Jambalaya
Hesston College

Author
Categories: Entree, Fish / Seafood, Pasta/Rice/Noodles, Pork, Poultry
Tools: Pan ST 4", Spoon solid
Locations
Plate/Store

Yield: 1.5 pan
Portion: 8 oz
Num Portions: 70

Nutrition Facts
Serving Size: 8 oz (227g)
Servings Per Container: 70

Amount Per Serving
Calories: 242 Calories From Fat: 62%

% Daily Value
Total Fat: 7g (10%)
Saturated Fat: 2g (9%)
Trans Fat: 0g
Cholesterol: 51mg (17%)
Sodium: 605mg (25%)
Total Carbohydrates: 33g (11%)
Dietary Fiber: 1g (6%)
Protein: 12g

Vitamin A: 12% Vitamin C: 33%
Calcium: 3% Iron: 10%

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

Nutrition Descriptors:
High in Vitamin C
High in Protein
Good Source of Vitamin A
Good Source of Potassium
Good Source of Iron
Good Source of Carbohydrates