

Vegetarian TLT (Tofu, Baby Lettuce Greens., Tomato)

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

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

Nutrition Facts	
Serving Size 1 Wrap	
Servings Per Container 1	
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Amount Per Serving	
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Calories 419	Calories From Fat 199
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% Daily Value	
Total Fat 22g	33%
Saturated Fat 4g	17%
Cholesterol 6mg	2%
Sodium 397mg	17%
Total Carbohydrates 30g	10%
Dietary Fiber 4g	16%
Protein 19g	
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Vitamin A 16%	Vitamin C 15%
Calcium 67%	Iron 58%
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* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

- Low Cholesterol
- High in Calcium
- High in Iron
- High in Protein
- Good Source of Vitamin A
- Good Source of Vitamin C
- Good Source of Carbohydrates
- Good Source of Fiber