Cottage Cheese and Fruit Xcel

Lancer Management

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Plate

			Prep
Yield	1	ea	**Cook**
Portion	6.5	oz	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 6.5 oz (184g)
Servings Per Container 1

Amount Per Serving	
Calories 170	Calories From Fat 58
	% Daily Value
Total Fat 6g	10%
Saturated Fat 4g	18%
Trans Fat 0g	
Cholesterol 21mg	7%
Sodium 576mg	24%
Total Carbohydrates 9g	3%
Dietary Fiber 1g	2%
Protein 18g	
Vitamin A 8%	Vitamin C 1%
Calcium 9%	Iron 1%

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

Nutrition Descriptors

High in Protein

Ingredients

cottage cheese, peaches canned in juice