
<th>Measure</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>40.00</td>
<td>pce</td>
<td>Bread, focaccia</td>
</tr>
<tr>
<td>96.00</td>
<td>oz</td>
<td>Sauce, pasta, pesto, traditional basil</td>
</tr>
<tr>
<td>5.00</td>
<td>lb</td>
<td>Vegetables, peppers &amp; onions, flame rstd, 80% ckd, iqf, FS</td>
</tr>
<tr>
<td>10.00</td>
<td>lb</td>
<td>Spinach, baby, fresh</td>
</tr>
<tr>
<td>5.00</td>
<td>lb</td>
<td>Tomatoes, diced</td>
</tr>
<tr>
<td>1.00</td>
<td>lb</td>
<td>Sprouts, alfalfa, fresh</td>
</tr>
<tr>
<td>10.00</td>
<td>lb</td>
<td>Cheese, parmesan</td>
</tr>
</tbody>
</table>

Nutrients per serving

**Nutrition Facts**
Serving Size (238g)
Servings Per Container

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>460</td>
<td>250</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>43%</td>
<td>50%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>28g</td>
<td>13%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>10g</td>
<td>66%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>40mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>1580mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5g</td>
<td>20%</td>
</tr>
<tr>
<td>Sugars</td>
<td>7g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>24g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 50%  •  Vitamin C 35%
Calcium 70%  •  Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 55g</td>
<td>Less than 65g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>Less than 25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>320g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:
Fat 9  •  Carbohydrate 4  •  Protein 4