Product: Gordon's Natural 3/8" Regular Cut Fries
Catalog # G0150

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

Nutrition Facts

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

Amount Per Serving

Calories 110 Calories from Fat 35

	%Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	0%
Potassium 320mg	9%
Total Carbohydrate 17g	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

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