

Yogort Cone Chocolate Small Cake Cone

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 cone

Portion 1 cone

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 1 cone
Servings Per Container 1

Amount Per Serving

Calories 174 Calories From Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 108mg 4%

Total Carbohydrates 41g 14%

Dietary Fiber 2g 7%

Protein 5g

Vitamin A 3% Vitamin C 0%

Calcium 13% Iron 3%

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

Nutrition Descriptors

Fat Free
Low Saturated Fat
Cholesterol Free
Low Sodium
Healthy
Good Source of Calcium
Good Source of Carbohydrates
Good Source of Protein