

Souper Natural Caribbean Stew Soup

07/06/2012

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 1 cup (227g) | |
| Servings Per Container 3 | |
| Amount Per Serving | |
| Calories 160 | Calories from Fat 70 |
| % Daily Value* | |
| Total Fat 8g | 12% |
| Saturated Fat 4.5g | 23% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 600mg | 25% |
| Total Carbohydrate 20g | 7% |
| Dietary Fiber 4g | 16% |
| Sugars 4g | |
| Protein 5g | |
| Vitamin A 100% • Vitamin C 10% | |
| Calcium 6% • Iron 10% | |
| *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, Tomatoes(Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Coconut Milk(Coconut Extract, Water, Citric Acid[as antioxidant], Sodium Metabisulphate[as preservative]), Yams, Red Kidney Beans, Yellow Onion, Carrots, Vegetable Base (Vegetables(Tomato, Carrot, Onion), Sea Salt, Dextrose, Organic Evaporated Cane Juice, Canola Oil, Natural Flavoring, Potato Flour), Canola Oil, Green Onion, Garlic, Spices.

Contains: Coconut.

Potassium: good source of potassium
 Vitamin A - IU: high vitamin A
 Vitamin C: good source of vitamin C
 Folate: good source of folate
 Iron: good source of iron