Date: 12/18/2008

Yogurt Cone Vanilla 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 323 Calories From Fat 60

	% Daily Value
Total Fat 7g	10%
Saturated Fat 4g	17%
Cholesterol 0mg	0%
Sodium 156mg	6%
Total Carbohydrates 56g	19%
Dietary Fiber 2g	8%
Protein 10g	

Vitamin A	5%	Vitamin C	3%
Calcium	1%	Iron	5%

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

Nutrition Descriptors

Cholesterol Free
High in Protein
Good Source of Carbohydrates