

Date: 11/2/2012

Time: 9:55 AM



Salad, Crunchy Cabbage

Hesston College

Author

Categories Salad, vegetable

Tools Pan plastic half 4", Spoon solid

Locations

Plate/Store

Yield 3 qt **Cook**

Portion 4 fl oz

Num Portions 24

Nutrition Facts	
Serving Size 4 fl oz	
Servings Per Container 24	
Amount Per Serving	
Calories 71	Calories From Fat 46
% Daily Value	
Total Fat 5g	8%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrates 6g	2%
Dietary Fiber 1g	5%
Protein 1g	
Vitamin A 1%	Vitamin C 30%
Calcium 3%	Iron 3%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

Low Saturated Fat

Cholesterol Free

Very Low Sodium

High in Vitamin C