



Product: Gordon Tatter Puffs
Catalog # G0174

Bulk Code 4777
Package Size 80 oz
 Frozen, as sold by Lamb-Weston

Nutrition Facts

Serving Size 3 oz (84g/ about 10 pieces)
 Servings Per Container About 26

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 330mg	14%
Potassium 320mg	9%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars less than 1 g	

Protein 2g

Vitamin A **	●	Vitamin C	6%
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