

Souper Natural Italian Wedding Soup

07/06/2012

Nutrition Facts	
Serving Size 1 cup (227g)	
Servings Per Container 3	
Amount Per Serving	
Calories 220	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 690mg	29%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 9g	
Vitamin A 50% • Vitamin C 10%	
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	

INGREDIENTS: Water, Pork, Yellow Onion, Spinach, Carrots, Pasta(Semolina, Durum Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola Oil, Chicken Base (Roasted Chicken Meat, Salt, Chicken Fat, Dextrose, Sugar, Natural Flavoring, Chicken Broth, Turmeric), Garlic, Spices

Contains Wheat.

Protein: good source of protein
 Vitamin A - IU: high vitamin A
 Vitamin B6: good source of vitamin B6