

Vegetables and Dip

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 servings

Portion 1 servings

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 1 servings

Servings Per Container 1

Amount Per Serving

Calories 195 Calories From Fat 146

% Daily Value

Total Fat 16g 24%

Saturated Fat 2g 10%

Cholesterol 14mg 5%

Sodium 459mg 19%

Total Carbohydrates 12g 4%

Dietary Fiber 4g 19%

Protein 3g

Vitamin A 162% Vitamin C 150%

Calcium 6% Iron 7%

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

Nutrition Descriptors

Low Cholesterol

High in Vitamin A

High in Vitamin C

Good Source of Potassium

Good Source of Fiber