

Tomato Soup

Servings:	14.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31136
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	1 #5 CAN	N/A	488232
Tap Water for Recipes	1 #5 CAN		000001WTR

Preparation Instructions

STIR SOUP IN PAN. SLOWLY STIR IN 1 CAN WATER. HEAT TO SIMMER,STIRRING OCCASIONALLY.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.625
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	91.30		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	395.64mg		
Carbohydrates	18.26g		
Fiber	1.01g		
Sugar	10.14g		
Protein	2.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.14mg	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
