

Date: 11/2/2012

Time: 9:56 AM



# Salad, Egg, Mediterranean

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** 181 **Calories From Fat** 117

% Daily Value

**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

**Vitamin A** 11% **Vitamin C** 2%

**Calcium** 6% **Iron** 8%

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

## Nutrition Descriptors

Good Source of Vitamin A

Good Source of Protein