

Cheesy Tortilla Soup

with Cheddar Buds®

Group: Soup

Number of Portions: 25

Size of Portions: 5oz.

INGREDIENTS

MEASURE

Cheddar Buds, Dry	32 oz.
Fat Free Milk	8 Cups
Hot Tap Water	8 Cups
Black Beans, Canned	4 Cups
Sweet Corn, Canned	4 Cups
Salsa, Low Sodium	4 Cups
Tortilla Chips/Corn Chips	12 1/2 Cups



PREPARATIONS

In a large pot, heat milk until hot. Add hot tap water and Cheddar Buds. Whisk to reconstitute.

Rinse and drain beans. Drain corn.

Add beans, corn and salsa to cheese sauce.

Heat and hold at proper temperature for serving.

Nutritional Information

Nutrients are based upon 1 Portion Size: 5 oz.

Calories	268 kcal	Cholesterol	18.06 mg	Protein	6.14 g	Calcium	130.34 mg	20.98% Calories from Total Fat
Total Fat	6.24 g	Sodium	1292.79 mg	Vitamin A	94.21 RE	Iron	1.48 mg	1.54% Calories from Saturated Fat
Saturated Fat	0.46 g	Carbohydrate	48.30 g	Vitamin A	420.13 IU	Water¹	163.30 g	0.00%* Calories from Trans Fat
Trans Fat¹	0.00 g	Dietary Fiber	2.99 g	Vitamin C	2.98 mg	Ash¹	0.77 g	72.22% Calories from Carbohydrates
								9.18% Calories from Protein

Allergens

Contains milk

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values



HACCP Process: #2 Same Day Service

3.27.15