

Souper Natural Red Bean Soup

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INGREDIENTS: Water, Red Beans, Yellow Onion, Green Bell Pepper, Celery, Vegetable Base(Vegetables(Tomato, Carrot, Onion), Sea Salt, Dextrose, Organic Evaporated Cane Juice, Canola Oil, Natural Flavoring, Potato Flour), Canola Oil, Garlic, Jalapeno Pepper, Natural Smoke Flavor, Spices.

| <b>Nutrition Facts</b>   |                              |
|--|------------------------------|
| Serving Size 1 cup (227g)  |                              |
| Servings Per Container 3   |                              |
| <b>Amount Per Serving</b>  |                              |
| <b>Calories 40</b>   | <b>Calories from Fat 25</b>  |
| % Daily Value*   |                              |
| <b>Total Fat 2.5g</b>  | <b>4%</b>                    |
| Saturated Fat 0g   | <b>0%</b>                    |
| Trans Fat 0g   |                              |
| <b>Cholesterol 0mg</b>   | <b>0%</b>                    |
| <b>Sodium 460mg</b>  | <b>19%</b>                   |
| <b>Total Carbohydrate 21g</b>  | <b>7%</b>                    |
| Dietary Fiber 5g   | <b>20%</b>                   |
| Sugars 3g  |                              |
| <b>Protein 6g</b>  |                              |
| Vitamin A 8%   | • Vitamin C 15%              |
| Calcium 4%   | • 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   |                              |

Calories: low calorie  
 Fat: low fat  
 Saturated Fat: saturated fat free  
 Cholesterol: cholesterol free  
 Protein: good source of protein  
 Dietary Fiber: good source of dietary fiber  
 Vitamin C: good source of vitamin C  
 Iron: good source of iron