Salad, Marinated Vegetable
Hesston College

Author
Categories Salad, vegetable
Tools Pan plastic full 4", Spoon solid
Locations
Plate/Store

Yield 1 gal
Portion 4 fl oz
Num Portions 32

Nutrition Facts
Serving Size 4 fl oz
Servings Per Container 32

Amount Per Serving
Calories 115
Total Fat 11g
Saturated Fat 1g
Trans Fat 0g
Cholesterol 0mg
Sodium 471mg
Total Carbohydrates 4g
Dietary Fiber 2g
Protein 2g
Vitamin A 18%
Calcium 2%

% Daily Value
16%
7%
0%
20%
1%
7%

Vitamin C 96%
Iron 3%

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

Nutrition Descriptors
Cholesterol Free
High in Vitamin C
Good Source of Vitamin A