

Souper Natural Green Chile and Corn Chowder

07/06/2012

Nutrition Facts	
Serving Size 1 cup (227g)	
Servings Per Container 3	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 690mg	29%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2g	
Vitamin A 15% • Vitamin C 20%	
Calcium 4% • Iron 4%	
*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, Sweet White Corn, Potatoes, Poblano Peppers (Poblano Peppers, Water, Salt, Citric Acid), Crushed Tomatillo(Tomatillos, Citric Acid), Yellow Onion, Chili Peppers(Green Chilli's, Water, Salt, Citric Acid, Trace of Calcium Chloride), Vegetable Base (Vegetables(Tomato, Carrot, Onion), Sea Salt, Dextrose, Organic Evaporated Cane Juice, Canola Oil, Natural Flavoring, Potato Flour)., Canola Oil, Tomato Paste, Cilantro , Garlic, Chili Powder, Spices.

Saturated Fat: saturated fat free
Cholesterol: cholesterol free