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# Novelties - Turtle Bar

Lancer Management

**Author**
**Categories**
**Tools**
**Locations**
**Plate/Store**

| | | | |
|---|---|---|---|
| | | | **Prep** |
| **Yield** | 1 | ea | **Cook** |
| **Portion** | 100 | g | **Finish** |
| **Num Portions** | 1 | | **Shelf** |

## Nutrition Facts

Serving Size 100g
Servings Per Container 1

Amount Per Serving

**Calories** 360 Calories From Fat 216

| | % Daily Value |
|---|---|
| **Total Fat** 24g | 36% |
| Saturated Fat 14g | 63% |
| **Cholesterol** 30mg | 10% |
| **Sodium** 80mg | 3% |
| **Total Carbohydrates** 33g | 11% |
| Dietary Fiber 1g | 3% |
| **Protein** 5g | |

| | | | |
|---|---|---|---|
| Vitamin A | 6% | Vitamin C | 0% |
| Calcium | 15% | Iron | 4% |

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

**Nutrition Descriptors**

Low Sodium
Good Source of Calcium
Good Source of Carbohydrates
Good Source of Protein