

Date: 11/2/2012

Time: 9:57 AM



Salad, Tuna

Hesston College

Author

Categories Fish / Seafood, Salad, misc

Tools Pan plastic full 4", Spoon solid

Locations

Plate/Store

Yield 23.44 lb

Cook

Portion 3 oz

Num Portions 125

Nutrition Facts

Serving Size 3 oz (85g)

Servings Per Container 125

Amount Per Serving

Calories 156 **Calories From Fat** 82

% Daily Value

Total Fat 9g 14%

Saturated Fat 2g 8%

Trans Fat 0g

Cholesterol 124mg 41%

Sodium 344mg 14%

Total Carbohydrates 5g 2%

Dietary Fiber 0g 0%

Protein 13g

Vitamin A 4% **Vitamin C** 0%

Calcium 2% **Iron** 4%

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

Nutrition Descriptors

High in Protein