

Date: 11/2/2012

Time: 9:55 AM



Salad, Curried Rice

Hesston College

Author

Categories

Tools

Locations

Plate/Store

Yield 1.5 qt

Cook

Portion 2 oz

Num Portions 12

Nutrition Facts

Serving Size 2 oz (57g)

Servings Per Container 12

Amount Per Serving

Calories 521 Calories From Fat 92

% Daily Value

Total Fat 10g 15%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 212mg 9%

Total Carbohydrates 97g 32%

Dietary Fiber 2g 10%

Protein 8g

Vitamin A 7% Vitamin C 26%

Calcium 7% Iron 24%

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

Nutrition Descriptors

Cholesterol Free

High in Vitamin C

High in Iron

High in Carbohydrates

Good Source of Fiber

Good Source of Protein