

Date: 2/14/2013

Time: 12:57 PM



# Salad, Pasta (Lois Mast's)

Hesston College

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

**Yield** 12 serving **Cook**

**Portion** 2 oz

**Num Portions** 12

## Nutrition Facts

Serving Size 2 oz (57g)

Servings Per Container 12

Amount Per Serving

**Calories 416** Calories From Fat 181

% Daily Value

**Total Fat** 20g 30%

Saturated Fat 2g 11%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 222mg 9%

**Total Carbohydrates** 55g 18%

Dietary Fiber 4g 19%

**Protein** 5g

Vitamin A 11% Vitamin C 37%

Calcium 3% Iron 9%

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

The following items are not included in the label data

**Ingredient**

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**Reason**

No quantity specified