

Date: 2/8/2013
Time: 10:12 AM



Soup, Potato

Hesston College

Author

Categories Soup / Stew, Vegetarian

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 196 Calories From Fat 68	
% Daily Value	
Total Fat 8g	11%
Saturated Fat 5g	21%
Trans Fat 0g	
Cholesterol 9mg	3%
Sodium 622mg	26%
Total Carbohydrates 28g	9%
Dietary Fiber 1g	6%
Protein 5g	
Vitamin A 3%	Vitamin C 27%
Calcium 11%	Iron 6%

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

Nutrition Descriptors

Low Cholesterol
High in Vitamin C
Good Source of Calcium
Good Source of Potassium
Good Source of Protein