

Onion Rings Small

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 servings

Portion 4 oz

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 4 oz (113g)

Servings Per Container 1

Amount Per Serving

Calories 243 Calories From Fat 96

% Daily Value

Total Fat 11g 16%

Saturated Fat 2g 10%

Cholesterol 0mg 0%

Sodium 400mg 17%

Total Carbohydrates 33g 11%

Dietary Fiber 3g 12%

Protein 3g

Vitamin A 0% Vitamin C 5%

Calcium 0% Iron 5%

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

Nutrition Descriptors

Cholesterol Free

Good Source of Carbohydrates

Good Source of Fiber