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Hamburger Kids

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	Hamburger	**Cook**
Portion	1	Hamburger	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1 Hamburger
Servings Per Container 1

Amount Per Serving

Calories 340 Calories From Fat 118

	% Daily Value
Total Fat 13g	20%
Saturated Fat 6g	26%
Cholesterol 50mg	17%
Sodium 319mg	13%
Total Carbohydrates 31g	10%
Dietary Fiber 1g	4%
Protein 16g	

Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	16%

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

Nutrition Descriptors

High in Protein
Good Source of Iron
Good Source of Carbohydrates