Date: 12/18/2008

Yogurt Cone Chocolate Small Deluxe Cone

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

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

Nutrition Facts

Serving Size 1 cone
Servings Per Container 1

Amount Per Serving

Calories 301 Calories From Fat 60

	% Daily Value
Total Fat 7g	10%
Saturated Fat 4g	17%
Cholesterol 0mg	0%
Sodium 134mg	6%
Total Carbohydrates 58g	19%
Dietary Fiber 4g	17%
Protein 8g	

Vitamin A	5%	Vitamin C	0%
Calcium	19%	Iron	10%

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

Nutrition Descriptors

Cholesterol Free
Low Sodium
Good Source of Calcium
Good Source of Iron
Good Source of Carbohydrates
Good Source of Fiber
Good Source of Protein