

# TOMATO SOUP

NO IMAGE

<b>Servings:</b>	250.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-9452
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.198
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 8.00 Ounce

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

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

## Nutrition - Per 100g

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

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