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Yogurt Cone Vanilla Small Cake 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 190 Calories From Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 124mg	5%
Total Carbohydrates 39g	13%
Dietary Fiber 0g	0%
Protein 6g	

Vitamin A	3%	Vitamin C	2%
Calcium	0%	Iron	0%

* 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