Salad, Egg, Mediterranean
Hesston College

**Author**

**Categories** Salad, misc

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

**Locations**

**Plate/Store**

**Yield** 12 oz  
**Portion** 3 oz  
**Num Portions** 4

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### Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 181</td>
</tr>
<tr>
<td>Calories From Fat 117</td>
</tr>
<tr>
<td>% Daily Value</td>
</tr>
</tbody>
</table>
| Total Fat 13g          | 19%  
| Saturated Fat 3g       | 13%  
| Trans Fat 0g           |  
| Cholesterol 294mg      | 98%  
| Sodium 391mg           | 16%  
| Total Carbohydrates 6g | 2%   
| Dietary Fiber 1g       | 3%   
| Protein 9g             |  

### Nutrition Descriptors

- Good Source of Vitamin A
- Good Source of Protein

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