

Date: 2/13/2013

Time: 3:16 PM



Soup, Tomato Ravioli

Hesston College

Author

Categories

Tools

Locations

Plate/Store

Yield 1 tub **Cook**
Portion 8 fl oz
Num Portions 14.33

Nutrition Facts

Serving Size 8 fl oz
Servings Per Container about 14

Amount Per Serving

Calories 110 Calories From Fat 18

% Daily Value

Total Fat 2g 3%

Saturated Fat 1g 2%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 924mg 39%

Total Carbohydrates 20g 7%

Dietary Fiber 2g 9%

Protein 4g

Vitamin A 10% Vitamin C 0%

Calcium 4% Iron 4%

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

Nutrition Descriptors

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