

Date: 11/2/2012

Time: 9:57 AM



Salad, Mixed Fruit with Bananas

Hesston College

Author

Categories Salad, fruit

Tools Ladle 2 oz, Pan plastic full 4"

Locations

Plate/Store

Yield 6.15 gal

Cook

Portion 4 fl oz

Num Portions 196.8

Nutrition Facts

Serving Size 4 fl oz

Servings Per Container about 197

Amount Per Serving

Calories 131 Calories From Fat 3

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrates 33g 11%

Dietary Fiber 4g 17%

Protein 2g

Vitamin A 9% Vitamin C 42%

Calcium 1% Iron 2%

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

Nutrition Descriptors

Fat Free

Low Saturated Fat

Cholesterol Free

Sodium Free

Healthy

High in Vitamin C

Good Source of Potassium

Good Source of Carbohydrates

Good Source of Fiber