

Cheeseburger Double 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	
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Amount Per Serving	
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Calories 980	Calories From Fat 581
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% Daily Value	
Total Fat 65g	97%
Saturated Fat 30g	134%
Cholesterol 224mg	75%
Sodium 994mg	41%
Total Carbohydrates 33g	11%
Dietary Fiber 1g	4%
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Protein 53g	
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Vitamin A 16%	Vitamin C 0%
Calcium 24%	Iron 32%
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* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

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