

Date: 7/6/2012
Time: 12:31 PM



Bars, Fudge Nut

Hesston College

Author

Categories

Tools

Locations

Plate/Store

Yield 1 box Cook
Portion 3 oz
Num Portions 80

Nutrition Facts

Serving Size 3 oz (85g)
Servings Per Container 80

Amount Per Serving

Calories 256 Calories From Fat 94

% Daily Value

Total Fat 10g 16%

Saturated Fat 10g 47%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 143mg 6%

Total Carbohydrates 39g 13%

Dietary Fiber 2g 7%

Protein 3g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 9%

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

Nutrition Descriptors

Low Cholesterol
Good Source of Carbohydrates