

Date: 1/22/2024
Time: 4:35 PM



soup, tomato basil, cup
NAMA



Author
Categories
Tools
Locations
Plate/Store

Yield	1	ea	Prep
Portion	1	ea	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size 1.00 ea	
Servings Per Container 1	
Amount Per Serving	
Calories 190	Calories From Fat 104
% Daily Value	
Total Fat 12g	17%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 7mg	2%
Sodium 466mg	19%
Total Carbohydrates 19g	6%
Dietary Fiber 2g	10%
Sugars 2g	
Protein 4g	
Vitamin A 23%	Vitamin C 43%
Calcium 6%	Iron 6%

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

Nutrition Descriptors

Low Cholesterol
High in Vitamin A
High in Vitamin C
Good Source of Potassium
Good Source of Fiber