
Breakfast Potatoes (Vegan, Gluten Free)

Lancer Management

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 306 **Calories From Fat** 180

% Daily Value

Total Fat 20g 30%

Saturated Fat 2g 9%

Trans Fat 1g

Cholesterol 0mg 0%

Sodium 658mg 27%

Total Carbohydrates 30g 10%

Dietary Fiber 4g 17%

Protein 4g

Vitamin A 6% **Vitamin C** 37%

Calcium 1% **Iron** 0%

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

Nutrition Descriptors

Cholesterol Free

High in Vitamin C

Good Source of Carbohydrates

Good Source of Fiber

Ingredients

DCD STHRN STYL CKD REF POTATO, BELL GRN FRESH CHO PEPPER, Shortning Fryer Oil Mel-Fry Free, yellow onion, Beyond, seasoning salt

Contains: Soy