

Date: 7/6/2012

Time: 1:55 PM



Pudding, Plain Vanilla

Hesston College

Author

Categories Dessert, misc

Tools Pan plastic full 4", Spoon solid

Locations

Plate/Store

Yield 1 bag **Cook**

Portion 4 fl oz

Num Portions 35

Nutrition Facts

Serving Size 4 fl oz

Servings Per Container 35

Amount Per Serving

Calories 154 Calories From Fat 31

% Daily Value

Total Fat 3g 5%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 14mg 5%

Sodium 271mg 11%

Total Carbohydrates 27g 9%

Dietary Fiber 0g 0%

Protein 3g

Vitamin A 3% Vitamin C 2%

Calcium 12% Iron 0%

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

Nutrition Descriptors

Low Cholesterol

Good Source of Calcium