Date: 10/26/2012
Time: 9:06 AM

Bread, Banana
Hesston College

Author

Categories Bread, rolls, Dessert, cake
Tools Metal spatula 2", Pan ST 2 1/2"
Locations
Plate/Store

Yield 2 pan Cook 1 hour
Portion 3 oz
Num Portions 120

Nutrition Facts
Serving Size 3 oz (85g)
Servings Per Container 120

Amount Per Serving
Calories 207 Calories From Fat 65

% Daily Value
Total Fat 7g 11%
Saturated Fat 1g 6%
Trans Fat 0g
Cholesterol 36mg 12%
Sodium 238mg 10%
Total Carbohydrates 33g 11%
Dietary Fiber 1g 5%
Protein 3g

Vitamin A 7%  Vitamin C 4%
Calcium 8%  Iron 6%

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