

Date: 6/29/2011

Time: 3:17 PM



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