Date: 12/18/2008

Pretzel Filled Jalapeno -n- Cheese

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	Pretzel	**Cook**
Portion	6.25	oz	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 6.3 oz (177g)
Servings Per Container 1

Amount Per Serving

Calories 511 Calories From Fat 122

	% Daily Value
Total Fat 14g	20%
Saturated Fat 6g	27%
Cholesterol 30mg	10%
Sodium 1261mg	53%
Total Carbohydrates 81g	27%
Dietary Fiber 3g	13%
Protein 18g	

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

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

Nutrition Descriptors

High in Carbohydrates
High in Protein
Good Source of Fiber