

Date: 2/8/2013
Time: 9:52 AM



Soup, Poblano Roasted Pepper

Hesston College

Author
Categories
Tools
Locations
Plate/Store

Yield 1 bag **Cook**
Portion 8 fl oz
Num Portions 7.5

Nutrition Facts

Serving Size 8 fl oz
Servings Per Container about 8

Amount Per Serving

Calories 340 Calories From Fat 243

% Daily Value

Total Fat 27g 40%

Saturated Fat 17g 76%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 860mg 36%

Total Carbohydrates 75g 25%

Dietary Fiber 1g 4%

Protein 9g

Vitamin A 10% Vitamin C 10%

Calcium 15% Iron 2%

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

Nutrition Descriptors

High in Carbohydrates
Good Source of Vitamin A
Good Source of Vitamin C
Good Source of Calcium
Good Source of Protein