Salad, Egg, Indian
Hesston College

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