

Hearty Vegetable Chicken Soup

Nutrition Facts		
Serving Size: 1/3 Cup (57g) Dry		
Servings Per Container: 24		
Amount Per Serving		
Calories 180	Calories from Fat 5	
	% Daily Value*	
Total Fat 0		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 590mg		25%
Total Carbohydrate 40g		13%
Dietary Fiber 6g		24%
Sugars 3g		
Protein 7g		
Vitamin A 70% • Vitamin C 6%		
Calcium 4% • Iron 15%		
*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	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram: Fat 9 • Carbs 4 • Protein 4		

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Whisk entire contents of pouch into 10 2/3 Cups boiling water.
3. Simmer on low heat for 20 minutes.

INGREDIENTS: White rice (long grain rice, ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), lentils, elbow macaroni (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), carrot dices, celery slices, chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), non-iodized salt, onions, sugar, natural flavoring, whey, turmeric, garlic powder, caramel color, dehydrated onion.

CONTAINS ALLERGEN: Milk, soy and wheat.

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