

Date: 11/2/2012

Time: 9:46 AM



Corn, Scalloped

Hesston College

Author

Categories Side dish, Vegetable

Tools Pan ST 2 1/2", Spoon solid

Locations

Plate/Store

Yield 1 pan

Cook 30-40 minutes

Portion 4 oz

Num Portions 20

Nutrition Facts

Serving Size 4 oz (113g)

Servings Per Container 20

Amount Per Serving

Calories 294 Calories From Fat 168

% Daily Value

Total Fat 19g 28%

Saturated Fat 7g 30%

Trans Fat 0g

Cholesterol 16mg 5%

Sodium 463mg 19%

Total Carbohydrates 36g 12%

Dietary Fiber 2g 8%

Protein 6g

Vitamin A 15% Vitamin C 9%

Calcium 9% Iron 6%

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

Nutrition Descriptors

Low Cholesterol

Good Source of Vitamin A

Good Source of Carbohydrates

Good Source of Protein