

Date: 2/8/2013
Time: 10:13 AM



Soup, Borscht

Hesston College

Author

Categories Poultry, Soup / Stew

Tools Ladle 4 oz, Pan small round

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 140 **Calories From Fat** 66

% Daily Value

Total Fat 7g 11%

Saturated Fat 4g 18%

Trans Fat 0g

Cholesterol 27mg 9%

Sodium 240mg 10%

Total Carbohydrates 13g 4%

Dietary Fiber 2g 10%

Protein 6g

Vitamin A 57% **Vitamin C** 77%

Calcium 7% **Iron** 5%

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

Nutrition Descriptors

High in Vitamin A
High in Vitamin C
Good Source of Potassium
Good Source of Fiber
Good Source of Protein