
Bowl Wild Rice Soup

Lancer Management

Categories

Tools

Locations

Plate

Yield	43	bowl	Prep
Portion	1	cup	Cook
Num Portions	43		Finish
			Shelf

Nutrition Facts

Serving Size 1 cup

Servings Per Container 43

Amount Per Serving

Calories 238 Calories From Fat 32

% Daily Value

Total Fat 4g 5%

Saturated Fat 1g 3%

Trans Fat 0g

Cholesterol 21mg 7%

Sodium 175mg 7%

Total Carbohydrates 35g 12%

Dietary Fiber 2g 10%

Protein 16g

Vitamin A 72% Vitamin C 6%

Calcium 18% Iron 9%

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

Nutrition Descriptors

Low Saturated Fat

High in Vitamin A

High in Protein

Good Source of Calcium

Good Source of Carbohydrates

Good Source of Fiber

Ingredients

water, nonfat milk, Skinless Boneless Chicken Breast, flour, wild rice, carrot, celery, yellow onion, chicken base low sodium, margarine, dried tarragon, garlic powder, ground white pepper

Contains: Milk, Soy