

Date: 1/13/2009
Time: 11:55 AM



Salad, Beef Fajita

Morrisville Auxiliary Corp
Mustang Alley

Author

Categories

Tools

Locations FOG

Plate/Store

Yield 1 ea

Portion 1 ea

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 1 ea

Servings Per Container 1

Amount Per Serving

Calories 1011 Calories From Fat 580

% Daily Value

Total Fat 64g 97%

Saturated Fat 22g 99%

Trans Fat 0g

Cholesterol 111mg 37%

Sodium 1928mg 80%

Total Carbohydrates 66g 22%

Dietary Fiber 10g 41%

Protein 52g

Vitamin A 46% Vitamin C 96%

Calcium 52% Iron 31%

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

Nutrition Descriptors

High in Vitamin A
High in Vitamin C
High in Calcium
High in Potassium
High in Iron
High in Carbohydrates
High in Fiber
High in Protein