Date: 12/18/2008

Cheeseburger 1/3 lb.

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	cheeseburger	**Cook**
Portion	1	cheeseburger	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1 cheeseburger
Servings Per Container 1

Amount Per Serving

Calories 726	Calories From Fat 411
	% Daily Value
Total Fat 46g	69%
Saturated Fat 20g	88%
Cholesterol 144mg	48%
Sodium 663mg	28%
Total Carbohydrates 32g	11%
Dietary Fiber 1g	4%
Protein 36g	

Vitamin A	8%	Vitamin C	0%
Calcium	13%	Iron	25%

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

Nutrition Descriptors

High in Iron
High in Protein
Good Source of Calcium
Good Source of Potassium
Good Source of Carbohydrates