Date: 12/18/2008

Corn Dog State Fair no Condiments

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	Corn Dog	**Cook**
Portion	2.7	oz	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 2.7 oz (77g)
Servings Per Container 1

Amount Per Serving

Calories 260 Calories From Fat 141

	% Daily Value
Total Fat 16g	24%
Saturated Fat 4g	17%
Cholesterol 15mg	5%
Sodium 570mg	24%
Total Carbohydrates 25g	8%
Dietary Fiber 0g	0%
Protein 5g	

Vitamin A	1%	Vitamin C	0%
Calcium	0%	Iron	6%

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

Nutrition Descriptors

Low Cholesterol
Good Source of Protein