Soup, Chicken & Dumplings
Hesston College

Yield 1 tub
Portion 8 fl oz
Num Portions 14.33

Nutrition Facts
Serving Size 8 fl oz
Servings Per Container about 14

Amount Per Serving
Calories 140  Calories From Fat 36
% Daily Value
Total Fat 4g  6%
Saturated Fat 1g  5%
Trans Fat 0g
Cholesterol 40mg  13%
Sodium 804mg  33%
Total Carbohydrates 20g  7%
Dietary Fiber 2g  9%
Protein 4g

Vitamin A 10%  Vitamin C 0%
Calcium 2%  Iron 4%

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

Nutrition Descriptors
Good Source of Vitamin A