

Yogurt Cone Twist 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 182 Calories From Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 116mg 5%

Total Carbohydrates 40g 13%

Dietary Fiber 1g 3%

Protein 6g

Vitamin A 3% Vitamin C 1%

Calcium 6% Iron 2%

* 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 Carbohydrates
Good Source of Protein