Date: 12/18/2008

Dippin Dots Banana Split

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	servings	**Cook**
Portion	.5	cup	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 1

Amount Per Serving	
Calories 170	Calories From Fat 90
	% Daily Value
Total Fat 10g	15%
Saturated Fat 7g	32%
Cholesterol 32mg	11%
Sodium 22mg	1%
Total Carbohydrates 16g	5%
Dietary Fiber 0g	0%
Protein 3g	

Vitamin A	8%	Vitamin C	0%
Calcium	10%	Iron	0%

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

Nutrition Descriptors

Very Low Sodium
Good Source of Calcium