

Date: 2/8/2013
Time: 8:30 AM



Soup, Black Bean Santa Fe

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 150 Calories From Fat 14	
% Daily Value	
Total Fat 2g	2%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 963mg	40%
Total Carbohydrates 27g	9%
Dietary Fiber 8g	35%
Protein 8g	
Vitamin A 6%	Vitamin C 0%
Calcium 4%	Iron 10%

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

Nutrition Descriptors

Low Fat
Low Cholesterol
High in Fiber
Good Source of Iron
Good Source of Protein