

Yogurt Cone Chocolate Small Waffle Cone

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

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

Nutrition Facts	
Serving Size	1 cone
Servings Per Container	1
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Amount Per Serving	
Calories 242	Calories From Fat 3
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	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 132mg	6%
Total Carbohydrates 55g	18%
Dietary Fiber 2g	10%
Protein 7g	
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Vitamin A 4%	Vitamin C 0%
Calcium 18%	Iron 6%
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* 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 Fiber
- Good Source of Protein