

Date: 11/2/2012

Time: 9:55 AM



Salad, Egg, Indian

Hesston College

Author

Categories Salad, misc

Tools Pan plastic half 4", Spoon solid

Locations

Plate/Store

Yield 12 oz **Cook**

Portion 3 oz

Num Portions 4

Nutrition Facts

Serving Size 3 oz (85g)

Servings Per Container 4

Amount Per Serving

Calories 194 **Calories From Fat** 106

% Daily Value

Total Fat 12g 18%

Saturated Fat 3g 13%

Trans Fat 0g

Cholesterol 294mg 98%

Sodium 375mg 16%

Total Carbohydrates 14g 5%

Dietary Fiber 1g 5%

Protein 9g

Vitamin A 10% **Vitamin C** 3%

Calcium 5% **Iron** 9%

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

Nutrition Descriptors

Good Source of Vitamin A

Good Source of Protein