

Date: 1/22/2024

Time: 4:35 PM



# soup, tomato basil, bowl

NAMA



**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

**Prep**

**Yield** 1 ea

**Cook**

**Portion** 1 ea

**Finish**

**Num Portions** 1

**Shelf**

## Nutrition Facts

Serving Size 1.00 ea

Servings Per Container 1

Amount Per Serving

**Calories 314** Calories From Fat 175

% Daily Value

**Total Fat 19g** 29%

Saturated Fat 4g 17%

Trans Fat 0g

**Cholesterol 10mg** 3%

**Sodium 868mg** 36%

**Total Carbohydrates 31g** 10%

Dietary Fiber 4g 19%

Sugars 3g

**Protein 7g**

Vitamin A 45% Vitamin C 86%

Calcium 12% Iron 12%

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

### Nutrition Descriptors

Low Cholesterol

High in Vitamin A

High in Vitamin C

High in Potassium

Good Source of Calcium

Good Source of Iron

Good Source of Carbohydrates

Good Source of Fiber

Good Source of Protein