

Date: 10/30/2012

Time: 4:18 PM



Bars, Scotcheroots

Hesston College

Author

Categories Dessert, bar

Tools Metal spatula 2", Sheet pan 18x26"

Locations

Plate/Store

Yield 1 pan **Cook**

Portion 2 oz

Num Portions 80

Nutrition Facts

Serving Size 2 oz (57g)

Servings Per Container 80

Amount Per Serving

Calories 228 **Calories From Fat 93**

% Daily Value

Total Fat 10g 15%

Saturated Fat 3g 14%

Trans Fat 0g

Cholesterol 2mg 1%

Sodium 210mg 9%

Total Carbohydrates 48g 16%

Dietary Fiber 1g 5%

Protein 5g

Vitamin A 4% **Vitamin C 4%**

Calcium 2% **Iron 19%**

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

Nutrition Descriptors

Low Cholesterol

Good Source of Iron

Good Source of Carbohydrates

Good Source of Protein