Date: 12/18/2008

Novelties - Bomb Pop

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	ea	**Cook**
Portion	52	g	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 52g
Servings Per Container 1

Amount Per Serving

Calories 50 Calories From Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrates 11g	4%
Dietary Fiber 0g	0%
Protein 0g	

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%

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

Nutrition Descriptors

Fat Free
Low Saturated Fat
Cholesterol Free
Very Low Sodium
Healthy