

Date: 8/5/2011

Time: 1:20 PM



Cavatini, Vegetarian

Hesston College

Author

Categories Entree, Vegetarian

Tools Pan ST 2 1/2", Spoon solid

Locations

Plate/Store

Yield 1 pan

Cook 30 minutes

Portion 8 oz

Num Portions 25

Nutrition Facts

Serving Size 8 oz (227g)

Servings Per Container 25

Amount Per Serving

Calories 179 **Calories From Fat** 32

% Daily Value

Total Fat 4g 5%

Saturated Fat 2g 7%

Trans Fat 0g

Cholesterol 34mg 11%

Sodium 862mg 36%

Total Carbohydrates 29g 10%

Dietary Fiber 3g 11%

Protein 9g

Vitamin A 18% **Vitamin C** 26%

Calcium 11% **Iron** 12%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Vitamin C

Good Source of Vitamin A

Good Source of Calcium

Good Source of Potassium

Good Source of Iron

Good Source of Carbohydrates

Good Source of Fiber

Good Source of Protein