

Date: 2/8/2013
Time: 7:41 AM



Soup, Chili Vegetarian

Hesston College

Author
Categories
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 257	Calories From Fat 15
% Daily Value	
Total Fat 2g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrates 49g	16%
Dietary Fiber 15g	67%
Protein 15g	
Vitamin A 104%	Vitamin C 100%
Calcium 10%	Iron 29%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

Low Fat
Low Saturated Fat
Cholesterol Free
Healthy
High in Vitamin A
High in Vitamin C
High in Potassium
High in Iron
High in Fiber
High in Protein
Good Source of Calcium