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# Soup, Fire Roasted Vegetable

Hesston College

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

**Yield** 1 gal

**Cook**

**Portion** 1 cup

**Num Portions** 16

## Nutrition Facts

Serving Size 1 cup

Servings Per Container 16

Amount Per Serving

**Calories 60**    **Calories From Fat 18**

% Daily Value

**Total Fat 2g** 3%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 1123mg** 47%

**Total Carbohydrates 10g** 3%

Dietary Fiber 1g 4%

**Protein 2g**

Vitamin A 50%    Vitamin C 20%

Calcium 2%    Iron 4%

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

## Nutrition Descriptors

Low Fat

Low Saturated Fat

Cholesterol Free

High in Vitamin A

High in Vitamin C