Salad, Broccoli Raisin
Hesston College

Author
Categories Salad, vegetable
Tools
Locations
Plate/Store

Yield 60 ea
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 26%
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