

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



Soup, Broccoli

Hesston College

Author

Categories Soup / Stew, Vegetarian

Tools Ladle 4 oz, Pan ST round soup

Locations

Plate/Store

Yield 3 gal **Cook**
Portion 8 fl oz
Num Portions 48

Nutrition Facts	
Serving Size 8 fl oz	
Servings Per Container 48	
Amount Per Serving	
Calories 202 Calories From Fat 87	
% Daily Value	
Total Fat 10g	15%
Saturated Fat 6g	27%
Trans Fat 0g	
Cholesterol 9mg	3%
Sodium 761mg	32%
Total Carbohydrates 24g	8%
Dietary Fiber 3g	13%
Protein 7g	
Vitamin A 30%	Vitamin C 142%
Calcium 15%	Iron 8%

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

Nutrition Descriptors

- Low Cholesterol
- High in Vitamin A
- High in Vitamin C
- Good Source of Calcium
- Good Source of Potassium
- Good Source of Fiber
- Good Source of Protein