

Chicken Orzo Soup

Number of Servings: 1 (176.32 g per serving)

Weight: 176.32 g

Ingredient	Comments
Ever-Rich Liquid Butter	Contains: Soybean
Onion, yellow, fresh, chpd	
Celery, fresh, diced	
Flour, all purpose, bleached, enrich	
Carrots, fresh, chpd	
Water, tap, municipal	
SNC Chicken Base	Contans: Soybean
Peppers, bell, red, sweet, fresh, chpd	
Pasta, orzo, enrich, dry, all brands	Contains: Wheat
Diced Chicken Meat	
Cream, half & half	

Nutrition Facts			
Serving Size 3/4 Cup (176g)			
Servings Per Container			
Amount Per Serving			
Calories 110	Calories from Fat 50		
% Daily Value*			
Total Fat 6g			9%
Saturated Fat 2g			10%
Cholesterol 10mg			3%
Sodium 890mg			37%
Total Carbohydrate 9g			3%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 5g			
Vitamin A 35%		Vitamin C 10%	
Calcium 2%		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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