

Date: 2/14/2013

Time: 12:07 PM



Salad, Macaroni

Hesston College

Author

Categories

Tools

Locations

Plate/Store

Yield 4 qt **Cook**
Portion 4 oz
Num Portions 32

Nutrition Facts

Serving Size 4 oz (113g)

Servings Per Container 32

Amount Per Serving

Calories 132 **Calories From Fat** 60

% Daily Value

Total Fat 7g 10%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 285mg 12%

Total Carbohydrates 16g 5%

Dietary Fiber 1g 4%

Protein 5g

Vitamin A 4% **Vitamin C** 17%

Calcium 1% **Iron** 5%

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

The following items are not included in the label data

Ingredient

Reason

No quantity specified