

Date: 11/2/2012

Time: 9:56 AM



Salad, Marinated Vegetable

Hesston College

Author

Categories Salad, vegetable

Tools Pan plastic full 4", Spoon solid

Locations

Plate/Store

Yield 1 gal **Cook**

Portion 4 fl oz

Num Portions 32

Nutrition Facts	
Serving Size 4 fl oz	
Servings Per Container 32	
Amount Per Serving	
Calories 115 Calories From Fat 98	
% Daily Value	
Total Fat 11g	16%
Saturated Fat 1g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 471mg	20%
Total Carbohydrates 4g	1%
Dietary Fiber 2g	7%
Protein 2g	
Vitamin A 18%	Vitamin C 96%
Calcium 2%	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