

Cauliflower Cheese Soup

Number of Servings: 1 (120ml per serving)

Ingredient	Comments
Cauliflower Cheese Soup	Contains: Milk, Wheat, Soy

Nutrition Facts	
Serving Size 1/2 Cup (120g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Cholesterol 10mg	3%
Sodium 890mg	37%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 3g	
Vitamin A 2%	• Vitamin C 10%
Calcium 10%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

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