

Turkey Cheese Burger

Nutrition Facts

Serving Size 1 item (316.05g)

Servings Per Container 1

Amount Per Serving

Calories 480 **Calories from Fat** 190

% Daily Value*

Total Fat 21g **32%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 145mg **48%**

Sodium 690mg **29%**

Total Carbohydrate 26g **9%**

 Dietary Fiber 2g **8%**

 Sugars 6g

Protein 45g

Vitamin A 110% • Vitamin C 25%

Calcium 30% • Iron 20%

* 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	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients: Turkey Burger Patty, Lettuce, American Cheese, Red Tomato. Seeded Hamburger Bun.