



Product: Gordon Food Service IQF Shreds
Catalog # G0100

Bulk Code 1844
Package Size 18 lb
 Frozen, as sold by Lamb-Weston

Nutrition Facts

Serving Size 3 oz (84g)
 Servings Per Container About 96

Amount Per Serving

Calories 70 Calories from Fat 0

%Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Potassium 280mg	8%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars less than 1g	

Protein 2g

Vitamin A **	•	Vitamin C 15%
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