

# Souper Natural Carrot Ginger Soup

07/06/2012

## Nutrition Facts

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

Amount Per Serving

**Calories 120**      **Calories from Fat 70**

% Daily Value\*

**Total Fat 7g**      **11%**

Saturated Fat 2.5g      **13%**

Trans Fat 0g

**Cholesterol 10mg**      **3%**

**Sodium 550mg**      **23%**

**Total Carbohydrate 12g**      **4%**

Dietary Fiber 2g      **8%**

Sugars 7g

**Protein 1g**

Vitamin A 260%    •    Vitamin C 10%

Calcium 4%      •      Iron 2%

\*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, Carrots, Yellow Onion, Cream, Vegetable Base (Vegetables(Tomato, Carrot, Onion), Sea Salt, Dextrose, Organic Evaporated Cane Juice, Canola Oil, Natural Flavoring, Potato Flour), Canola Oil, Ginger Root, Garlic, Spices.

Contains: Milk.

Vitamin A - IU: high vitamin A  
Vitamin C: good source of vitamin C