

Date: 2/11/2013

Time: 12:05 PM



## Soup, Beef Noodle

Hesston College

### Author

**Categories** Beef, Soup / Stew

**Tools** Ladle 4 oz, Pan ST round soup

**Locations**

**Plate/Store**

**Yield** 2 gal **Cook**

**Portion** 8 fl oz

**Num Portions** 32

## Nutrition Facts

Serving Size 8 fl oz

Servings Per Container 32

Amount Per Serving

**Calories** 235 **Calories From Fat** 74

% Daily Value

**Total Fat** 8g 12%

**Saturated Fat** 3g 15%

**Trans Fat** 0g

**Cholesterol** 56mg 19%

**Sodium** 1991mg 83%

**Total Carbohydrates** 24g 8%

**Dietary Fiber** 1g 4%

**Protein** 15g

**Vitamin A** 0% **Vitamin C** 2%

**Calcium** 2% **Iron** 12%

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

### Nutrition Descriptors

High in Protein

Good Source of Iron