

PECAN PIECES FOR SALAD



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43938
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PECAN PCS MED	1 Ounce		134830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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 Ounce

Amount Per Serving			
Calories		190.91	
Fat		20.00g	
SaturatedFat		1.82g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		3.64g	
Fiber		2.73g	
Sugar		0.91g	
Protein		2.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.09mg	Iron	0.69mg

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

Nutrition - Per 100g

Calories		673.41	
Fat		70.55g	
SaturatedFat		6.41g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		12.83g	
Fiber		9.62g	
Sugar		3.21g	
Protein		9.62g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	67.34mg	Iron	2.44mg

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