Souper Natural Tuscan White Bean Soup

06/22/2012

Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 3

Amount Per Serving

Calories 190	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12**%
Saturated Fat 1.5g	**8**%
Trans Fat 0g	
Cholesterol 10mg	**3**%
Sodium 580mg	**24**%
Total Carbohydrate 22g	**7**%
Dietary Fiber 5g	**20**%
Sugars 3g	
Protein 8g	

Vitamin A 30% • Vitamin C 4%

Calcium 10% • Iron 20%

*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
Saturated 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 • Carbohydrate 4 • Protein 4

INGREDIENTS: Water, White Beans, Yellow Onion, Carrots, Heavy Whipping Cream[Milk], Chicken Base (Roasted Chicken Meat, Salt, Chicken Fat, Dextrose, Sugar, Naural Flavoring, Chicken Broth, Turmeric), Canola Oil, Celery, Tomato Paste(Tomatoes), Lemon Juice, Garlic, Fresh Rosemary, Spices, Natural Smoke Flavor.

Protein: good source of protein
Dietary Fiber: high dietary fiber
Potassium: good source of potassium
Vitamin A - IU: high vitamin A
Copper: good source of copper
Magnesium: good source of magnesium