Date: 12/18/2008

Retail Cheeseburger

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	servings	**Cook**
Portion	1	servings	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1 servings
Servings Per Container 1

Amount Per Serving

Calories 563 Calories From Fat 54

	% Daily Value
Total Fat 6g	9%
Saturated Fat 12g	54%
Cholesterol 126mg	42%
Sodium 644mg	27%
Total Carbohydrates 32g	11%
Dietary Fiber 1g	4%
Protein 39g	

Vitamin A	8%	Vitamin C	0%
Calcium	15%	Iron	25%

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

Nutrition Descriptors

High in Iron
High in Protein
Good Source of Calcium
Good Source of Carbohydrates