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Tetrazzini, Vegetarian

Hesston College

Author

Categories Casserole, vegetarian, Entree, Pasta/Rice/Noodles, Vegetarian

Tools

Locations

Plate/Store

Yield 25 serving **Cook**

Portion 4 oz

Num Portions 25

Nutrition Facts

Serving Size 4 oz (113g)

Servings Per Container 25

Amount Per Serving

Calories 195 **Calories From Fat** 84

% Daily Value

Total Fat 9g 14%

Saturated Fat 3g 14%

Trans Fat 0g

Cholesterol 13mg 4%

Sodium 286mg 12%

Total Carbohydrates 22g 7%

Dietary Fiber 1g 4%

Protein 6g

Vitamin A 12% **Vitamin C** 15%

Calcium 12% **Iron** 7%

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

Nutrition Descriptors

Low Cholesterol

Good Source of Vitamin A

Good Source of Vitamin C

Good Source of Calcium

Good Source of Protein