

Mystery Spread

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52378
School:	John Glenn High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GUACAMOLE CLSC	1 Each		558401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		120.00	
Fat		12.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		260.00mg	
Carbohydrates		2.00g	
Fiber		2.00g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	2.40mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available