

Date: 2/14/2014

Time: 8:34 AM



Soup, Wild Rice with Chicken

Hesston College

Categories

Tools

Locations

Plate/Store

Yield 1 tub Cook
Portion 8 fl oz
Num Portions 14.75

| Nutrition Facts | |
|--|------------------------------|
| Serving Size | 8 fl oz |
| Servings Per Container | about 15 |
| Amount Per Serving | |
| Calories 210 | Calories From Fat 110 |
| % Daily Value | |
| Total Fat 12g | 18% |
| Saturated Fat 5g | 22% |
| Trans Fat 0g | |
| Cholesterol 30 mg | 10% |
| Sodium 670mg | 28% |
| Total Carbohydrate 19g | 6% |
| Dietary Fiber 2g | 9% |
| Protein 6g | |
| Vitamin A 2% | Vitamin C 10% |
| Calcium 8% | Iron 2% |
| * Percent Daily Values are based on a 2000 calorie diet. | |

Nutrient Descriptors

Good Source of Protein

Good Source of Vitamin C