Date: 2/10/2013 Time: 10:41 AM

Chef Tec

Soup, Black Bean & Corn Hesston College

Author

Categories Soup / Stew

Tools

Locations

Plate/Store

Yield

3

gai

Cook

Portion 8

fl oz

Num Portions 48

Nutrition Facts

Serving Size 8 fl oz Servings Per Container 48

Amount	Per	Ser	ving

calorie diet.

Calories 248 Calo	ories From Fat 11		
	% Daily Value		
Total Fat 1g	2%		
Saturated Fat 0g	1%		
Trans Fat 0g	HAMILTONIA CONTROL CON		
Cholesterol 0mg	0%		
Sodium 1196mg	50%		
Total Carbohydrat	es 50g 17%		
Dietary Fiber 14g 63 ^s			
Protein 13g			
40200040404000004600	13.669 V X Z CA SEATAN SEO		
Vitamin A 4%	Vitamin C 9%		
Calcium 4%	Iron 17%		
* Percent Daily Values are based on a 2000			

Nutrition Descriptors

Low Fat
Low Saturated Fat
Cholesterol Free
High in Fiber
High in Protein
Good Source of Potassium
Good Source of Iron
Good Source of Carbohydrates