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Time: 10:28 AM



# Soup, Cheese

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

<b>Nutrition Facts</b>	
Serving Size 8 fl oz	
Servings Per Container 48	
Amount Per Serving	
<b>Calories 144</b> Calories From Fat 55	
% Daily Value	
<b>Total Fat</b> 6g	9%
Saturated Fat 4g	18%
Trans Fat 0g	
<b>Cholesterol</b> 23mg	8%
<b>Sodium</b> 727mg	30%
<b>Total Carbohydrates</b> 15g	5%
Dietary Fiber 3g	11%
<b>Protein</b> 6g	
Vitamin A 165%	Vitamin C 16%
Calcium 18%	Iron 3%

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

**Nutrition Descriptors**

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