

Date: 11/2/2012

Time: 9:56 AM



Salad, Five Cup

Hesston College

Author

Categories Salad, fruit

Tools Pan plastic full 4", Spoon solid

Locations

Plate/Store

Yield .83 pan

Cook

Portion 2 oz

Num Portions 125

Nutrition Facts	
Serving Size 2 oz (57g)	
Servings Per Container 125	
Amount Per Serving	
Calories 76	Calories From Fat 9
% Daily Value	
Total Fat 1g	2%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrates 18g	6%
Dietary Fiber 1g	6%
Protein 1g	
Vitamin A 2%	Vitamin C 23%
Calcium 1%	Iron 1%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

- Low Fat
- Low Saturated Fat
- Cholesterol Free
- Sodium Free
- Healthy
- High in Vitamin C