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# Scone Blueberry

Lancer Management

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## Categories

Tools

Locations

Plate

Yield 1 servings

Portion 5 oz

Num Portions 1

Prep

Cook

Finish

Shelf

## Nutrition Facts

Serving Size 5 oz (142g)

Servings Per Container 1

Amount Per Serving

**Calories** 597 **Calories From Fat** 246

% Daily Value

**Total Fat** 27g 41%

Saturated Fat 5g 23%

Trans Fat 10g

**Cholesterol** 25mg 8%

**Sodium** 607mg 25%

**Total Carbohydrates** 81g 27%

Dietary Fiber 3g 13%

**Protein** 7g

Vitamin A 25% Vitamin C 0%

Calcium 4% Iron 15%

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

## Nutrition Descriptors

High in Vitamin A

High in Carbohydrates

Good Source of Iron

Good Source of Fiber

Good Source of Protein

## Ingredients

Scone Dough Blueberry

Contains: Eggs, Milk, Soy, Wheat