

Date: 2/11/2013

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Soup, Cajun Bean

Hesston College

Author

Categories Pork, Poultry, 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 498 Calories From Fat 283

% Daily Value

Total Fat 31g 47%

Saturated Fat 11g 51%

Trans Fat 0g

Cholesterol 62mg 21%

Sodium 573mg 24%

Total Carbohydrates 32g 11%

Dietary Fiber 10g 44%

Protein 22g

Vitamin A 2% Vitamin C 7%

Calcium 10% Iron 19%

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

Nutrition Descriptors

High in Potassium

High in Fiber

High in Protein

Good Source of Calcium

Good Source of Iron

Good Source of Carbohydrates