

Date: 7/2/2012
Time: 12:15 PM



Bars, S'Mores
Hesston College

Author

Categories Dessert, bar

Tools Metal spatula 2", Sheet pan 18x26"

Locations

Plate/Store

Yield 1 pan **Cook**

Portion 2 oz

Num Portions 80

Nutrition Facts	
Serving Size 2 oz (57g)	
Servings Per Container 80	
Amount Per Serving	
Calories 117 Calories From Fat 37	
% Daily Value	
Total Fat 4g	6%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 2mg	1%
Sodium 149mg	6%
Total Carbohydrates 33g	11%
Dietary Fiber 1g	4%
Protein 1g	
Vitamin A 6%	Vitamin C 5%
Calcium 6%	Iron 13%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

- Cholesterol Free
- Good Source of Iron
- Good Source of Carbohydrates