Date: 12/18/2008

Coney Island Hot Dog

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	Hot Dog	**Cook**
Portion	1	servings	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1 servings
Servings Per Container 1

Amount Per Serving

Calories 514	Calories From Fat 262	
		% Daily Value
Total Fat 29g		44%
Saturated Fat 13g		57%
Cholesterol 73mg		24%
Sodium 1236mg		52%
Total Carbohydrates 38g		13%
Dietary Fiber 5g		21%
Protein 25g		
Vitamin A 13%	Vitamin C	9%
Calcium 20%	Iron	23%

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

Nutrition Descriptors

High in Calcium
High in Iron
High in Fiber
High in Protein
Good Source of Vitamin A
Good Source of Carbohydrates