Date: 12/18/2008

Fried Rice Vegetarian

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

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

Nutrition Facts

Serving Size 1 cup
Servings Per Container 1

Amount Per Serving

Calories 456 Calories From Fat 69

	% Daily Value
Total Fat 8g	11%
Saturated Fat 2g	7%
Cholesterol 0mg	0%
Sodium 534mg	22%
Total Carbohydrates 86g	29%
Dietary Fiber 4g	18%
Protein 10g	
Vitamin A 164%	Vitamin C 26%
Calcium 8%	Iron 23%

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

Nutrition Descriptors

Cholesterol Free
High in Vitamin A
High in Vitamin C
High in Iron
High in Carbohydrates
Good Source of Potassium
Good Source of Fiber
Good Source of Protein