

# Danish Black Forest Pastry

Lancer Management

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

**Yield** 1 pieces

**Portion** 3.8 oz

**Num Portions** 1

**Prep**

**Cook**

**Finish**

**Shelf**

## Nutrition Facts

Serving Size 3.8 oz (108g)

Servings Per Container 1

Amount Per Serving

**Calories** 352 Calories From Fat 179

% Daily Value

**Total Fat** 20g 30%

Saturated Fat 5g 23%

**Cholesterol** 0mg 0%

**Sodium** 221mg 9%

**Total Carbohydrates** 40g 13%

Dietary Fiber 1g 4%

**Protein** 4g

Vitamin A 2% Vitamin C 0%

Calcium 1% Iron 7%

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

## Nutrition Descriptors

Cholesterol Free

Good Source of Carbohydrates