Date: 12/18/2008

Hot Dog Kids - no condiments

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	ea	**Cook**
Portion	1	Hot Dog	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1 Hot Dog
Servings Per Container 1

Amount Per Serving

Calories 298 Calories From Fat 144

	% Daily Value
Total Fat 16g	24%
Saturated Fat 6g	26%
Cholesterol 34mg	11%
Sodium 798mg	33%
Total Carbohydrates 26g	9%
Dietary Fiber 1g	4%
Protein 12g	

Vitamin A	2%	Vitamin C	0%
Calcium	2%	Iron	14%

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

Nutrition Descriptors

High in Protein
Good Source of Iron