

Date: 6/18/2015

Time: 4:55 PM



Children's Entree Veggie Burger

Yavapai Lodge



GRAND CANYON

Categories

Tools

Locations

Plating

Yield

Portion

Num Portions

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 0

Servings Per Container

Amount Per Serving

Calories 190 **Calories From Fat** 45

% Daily Value

Total Fat 5g 8%

Saturated Fat .5g 3%

Trans Fat 0g

Cholesterol 0 mg 0%

Sodium 95mg 4%

Total Carbohydrate 31g 10%

Dietary Fiber 6g 25%

Protein 5g

Vitamin A 20% **Vitamin C** 20%

Calcium 4% **Iron** 8%

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

The following items are not included in the label data

Ingredient

bread, submarine rolls

Reason

No nutrition quantity specified