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Cake, Cheese (Plain)

Hesston College

Author

Categories Dessert, cake, Dessert, misc

Tools Pan ST 2 1/2", Spoon solid

Locations

Plate/Store

Yield 2 pan **Cook**
Portion 3 oz
Num Portions 80

Nutrition Facts	
Serving Size 3 oz (85g)	
Servings Per Container 80	
Amount Per Serving	
Calories 350 Calories From Fat 107	
% Daily Value	
Total Fat 12g	18%
Saturated Fat 7g	30%
Trans Fat 0g	
Cholesterol 13mg	4%
Sodium 512mg	21%
Total Carbohydrates 52g	17%
Dietary Fiber 0g	2%
Protein 9g	
Vitamin A 5%	Vitamin C 1%
Calcium 32%	Iron 3%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

- Low Cholesterol
- High in Calcium
- Good Source of Carbohydrates
- Good Source of Protein