Salad, Spinach Side
Morrisville Auxiliary Corp
Mustang Alley

Categories
Tools
Locations
Plate

Yield 5 oz
Portion 5 oz
Num Portions 1

Nutrition Facts

Serving Size 5 oz (142g)
Servings Per Container 1

Amount Per Serving
Calories 100 Calories From Fat 50

% Daily Value
Total Fat 6g
Saturated Fat 2g
Trans Fat 0g
Cholesterol 245 mg
Sodium 90mg
Total Carbohydrate 2g
Dietary Fiber 1g
Sugars 1g
Protein 8g

Vitamin A 35% Vitamin C 10%
Calcium 6% Iron 10%

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

Nutrient Descriptors
Good Source of Protein
Good Source of Vitamin C
High in Vitamin A
Low Sodium

Ingredients
Large Eggs, Baby Spinach, Sliced Mushroom, Red Onions