

Date: 2/8/2013
Time: 9:18 AM



Soup, Red Pepper Gouda

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 310 Calories From Fat 207

% Daily Value

Total Fat 23g 34%

Saturated Fat 8g 36%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 900mg 38%

Total Carbohydrates 18g 6%

Dietary Fiber 3g 13%

Protein 7g

Vitamin A 15% Vitamin C 6%

Calcium 15% Iron 6%

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

Nutrition Descriptors

Good Source of Vitamin A

Good Source of Calcium

Good Source of Fiber

Good Source of Protein