

# Tomato Soup

<b>Servings:</b>	26.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37304
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	4 #5 CAN	N/A	488232
1% Low Fat White Milk*	4 Carton		13871

## Preparation Instructions

Open tomato soup cans and put in a 6" pan. Add 4 cartons of white milk to each pan, stir well and cook in steamer for 40 minutes or until it reaches temperature. Hold in warmer until ready to serve.

Updated June 2025

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.625
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 26.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	167.69
<b>Fat</b>	2.08g
<b>Saturated Fat</b>	0.23g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.31mg
<b>Sodium</b>	678.45mg
<b>Carbohydrates</b>	32.15g
<b>Fiber</b>	1.69g
<b>Total Sugar</b>	18.62g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	4.62g
<b>Vitamin A</b> 21.54mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 61.54mg	<b>Iron</b> 0.69mg

### Nutrition - Per 100g

No 100g Conversion Available