

Date: 7/5/2012
Time: 2:06 PM



Cake, Poke

Hesston College

Author

Categories Dessert, cake

Tools Cake Pan 18x26", Metal spatula 2"

Locations

Plate/Store

Yield 1 pan **Cook**
Portion 3 oz
Num Portions 80

Nutrition Facts	
Serving Size 3 oz (85g)	
Servings Per Container 80	
Amount Per Serving	
Calories 165 Calories From Fat 51	
% Daily Value	
Total Fat 6g	9%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 271mg	11%
Total Carbohydrates 26g	9%
Dietary Fiber 0g	0%
Protein 6g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 3%

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

Nutrition Descriptors

Low Cholesterol
Good Source of Protein