



**Product:** Gordon's Breakfast Cubes  
**Catalog #** G0103

**Bulk Code** 2656  
**Package Size** 36 lb  
 Frozen, as sold by Lamb-Weston

# Nutrition Facts

Serving Size 2/3 cup (84g)  
 Servings Per Container About 190

**Amount Per Serving**

**Calories** 110 **Calories from Fat** 25

**%Daily Value\***

<b>Total Fat</b> 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 280mg	12%
<b>Potassium</b> 400mg	11%
<b>Total Carbohydrate</b> 19g	6%
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