



**Product:** Midwest Premium Slim Crinkle Cuts  
**Catalog #** GF13

**Bulk Code** 3320  
**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** 140 Calories from Fat 45

### %Daily Value\*

**Total Fat** 5g 8%

**Saturated Fat** 1.5g 8%

**Trans Fat** 0g

**Cholesterol** 0mg 0%

**Sodium** 25mg 0%

**Potassium** 350mg 10%

**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