Date: 12/18/2008

Cheeseburger 1/4 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 580 Calories From Fat 291

	% Daily Value
Total Fat 32g	48%
Saturated Fat 15g	68%
Cholesterol 115mg	38%
Sodium 637mg	27%
Total Carbohydrates 32g	11%
Dietary Fiber 1g	4%
Protein 29g	

Vitamin A	8%	Vitamin C	0%
Calcium	13%	Iron	21%

* 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 Carbohydrates