

Date: 2/14/2013

Time: 12:43 PM



Salad, Caesar

Hesston College

Author

Categories Salad, vegetable

Tools Pan ST narrow 6", Tongs large metal

Locations

Plate/Store

Yield 1 pan **Cook**

Portion 3 oz

Num Portions 24

Nutrition Facts

Serving Size 3 oz (85g)

Servings Per Container 24

Amount Per Serving

Calories 115 **Calories From Fat** 115

% Daily Value

Total Fat 14g 22%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 13mg 4%

Sodium 471mg 20%

Total Carbohydrates 16g 5%

Dietary Fiber 2g 7%

Protein 6g

Vitamin A 21% **Vitamin C** 15%

Calcium 13% **Iron** 8%

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

Nutrition Descriptors

Low Cholesterol

High in Vitamin A

Good Source of Vitamin C

Good Source of Calcium

Good Source of Protein