

Date: 8/31/2012

Time: 7:26 AM



Cake, Carrot

Hesston College

Author

Categories Dessert, cake

Tools Metal spatula 2", Sheet pan 18x26"

Locations

Plate/Store

Yield 1 pan Cook 25 minutes

Portion 3 oz

Num Portions 80

Nutrition Facts

Serving Size 3 oz (85g)
Servings Per Container 80

Amount Per Serving

Calories 244 Calories From Fat 95

% Daily Value

Total Fat 11g 16%

Saturated Fat 3g 11%

Trans Fat 0g

Cholesterol 39mg 13%

Sodium 117mg 5%

Total Carbohydrates 36g 12%

Dietary Fiber 1g 3%

Protein 3g

Vitamin A 40% Vitamin C 2%

Calcium 3% Iron 4%

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

Nutrition Descriptors

Low Sodium

High in Vitamin A

Good Source of Carbohydrates