
Cup Wild Rice Soup

Lancer Management

Categories

Tools

Locations

Plate

Yield	64	cups	Prep
Portion	1	cup	Cook
Num Portions	64		Finish
			Shelf

Nutrition Facts

Serving Size 1 cup

Servings Per Container 64

Amount Per Serving

Calories 160 **Calories From Fat** 21

% Daily Value

Total Fat 2g 4%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 14mg 5%

Sodium 118mg 5%

Total Carbohydrates 23g 8%

Dietary Fiber 1g 7%

Protein 11g

Vitamin A 48% Vitamin C 4%

Calcium 12% Iron 6%

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

Nutrition Descriptors

Low Fat
Low Saturated Fat
Low Cholesterol
Low Sodium
Healthy
High in Vitamin A
High in Protein
Good Source of Calcium

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