Soup, Corn Chowder
Hesston College

Author
Categories Pork, 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 345 Calories From Fat 184

% Daily Value
Total Fat 20g 31%
Saturated Fat 9g 40%
Trans Fat 0g
Cholesterol 24mg 8%
Sodium 753mg 31%
Total Carbohydrates 34g 11%
Dietary Fiber 2g 9%
Protein 7g

Vitamin A 41% Vitamin C 22%
Calcium 3% Iron 8%

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

Nutrition Descriptors
High in Vitamin A
High in Vitamin C
Good Source of Potassium
Good Source of Carbohydrates
Good Source of Protein