

Date: 2/14/2013

Time: 12:46 PM



Salad, Seven Layer

Hesston College

Author

Categories Salad, vegetable

Tools Pan plastic full 2", Spoon solid

Locations

Plate/Store

Yield 1 pan Cook

Portion 3 oz

Num Portions 30

Nutrition Facts

Serving Size 3 oz (85g)

Servings Per Container 30

Amount Per Serving

Calories 264 Calories From Fat 193

% Daily Value

Total Fat 21g 32%

Saturated Fat 7g 29%

Trans Fat 0g

Cholesterol 77mg 26%

Sodium 369mg 15%

Total Carbohydrates 12g 4%

Dietary Fiber 1g 6%

Protein 6g

Vitamin A 10% Vitamin C 23%

Calcium 8% Iron 4%

* 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

No quantity specified