

Recipe : Chicken Cheese Tortilla Soup Mix (1 serving = 55g mix)

Per Serving Nutritional Information

Calories (kcal):	230.7	% Calories from Fat:	29.4%
Total Fat (g):	7.7	% Calories from Carb.:	56.7%
Saturated Fat (g):	2.0	% Calories from Protein:	13.9%
Monounsaturated Fat (g):	2.8	% Refuse	0.0%
Polyunsaturated Fat (g):	0.6	Vitamin C (mg):	44
Cholesterol (mg):	12	Vitamin A (i.u.):	909
Carbohydrate (g):	33.2	Vitamin B6 (mg):	0.24
Dietary Fiber (g):	2.4	Vitamin B12 (mcg):	0
Protein (g):	8.1	Thiamin B1 (mg):	0.16
Sodium (mg):	1,435	Riboflavin B2 (mg):	0.25
Potassium (mg):	536	Folacin (mcg):	26.1
Calcium (mg):	214	Niacin (mg):	1.0
Iron (mg):	1.6	Caffeine (mg):	0.0
Zinc (mg):	0.9	Alcohol (g):	0.0

Daily Values

		% Daily Value 2000 Calorie Diet	% Daily Value 2500 Calorie Diet
Total Fat (g):	7.7	12%	10%
Saturated Fat (g):	2.0	10%	8%
Cholesterol (mg):	12	4%	4%
Sodium (mg):	1,435	60%	60%
Carbohydrate (g):	33.2	11%	9%
Dietary Fiber (g):	2.4	10%	8%
Protein (g):	8.1	16%	13%
Vitamin A: 18%	Vitamin C: 73%	Calcium: 21%	Iron: 8%