

Date: 2/14/2013

Time: 12:42 PM



Salad, Broccoli Raisin

Hesston College

Author

Categories Salad, vegetable

Tools

Locations

Plate/Store

Yield 60 ea

Cook

Portion 4 oz

Num Portions 60

Nutrition Facts

Serving Size 4 oz (113g)

Servings Per Container 60

Amount Per Serving

Calories 231 Calories From Fat 174

% Daily Value

Total Fat 19g 29%

Saturated Fat 6g 27%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 298mg 12%

Total Carbohydrates 12g 4%

Dietary Fiber 1g 6%

Protein 3g

Vitamin A 11% Vitamin C 54%

Calcium 2% Iron 4%

* 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