

Date: 2/10/2013  
Time: 12:07 PM



## Soup, Chili (Sauce)

Hesston College

**Author**

**Categories** Beef, Soup / Stew

**Tools** Ladle 4 oz, Pan ST round soup

**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 312** Calories From Fat 139

% Daily Value

**Total Fat 15g** 23%

Saturated Fat 6g 27%

Trans Fat 0g

**Cholesterol 59mg** 20%

**Sodium 890mg** 37%

**Total Carbohydrates 22g** 7%

Dietary Fiber 6g 24%

**Protein 22g**

Vitamin A 33% Vitamin C 21%

Calcium 5% Iron 21%

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

### Nutrition Descriptors

High in Vitamin A  
High in Vitamin C  
High in Potassium  
High in Iron  
High in Fiber  
High in Protein