Augason Farms **Chicken Flavored Soup Mix**

Hearty Vegetable Chicken

Nutrition Facts

Serving Size: 1/3 Cup (58g) Dry
Servings Per Container: 21

Amount Per Serving	
Calories 200	**Calories from Fat 5**
	% Daily Value*
Total Fat 0	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 1100mg	**46%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 6g	**24%**
Sugars 5g	
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

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DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Bring 8 Cups of water to a boil.
3. Add 2 Cups soup mix and spices (about 2 Tablespoons from bouillon package).
4. Boil for 3 to 5 minutes, stirring occasionally.
5. Reduce heat to medium and continue cooking for 25 minutes or until vegetables are soft.

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, chicken soup base (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), celery slices, 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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