

Date: 2/8/2013
Time: 11:39 AM



Soup, Red Potato Cheese

Hesston College

Author
Categories
Tools
Locations
Plate/Store

Yield 1 tub **Cook**
Portion 8 fl oz
Num Portions 14.3

Nutrition Facts

Serving Size 8 fl oz
Servings Per Container about 14

Amount Per Serving

Calories 170 **Calories From Fat** 90

% Daily Value

Total Fat 10g 15%

Saturated Fat 6g 25%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 934mg 39%

Total Carbohydrates 16g 5%

Dietary Fiber 1g 4%

Protein 4g

Vitamin A 8% **Vitamin C** 0%

Calcium 10% **Iron** 2%

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

Nutrition Descriptors

Good Source of Calcium