

Date: 2/14/2013

Time: 12:41 PM



## Salad, Apple

Hesston College

### Author

Categories Salad, fruit

Tools Pan plastic full 4", Spoon solid

Locations

Plate/Store

Yield .64 pan Cook

Portion 4 oz

Num Portions 48

## Nutrition Facts

Serving Size 4 oz (113g)

Servings Per Container 48

Amount Per Serving

**Calories 214** Calories From Fat 84

% Daily Value

**Total Fat 9g** 14%

Saturated Fat 4g 17%

Trans Fat 0g

**Cholesterol 2mg** 1%

**Sodium 52mg** 2%

**Total Carbohydrates 35g** 12%

Dietary Fiber 3g 15%

**Protein 1g**

Vitamin A 2% Vitamin C 17%

Calcium 2% Iron 4%

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

### Nutrition Descriptors

Cholesterol Free

Low Sodium

Good Source of Vitamin C

Good Source of Potassium

Good Source of Carbohydrates

Good Source of Fiber