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Sweet & Sour Pork

Hesston College

Author

Categories Entree, Pork

Tools Ladle 4 oz, Pan ST 4"

Locations

Plate/Store

Yield 4 gal **Cook**
Portion 4 fl oz
Num Portions 128

Nutrition Facts	
Serving Size 4 fl oz	
Servings Per Container 128	
Amount Per Serving	
Calories 219 Calories From Fat 101	
% Daily Value	
Total Fat 11g	17%
Saturated Fat 4g	17%
Trans Fat 0g	
Cholesterol 47mg	16%
Sodium 472mg	20%
Total Carbohydrates 13g	4%
Dietary Fiber 1g	4%
Protein 16g	
Vitamin A 13%	Vitamin C 59%
Calcium 2%	Iron 6%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

- High in Vitamin C
- High in Protein
- Good Source of Vitamin A
- Good Source of Potassium