

TOMATO SOUP



Servings:	250.00	Category:	Vegetable
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9452
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon 1 Cup (65 Cup)	UNPREPARED	000001WTR
SOUP TOMATO	4 Gallon 1 Cup (65 Cup)	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	101427

Preparation Instructions

STOVE: STIR SOUP IN PAN. SLOWLY STIR IN 1 CAN OF WATER. HEAT TO SIMMER, STIRRING OCCASIONALLY. MICROWAVE: STIR SOUP IN MICRO- SAFE BOWL W/1 CAN WATER, COVER. HEAT ON HIGH FOR 3-4 MIN. STIR.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.198
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 8.00 Ounce

Amount Per Serving			
Calories		46.80	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		249.60mg	
Carbohydrates		10.40g	
Fiber		0.52g	
Sugar		6.24g	
Protein		1.04g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.40mg	Iron	0.31mg

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

Nutrition - Per 100g

Calories		20.64	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		110.05mg	
Carbohydrates		4.59g	
Fiber		0.23g	
Sugar		2.75g	
Protein		0.46g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.59mg	Iron	0.14mg

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