

Cinnamon Twist Pastry

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 pieces

Portion 2.66 oz

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 2.7 oz (75g)

Servings Per Container 1

Amount Per Serving

Calories 499 Calories From Fat 228

% Daily Value

Total Fat 25g 38%

Saturated Fat 8g 35%

Cholesterol 25mg 8%

Sodium 723mg 30%

Total Carbohydrates 62g 21%

Dietary Fiber 2g 9%

Protein 7g

Vitamin A 22% Vitamin C 0%

Calcium 4% Iron 10%

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

Nutrition Descriptors

High in Vitamin A

High in Carbohydrates

Good Source of Iron

Good Source of Protein