

Date: 11/2/2012
Time: 10:43 AM



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 **Cook**
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