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Pretzel Filled Sweet Cream Cheeese

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 480 Calories From Fat 94

	% Daily Value
Total Fat 10g	16%
Saturated Fat 6g	27%
Cholesterol 30mg	10%
Sodium 600mg	25%
Total Carbohydrates 84g	28%
Dietary Fiber 3g	13%
Protein 15g	

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