

Italian Garden Vegetable Soup

Category: Starters:Soups
Master Ref:

Portion: 6 ounces

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
42 kcal	8 gm	1 gm	1 gm	20 %	0 mg	224 mg	2 gm	31 mg

Step	Ingredients	75 Servings Amount	150 Servings Amount	300 Servings Amount
1	Margarine,Butter Blend,Print,Solids	1/4 cup	1/2 cup	1 cup
	Onions,Fresh,Diced	1.5 lb	3 lb	6 lb
	Garlic Cloves,Fresh,Peeled,Minced	3 clove	6 clove	12 clove
2	Tomatoes,Canned,Crushed,Incl Liquids	1 #10	2 #10	4 #10
	Water,Hot	1-1/4 gal	2-1/2 gal	5 gal
	Base,Vegetarian,Paste	1/2 lb	1 lb	2 lb
	Squash,Zucchini,Fresh,Sliced	1-1/4 lb	2 lb 8 oz	5 lb
	Carrots,Fresh,Sliced	2 lb	4 lb	8 lb
	Celery,Fresh,Stalk,Sliced	2 lb	4 lb	8 lb
	Oregano Leaves,Dried,Durkee	4-3/4 tsp	3 tbsp 1/2 tsp	1/3 cup 1 tbsp
	Basil Leaf,Whole,Dried Durkee	1-1/4 tsp	2-1/2 tsp	1 tbsp 2 tsp
	Pepper,Black,Ground,Durkee	3/4 tsp	1-1/2 tsp	1 tbsp
3	Cornstarch	2 oz	4 oz	8 oz
	Water	1-1/4 cup	2-1/2 cup	1 qt 1 cup

- 1 Sautee margarine, onions, and garlic.
- 2 Add ingredients listed in Step 2. Simmer 15 minutes.
- 3 Combine cornstarch and water. Add to soup.
- 4 Cook an additional 10 minutes, stirring occasionally.

Serving Temp: 180 degrees
Serving Pan: Soup Pot Insert
Serving Utensil: 4 oz. Ladle
Yield: Every 75 servings = 2 1/4 gallons

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Nutrition Facts

Serving Size 6 ounces (157g)

Servings Per Container 1

Amount Per Serving

Calories 42 **Calories from Fat** 9

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 224mg **9%**

Potassium 244mg **7%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **7%**

Sugars 2g

Protein 1g **2%**

Vitamin A 50% ● Vitamin C 12%

Calcium 3% ● Iron 4%

Thiamin 3% ● Riboflavin 3%

Niacin 4% ● Vitamin B6 6%

Folacin 4% ● Vitamn B12 0%

Phosphorus 3% ● Zinc 1%

*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**

Sat Fat Less than **20g** **25g**

Cholesterol Less than **300mg** **300mg**

Sodium Less than **2400mg** **2400mg**

Total Carbohydrate **300g** **375g**

Dietary Fiber **25g** **30g**

Calories per gram:

Fat 9 * **Carbohydrate** 4 * **Protein** 4