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Soup, White Chili

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 571 **Calories From Fat** 39

% Daily Value

Total Fat 4g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 29mg 10%

Sodium 676mg 28%

Total Carbohydrates 96g 32%

Dietary Fiber 31g 133%

Protein 40g

Vitamin A 3% **Vitamin C** 47%

Calcium 28% **Iron** 49%

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

Nutrition Descriptors

High in Vitamin C

High in Calcium

High in Potassium

High in Iron

High in Carbohydrates

High in Fiber

High in Protein