Date: 12/18/2008

Danish Pastries Elite 3.5 - 4 oz.

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	ea	**Cook**
Portion	3.75	oz	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 3.8 oz (106g)
Servings Per Container 1

Amount Per Serving	
Calories 410	Calories From Fat 189
	% Daily Value
Total Fat 21g	32%
Saturated Fat 4g	20%
Cholesterol 20mg	7%
Sodium 340mg	14%
Total Carbohydrates 50g	17%
Dietary Fiber 2g	9%
Protein 6g	

Vitamin A	2%	Vitamin C	0%
Calcium	4%	Iron	10%

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

Nutrition Descriptors

Good Source of Iron
Good Source of Carbohydrates
Good Source of Protein