

# Sabino's Egg Salad

Lancer Management

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

**Yield** 6 servings

**Portion** 5 oz

**Num Portions** 6

**Prep**

**Cook**

**Finish**

**Shelf**

## Nutrition Facts

Serving Size 5 oz (142g)

Servings Per Container 6

Amount Per Serving

**Calories** 244 Calories From Fat 164

% Daily Value

**Total Fat** 18g 27%

Saturated Fat 4g 19%

**Cholesterol** 428mg 143%

**Sodium** 362mg 15%

**Total Carbohydrates** 7g 2%

Dietary Fiber 0g 0%

**Protein** 13g

Vitamin A 14% Vitamin C 0%

Calcium 5% Iron 8%

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

## Nutrition Descriptors

High in Protein

Good Source of Vitamin A