Date: 12/18/2008

Cheeseburgetr Kids 8/1

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 400 Calories From Fat 159

	% Daily Value
Total Fat 18g	26%
Saturated Fat 9g	40%
Cholesterol 65mg	22%
Sodium 529mg	22%
Total Carbohydrates 32g	11%
Dietary Fiber 1g	4%
Protein 19g	

Vitamin A	6%	Vitamin C	0%
Calcium	10%	Iron	16%

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

Nutrition Descriptors

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