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Shanghai Wrap (Vegetarian)

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

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

Nutrition Facts

Serving Size 1 Wrap
Servings Per Container 1

Amount Per Serving

Calories 381	Calories From Fat 96
	% Daily Value
Total Fat 11g	16%
Saturated Fat 2g	7%
Cholesterol 0mg	0%
Sodium 1776mg	74%
Total Carbohydrates 54g	18%
Dietary Fiber 5g	20%
Protein 19g	
Vitamin A 42%	Vitamin C 22%
Calcium 51%	Iron 53%

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

Nutrition Descriptors

Cholesterol Free
High in Vitamin A
High in Vitamin C
High in Calcium
High in Iron
High in Fiber
High in Protein
Good Source of Potassium
Good Source of Carbohydrates