

Date: 7/2/2012
Time: 1:33 PM



Milk Shakes, Banana

Hesston College

Author

Categories Dessert, ice cream

Tools Disher #8

Locations

Plate/Store

Yield 4 gal **Cook**
Portion 10 fl oz
Num Portions 51.2

Nutrition Facts	
Serving Size 10 fl oz	
Servings Per Container about 51	
Amount Per Serving	
Calories 510 Calories From Fat 222	
% Daily Value	
Total Fat 25g	37%
Saturated Fat 15g	68%
Trans Fat 0g	
Cholesterol 98mg	33%
Sodium 187mg	8%
Total Carbohydrates 68g	23%
Dietary Fiber 2g	7%
Protein 9g	
Vitamin A 19%	Vitamin C 13%
Calcium 32%	Iron 2%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

- High in Calcium
- High in Potassium
- High in Carbohydrates
- Good Source of Vitamin A
- Good Source of Vitamin C
- Good Source of Protein