

French Fries Small Waffle Cut

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 servings

Portion 5 oz

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 5 oz (142g)

Servings Per Container 1

Amount Per Serving

Calories 320 Calories From Fat 174

% Daily Value

Total Fat 19g 29%

Saturated Fat 7g 30%

Cholesterol 8mg 3%

Sodium 421mg 18%

Total Carbohydrates 33g 11%

Dietary Fiber 3g 14%

Protein 3g

Vitamin A 0% Vitamin C 10%

Calcium 0% Iron 7%

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

Nutrition Descriptors

Low Cholesterol

Good Source of Vitamin C

Good Source of Potassium

Good Source of Carbohydrates

Good Source of Fiber