

Date: 2/13/2013

Time: 2:47 PM



Soup, Mexican Chicken Tortilla

Hesston College

Author

Categories

Tools

Locations

Plate/Store

Yield 1 tub **Cook**
Portion 8 fl oz
Num Portions 14.33

Nutrition Facts

Serving Size 8 fl oz

Servings Per Container about 14

Amount Per Serving

Calories 130 Calories From Fat 18

% Daily Value

Total Fat 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 484mg 20%

Total Carbohydrates 20g 7%

Dietary Fiber 2g 9%

Protein 7g

Vitamin A 6% Vitamin C 2%

Calcium 2% Iron 2%

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

Nutrition Descriptors

Low Fat

Low Cholesterol

Good Source of Protein