

Yogurt Cone Vanilla Small Waffle Cone

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield	5	oz	Prep
Portion	1	cone	Cook
Num Portions	1		Finish
			Shelf

<h2>Nutrition Facts</h2>	
Serving Size 1 cone	
Servings Per Container 1	
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Amount Per Serving	
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Calories 295	Calories From Fat 9
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% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrates 59g	20%
Dietary Fiber 0g	0%
Protein 9g	
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Vitamin A 4%	Vitamin C 3%
Calcium 0%	Iron 4%
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* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

Low Fat
Low Saturated Fat
Cholesterol Free
Healthy
High in Carbohydrates
Good Source of Protein