Date: 12/18/2008

Cheeseburger California 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 736	Calories From Fat 412
	% Daily Value
Total Fat 46g	69%
Saturated Fat 20g	88%
Cholesterol 144mg	48%
Sodium 665mg	28%
Total Carbohydrates 34g	11%
Dietary Fiber 2g	7%
Protein 36g	

Vitamin A	17%	Vitamin C	10%
Calcium	14%	Iron	26%

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

Nutrition Descriptors

High in Iron
High in Protein
Good Source of Vitamin A
Good Source of Vitamin C
Good Source of Calcium
Good Source of Potassium
Good Source of Carbohydrates