

Date: 2/8/2013
Time: 7:52 AM



Soup, Cream of Asparagus

Hesston College

Author
Categories
Tools
Locations
Plate/Store

Yield 1 gal **Cook**
Portion 8 fl oz
Num Portions 16

Nutrition Facts	
Serving Size 8 fl oz	
Servings Per Container 16	
Amount Per Serving	
Calories 118 Calories From Fat 53	
% Daily Value	
Total Fat 6g	9%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 752mg	31%
Total Carbohydrates 13g	4%
Dietary Fiber 1g	4%
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 2%

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

Nutrition Descriptors
Low Cholesterol
Good Source of Calcium