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Time: 9:56 AM



Salad, Egg, Mexican

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 170 Calories From Fat 106

% Daily Value

Total Fat 12g 18%

Saturated Fat 3g 13%

Trans Fat 0g

Cholesterol 294mg 98%

Sodium 470mg 20%

Total Carbohydrates 7g 2%

Dietary Fiber 0g 2%

Protein 9g

Vitamin A 11% 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