

Date: 2/8/2013

Time: 9:39 AM



Soup, Tomato Basil

Hesston College

Author

Categories

Tools

Locations

Plate/Store

Yield 1 tub **Cook**
Portion 8 fl oz
Num Portions 14

Nutrition Facts

Serving Size 8 fl oz
Servings Per Container 14

Amount Per Serving

Calories 92 Calories From Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 495mg 21%

Total Carbohydrates 22g 7%

Dietary Fiber 1g 4%

Protein 2g

Vitamin A 10% Vitamin C 10%

Calcium 4% Iron 4%

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

Nutrition Descriptors

Fat Free
Low Saturated Fat
Cholesterol Free
Good Source of Vitamin A
Good Source of Vitamin C