

Date: 11/2/2012

Time: 9:55 AM



Salad, Egg

Hesston College

Author

Categories Salad, misc

Tools Pan plastic full 4", Spoon solid

Locations

Plate/Store

Yield 1 pan **Cook**

Portion 1.5 oz

Num Portions 100

Nutrition Facts

Serving Size 1.5 oz (43g)
Servings Per Container 100

Amount Per Serving

Calories 143 **Calories From Fat** 72

% Daily Value

Total Fat 8g 12%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol 196mg 65%

Sodium 20726mg 864%

Total Carbohydrates 13g 4%

Dietary Fiber 3g 13%

Protein 7g

Vitamin A 9% Vitamin C 4%

Calcium 8% Iron 22%

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

Nutrition Descriptors

High in Iron
Good Source of Fiber
Good Source of Protein