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Time: 2:57 PM



Meat Loaf

Hesston College

Author

Categories Beef, Entree

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

Locations

Plate/Store

Yield 1 batch **Cook** 1 hour

Portion 3 oz

Num Portions 166

Nutrition Facts	
Serving Size 3 oz (85g)	
Servings Per Container 166	
Amount Per Serving	
Calories 216 Calories From Fat 139	
	% Daily Value
Total Fat 15g	23%
Saturated Fat 6g	27%
Trans Fat 0g	
Cholesterol 113mg	38%
Sodium 486mg	20%
Total Carbohydrates 2g	1%
Dietary Fiber 0g	1%
Protein 16g	
Vitamin A 4%	Vitamin C 6%
Calcium 2%	Iron 11%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

High in Protein
Good Source of Iron