Ham & Beans
Hesston College

Author
Categories Entree, Pork
Tools Ladle 4 oz, Pan ST 4"
Locations
Plate/Store

Yield 6 gal Cook
Portion 4 fl oz
Num Portions 192

Nutrition Facts
Serving Size 4 fl oz
Servings Per Container 192

Amount Per Serving
Calories 342 Calories From Fat 40

% Daily Value
Total Fat 4g 7%
Saturated Fat 1g 6%
Trans Fat 0g
Cholesterol 19mg 6%
Sodium 452mg 19%
Total Carbohydrates 53g 18%
Dietary Fiber 17g 73%
Protein 24g

Vitamin A 13% Vitamin C 9%
Calcium 15% Iron 27%

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

Nutrition Descriptors
Low Cholesterol
High in Potassium
High in Iron
High in Fiber
High in Protein
Good Source of Vitamin A
Good Source of Calcium
Good Source of Carbohydrates