
Cup Wild Rice Soup

Lancer Management

Categories

Tools

Locations

Plate

Yield 64 cups

Portion 1 cup

Num Portions 64

Prep

Cook

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