

Veggies & Dip Grab and Go

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 servings

Portion 8 oz

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 8 oz (227g)

Servings Per Container 1

Amount Per Serving

Calories 206 Calories From Fat 147

% Daily Value

Total Fat 16g 25%

Saturated Fat 2g 10%

Cholesterol 14mg 5%

Sodium 480mg 20%

Total Carbohydrates 15g 5%

Dietary Fiber 5g 24%

Protein 4g

Vitamin A 191% Vitamin C 189%

Calcium 8% Iron 9%

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

Nutrition Descriptors

Low Cholesterol

High in Vitamin A

High in Vitamin C

High in Fiber

Good Source of Potassium