

Date: 10/26/2012

Time: 11:57 AM



Cake, Wacky

Hesston College

Author

Categories Dessert, cake

Tools Metal spatula 2", Sheet pan 18x26"

Locations

Plate/Store

Yield 1 pan

Cook 35 minutes

Portion 3 oz

Num Portions 80

Nutrition Facts

Serving Size 3 oz (85g)

Servings Per Container 80

Amount Per Serving

Calories 285 Calories From Fat 119

% Daily Value

Total Fat 13g 20%

Saturated Fat 4g 18%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 258mg 11%

Total Carbohydrates 41g 14%

Dietary Fiber 1g 6%

Protein 3g

Vitamin A 8% **Vitamin C 0%**

Calcium 3% **Iron 6%**

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

Nutrition Descriptors

Cholesterol Free

Good Source of Carbohydrates