

Breakfast - Hash Brown Patties

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 servings

Portion 2 pieces

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 2 pieces

Servings Per Container 1

Amount Per Serving

Calories 199 Calories From Fat 65

% Daily Value

Total Fat 7g 11%

Saturated Fat 1g 6%

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrates 31g 10%

Dietary Fiber 3g 12%

Protein 4g

Vitamin A 0% Vitamin C 56%

Calcium 1% Iron 7%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Cholesterol Free

Very Low Sodium

High in Vitamin C

High in Potassium

Good Source of Carbohydrates

Good Source of Fiber