

POTATO & CABBAGE SOUP

Nutrition Facts

16 Servings

Amount Per Serving: 2 cups

Calories	236.2
Total Fat	4.5 g
Saturated Fat	0.6 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	2.7 g
Cholesterol	0.0 mg
Sodium	892.3 mg
Potassium	946.7 mg
Total Carbohydrate	42.7 g
Dietary Fiber	10.1 g
Sugars	4.9 g
Protein	9.2 g

Vitamin A	67.3 %
Vitamin B-12	0.0 %
Vitamin B-6	26.3 %
Vitamin C	65.7 %
Vitamin D	0.0 %
Vitamin E	3.6 %
Calcium	10.9 %
Copper	16.8 %
Folate	25.1 %
Iron	20.0 %
Magnesium	17.4 %
Manganese	37.4 %
Niacin	8.8 %
Pantothenic Acid	6.0 %
Phosphorus	16.6 %
Riboflavin	8.0 %
Selenium	4.8 %
Thiamin	12.7 %
Zinc	9.0 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.