

Date: 2/10/2013

Time: 6:41 PM



Soup, Turkey Tortilla

Hesston College

Author

Categories Poultry, Soup / Stew

Tools Ladle 4 oz, Pan ST round soup

Locations

Plate/Store

Yield 3 gal **Cook**

Portion 8 fl oz

Num Portions 48

Nutrition Facts

Serving Size 8 fl oz

Servings Per Container 48

Amount Per Serving

Calories 81 **Calories From Fat 11**

% Daily Value

Total Fat 1g 2%

Saturated Fat 1g 3%

Trans Fat 0g

Cholesterol 14mg 5%

Sodium 951mg 40%

Total Carbohydrates 8g 3%

Dietary Fiber 1g 3%

Protein 10g

Vitamin A 3% Vitamin C 35%

Calcium 1% Iron 4%

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

Nutrition Descriptors

Low Fat

Low Saturated Fat

Low Cholesterol

High in Vitamin C

High in Protein