

Date: 2/11/2013

Time: 12:43 PM



Soup, Turkey Gumbo

Hesston College

Author

Categories Poultry, Soup / Stew

Tools Ladle 4 oz, Pan ST round soup

Locations

Plate/Store

Yield 2 gal Cook

Portion 8 fl oz

Num Portions 32

Nutrition Facts

Serving Size 8 fl oz

Servings Per Container 32

Amount Per Serving

Calories 109 Calories From Fat 17

% Daily Value

Total Fat 2g 3%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 11mg 4%

Sodium 1461mg 61%

Total Carbohydrates 16g 5%

Dietary Fiber 1g 4%

Protein 7g

Vitamin A 5% Vitamin C 31%

Calcium 2% Iron 3%

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

Nutrition Descriptors

Low Fat

Low Saturated Fat

Low Cholesterol

High in Vitamin C

Good Source of Potassium

Good Source of Protein