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Time: 12:05 PM



Soup, Corn Chowder Vegetarian

Hesston College

Author

Categories Soup / Stew, Vegetarian

Tools Ladle 4 oz, Pan ST round soup

Locations

Plate/Store

Yield 1 gal **Cook**

Portion 8 fl oz

Num Portions 16

Nutrition Facts

Serving Size 8 fl oz

Servings Per Container 16

Amount Per Serving

Calories 258 Calories From Fat 126

% Daily Value

Total Fat 14g 21%

Saturated Fat 4g 18%

Trans Fat 0g

Cholesterol 14mg 5%

Sodium 371mg 15%

Total Carbohydrates 29g 10%

Dietary Fiber 2g 10%

Protein 7g

Vitamin A 53% Vitamin C 22%

Calcium 14% Iron 5%

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

Nutrition Descriptors

Low Cholesterol

High in Vitamin A

High in Vitamin C

Good Source of Calcium

Good Source of Potassium

Good Source of Carbohydrates

Good Source of Fiber

Good Source of Protein