

Date: 2/10/2013

Time: 10:15 AM



# Soup, Chicken Thai Fire "N" Rice

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** 180 **Calories From Fat** 117

% Daily Value

**Total Fat** 13g 20%

**Saturated Fat** 5g 23%

**Trans Fat** 0g

**Cholesterol** 30mg 10%

**Sodium** 674mg 28%

**Total Carbohydrates** 15g 5%

**Dietary Fiber** 1g 4%

**Protein** 4g

**Vitamin A** 4% **Vitamin C** 0%

**Calcium** 2% **Iron** 2%

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