

Date: 6/29/2011
Time: 3:16 PM



Ham Loaf

Hesston College

Author

Categories Beef, Entree, Pork

Tools Metal spatula 3", Pan ST 2 1/2"

Locations

Plate/Store

Yield 7 pan **Cook** 1 hour
Portion 3 oz
Num Portions 252

Nutrition Facts	
Serving Size 3 oz (85g)	
Servings Per Container 252	
Amount Per Serving	
Calories 326 Calories From Fat 160	
% Daily Value	
Total Fat 18g	27%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 138mg	46%
Sodium 739mg	31%
Total Carbohydrates 20g	7%
Dietary Fiber 0g	1%
Protein 20g	
Vitamin A 3%	Vitamin C 1%
Calcium 5%	Iron 10%
* Percent Daily Values are based on a 2000 calorie diet.	

The following items are not included in the label data

Ingredient

Reason
No quantity specified