

Featured Recipe at

*The Nest*

in Louisville Hall

# Minestrone Soup



- Pour one serving of soup into microwave-safe bowl
- Add the pre-cooked diced chicken and place soup in microwave
- Microwave for 2 minutes and then top with parmesan cheese

1/2 can low sodium, light minestrone soup  
1/4 cup pre-cooked, diced chicken  
Shredded parmesan cheese

*The Nest* convenience store

located in Louisville Hall.

**basicpantry**

UofL Campus Health Services

UofL Dining Services  
by sodexo



# Minestrone Soup

## Nutrition Facts

Serving Size 1 parfait

Serving per Recipe 2

Amount per RECIPE

**Calories** 400

**Calories from Fat** 162

% Daily Value

**Total Fat** 18g

27%

Saturated Fat 12g

60%

**Cholesterol** 0mg

0%

**Sodium** 380mg

15%

**Total Carbohydrate** 66g

22%

Dietary Fiber 0g

0%

Sugars 36g

**Protein** 6g

12%

Est. Percent Calories From:

Fat

41%

Carbs

66%

Protein

6%

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

Note: Make sure you don't put too much cheese in the soup, it adds flavor but also fat

[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

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