



Product: Seasoned Twisters- Original
Catalog # G0173

Bulk Code 5017
Package Size 24 lb
 Frozen, as sold by Lamb-Weston

Nutrition Facts

Serving Size 3 oz (84g/about 3/4 cup)
 Servings Per Container About 21

Amount Per Serving

Calories 160 Calories from Fat 70

%Daily Value*

Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Potassium 260mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars less than 1g	

Protein 2g

Vitamin A 0% • Vitamin C 8%
 Calcium 0% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	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