



Product: Gordon's 5/16" Straight Cut French Fries
Catalog # GF15

Bulk Code 3099
Package Size 30 lb
 Frozen, as sold by Lamb-Weston

Nutrition Facts

Serving Size 3 oz (84g/ about 19, 2-3" pieces)
 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 1 g			
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