

Date: 7/2/2012

Time: 1:35 PM



Cake, Hot Fudge Pudding

Hesston College

Author

Categories Dessert, misc

Tools Pan ST 2 1/2", Spoon solid

Locations

Plate/Store

Yield 1 pan

Cook 30 minutes

Portion 2 oz

Num Portions 27

Nutrition Facts

Serving Size 2 oz (57g)

Servings Per Container 27

Amount Per Serving

Calories 258 Calories From Fat 59

% Daily Value

Total Fat 7g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 2mg 1%

Sodium 154mg 6%

Total Carbohydrates 49g 16%

Dietary Fiber 1g 4%

Protein 2g

Vitamin A 3% Vitamin C 1%

Calcium 12% Iron 7%

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

Nutrition Descriptors

Cholesterol Free

Good Source of Calcium

Good Source of Carbohydrates