

Date: 1/14/2009

Time: 1:38 PM



# Salad, Spinach

Morrisville Auxiliary Corp

Mustang Alley

**Author**

**Categories**

**Tools**

**Locations** FOG

**Plate/Store**

**Prep**

**Yield** 1 ea

**Cook**

**Portion** 1 ea

**Finish**

**Num Portions** 1

**Shelf**

<b>Nutrition Facts</b>	
Serving Size 1 ea	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 279 <b>Calories From Fat</b> 136	
% Daily Value	
<b>Total Fat</b> 15g	23%
Saturated Fat 5g	22%
Trans Fat 0g	
<b>Cholesterol</b> 220mg	73%
<b>Sodium</b> 447mg	19%
<b>Total Carbohydrates</b> 23g	8%
Dietary Fiber 8g	34%
<b>Protein</b> 17g	
Vitamin A 311%	Vitamin C 111%
Calcium 27%	Iron 46%
* Percent Daily Values are based on a 2000 calorie diet.	

The following items are not included in the label data

**Ingredient**

Container, 8x8 clear - large salad

**Reason**

No nutrition information