Date: 12/18/2008

French Fries Waffle Cut Large

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	order	**Cook**
Portion	1	basket	**Finish**
Num Portions	3		**Shelf**

Nutrition Facts

Serving Size 1 basket
Servings Per Container 3

Amount Per Serving

Calories 305 Calories From Fat 164

	% Daily Value
Total Fat 18g	27%
Saturated Fat 6g	29%
Cholesterol 8mg	3%
Sodium 420mg	17%
Total Carbohydrates 32g	11%
Dietary Fiber 3g	14%
Protein 3g	

Vitamin A	0%	Vitamin C	10%
Calcium	0%	Iron	6%

* 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