Date: 12/18/2008

Novelties - Frozen Fruit Strawberrie & Cream

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	ea	**Cook**
Portion	116	g	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 116g
Servings Per Container 1

Amount Per Serving

Calories 160 Calories From Fat 45

	% Daily Value
Total Fat 5g	8%
Saturated Fat 4g	16%
Cholesterol 20mg	7%
Sodium 25mg	1%
Total Carbohydrates 27g	9%
Dietary Fiber 1g	4%
Protein 1g	

Vitamin A	4%	Vitamin C	30%
Calcium	2%	Iron	2%

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

Nutrition Descriptors

Very Low Sodium
High in Vitamin C