Date: 12/18/2008

Cheese Curds Fried

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	2	servings	**Cook**
Portion	2.5	oz	**Finish**
Num Portions	2		**Shelf**

Nutrition Facts

Serving Size 2.5 oz (71g)
Servings Per Container 2

Amount Per Serving

Calories 318 Calories From Fat 245

	% Daily Value
Total Fat 27g	41%
Saturated Fat 13g	60%
Cholesterol 75mg	25%
Sodium 450mg	19%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Protein 18g	

Vitamin A	15%	Vitamin C	0%
Calcium	50%	Iron	0%

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

Nutrition Descriptors

Sugar Free
High in Calcium
High in Protein
Good Source of Vitamin A