

Date: 7/2/2012

Time: 1:34 PM



Milk Shakes, Strawberry

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 459 Calories From Fat 220	
% Daily Value	
Total Fat 24g	37%
Saturated Fat 15g	68%
Trans Fat 0g	
Cholesterol 98mg	33%
Sodium 187mg	8%
Total Carbohydrates 55g	18%
Dietary Fiber 1g	4%
Protein 9g	
Vitamin A 18%	Vitamin C 30%
Calcium 32%	Iron 3%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

High in Vitamin C

High in Calcium

Good Source of Vitamin A

Good Source of Potassium

Good Source of Carbohydrates

Good Source of Protein