

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.

Nutrition Descriptors

Good Source of Carbohydrates