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## Salad, Cottage Cheese Fluff

Hesston College

**Author**

**Categories** Salad, gelatin

**Tools** Pan plastic half 4", Spoon solid

**Locations**

**Plate/Store**

**Yield** .5 pan **Cook**

**Portion** 2 oz

**Num Portions** 70

### Nutrition Facts

Serving Size 2 oz (57g)  
Servings Per Container 70

Amount Per Serving

**Calories** 97 **Calories From Fat** 37

% Daily Value

**Total Fat** 4g 6%

**Saturated Fat** 4g 16%

**Trans Fat** 0g

**Cholesterol** 4mg 1%

**Sodium** 113mg 5%

**Total Carbohydrates** 9g 3%

**Dietary Fiber** 1g 4%

**Protein** 7g

**Vitamin A** 3% **Vitamin C** 38%

**Calcium** 3% **Iron** 1%

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

### Nutrition Descriptors

Low Cholesterol  
Low Sodium  
High in Vitamin C  
Good Source of Protein