

Date: 7/2/2012
Time: 2:00 PM



Crisp, Blueberry

Hesston College

Author

Categories Dessert, crisp / cobbler

Tools Pan ST 2 1/2", Spoon solid

Locations

Plate/Store

Yield 1 pan **Cook** 40 minutes
Portion 2 oz
Num Portions 32

Nutrition Facts	
Serving Size 2 oz (57g)	
Servings Per Container 32	
Amount Per Serving	
Calories 349 Calories From Fat 134	
% Daily Value	
Total Fat 15g	22%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 362mg	15%
Total Carbohydrates 53g	18%
Dietary Fiber 2g	10%
Protein 3g	
Vitamin A 14%	Vitamin C 12%
Calcium 3%	Iron 8%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

- Cholesterol Free
- Good Source of Vitamin A
- Good Source of Vitamin C
- Good Source of Carbohydrates
- Good Source of Fiber