

Tomato Soup

Servings:	14.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50517
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	1 #5 CAN	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	488232
1 % White Milk	1 Quart 1 Pint 1 Cup (7 Cup)		

Preparation Instructions

EMPTY CONTENTS OF CAN INTO HEATING UTENSIL. GRADUALLY STIR IN 1 CAN MILK. HEAT SLOWLY,STIRRING OCCASIONALLY. DO NOT BOIL. SERVE @ 160-170*.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	141.30
Fat	2.26g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	455.64mg
Carbohydrates	23.76g
Fiber	1.01g
Sugar	15.64g
Protein	6.03g
Vitamin A 5.00IU	Vitamin C 1.00mg
Calcium 25.14mg	Iron 0.41mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available
