

Date: 2/13/2013

Time: 3:02 PM



Soup, Chicken & Dumplings

Hesston College

Author

Categories

Tools

Locations

Plate/Store

Yield 1 tub **Cook**
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