

Date: 7/6/2012
Time: 2:53 PM



Cake, Strawberry Shortcake

Hesston College

Author
Categories
Tools
Locations
Plate/Store

Yield 1.38 pan **Cook**
Portion 8 oz
Num Portions 55

Nutrition Facts

Serving Size 8 oz (227g)
Servings Per Container 55

Amount Per Serving

Calories 471 Calories From Fat 113

% Daily Value

Total Fat 13g 19%

Saturated Fat 7g 31%

Trans Fat 0g

Cholesterol 48mg 16%

Sodium 227mg 9%

Total Carbohydrates 93g 31%

Dietary Fiber 5g 20%

Protein 9g

Vitamin A 0% Vitamin C 107%

Calcium 4% Iron 12%

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

Nutrition Descriptors

High in Vitamin C
High in Carbohydrates
High in Fiber
Good Source of Iron
Good Source of Protein