

Date: 10/27/2015
Time: 7:51 PM



Tavern, Grown Up Grilled Cheese
Yavapai Lodge



Categories

Tools

Locations

Plating

Yield

Portion

Num Portions

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 0

Servings Per Container

Amount Per Serving

Calories 950 **Calories From Fat** 500

% Daily Value

Total Fat 56g 84%

Saturated Fat 31g 138%

Trans Fat 0g

Cholesterol 135 mg 45%

Sodium 1990mg 83%

Total Carbohydrate 65g 22%

Dietary Fiber 5g 24%

Protein 50g

Vitamin A 50% Vitamin C 100%

Calcium 110% Iron 30%

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

Nutrient Descriptors

High in Calcium
High in Carbohydrates
High in Fiber
High in Iron
High in Potassium
High in Protein
High in Vitamin A
High in Vitamin C