

Date: 11/2/2012

Time: 9:57 AM



Salad, Turkey / Chicken

Hesston College

Author

Categories Poultry, Salad, misc

Tools Pan plastic full 4", Spoon solid

Locations

Plate/Store

Yield 1.5 pan **Cook**

Portion 4 oz

Num Portions 125

Nutrition Facts	
Serving Size 4 oz (113g)	
Servings Per Container 125	
Amount Per Serving	
Calories 136 Calories From Fat 57	
% Daily Value	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 27mg	9%
Sodium 902mg	38%
Total Carbohydrates 7g	2%
Dietary Fiber 0g	1%
Protein 12g	
Vitamin A 1%	Vitamin C 1%
Calcium 1%	Iron 2%
* Percent Daily Values are based on a 2000 calorie diet.	

The following items are not included in the label data

Ingredient

Reason

No quantity specified