



Product: Midwest Premium 1/2" Crinkle Cuts
Catalog # GF11

Bulk Code 3135
Package Size 30 lb
 Frozen, as sold by Lamb-Weston

Nutrition Facts

Serving Size 3 oz (84 g)
 Servings Per Container About 160

Amount Per Serving

Calories 130 Calories from Fat 35

%Daily Value*

Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Potassium 290mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars less than 1g	

Protein 2g

Vitamin A ** • Vitamin C 8%
 Calcium ** • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** Contains less than 2% of the Daily Value of these nutrients.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium		3,500mg	3,500mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram
 Fat 9 • Carbohydrate 4 • Protein 4

Approved by:

Rebecca Schmidt

RQI Nutritionist
 July 31, 2014