Date: 12/18/2008

Popcorn Cheese Small

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	bag	**Cook**
Portion	1.33	oz	**Finish**
Num Portions	3		**Shelf**

Nutrition Facts

Serving Size 1.3 oz (38g)
Servings Per Container 3

Amount Per Serving

Calories 199 Calories From Fat 113

	% Daily Value
Total Fat 13g	19%
Saturated Fat 2g	11%
Cholesterol 4mg	1%
Sodium 336mg	14%
Total Carbohydrates 20g	7%
Dietary Fiber 4g	16%
Protein 4g	

Vitamin A	2%	Vitamin C	0%
Calcium	4%	Iron	5%

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

Nutrition Descriptors

Sugar Free
Low Cholesterol
Good Source of Fiber