

Date: 2/10/2013

Time: 6:46 PM



Soup, Chicken Peanut

Hesston College

Author

Categories Poultry, Soup / Stew

Tools

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 233 Calories From Fat 120	
% Daily Value	
Total Fat 13g	20%
Saturated Fat 3g	13%
Trans Fat 0g	
Cholesterol 64mg	21%
Sodium 638mg	27%
Total Carbohydrates 9g	3%
Dietary Fiber 2g	9%
Protein 21g	
Vitamin A 12%	Vitamin C 21%
Calcium 3%	Iron 9%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

High in Vitamin C
High in Protein
Good Source of Vitamin A
Good Source of Potassium