

Date: 2/10/2013
Time: 12:04 PM



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