

Souper Natural Roasted Artichoke Soup

07/06/2012

<b>Nutrition Facts</b>			
Serving Size 1 cup (227g)			
Servings Per Container 3			
<b>Amount Per Serving</b>			
<b>Calories</b> 150	Calories from Fat 80		
% Daily Value*			
<b>Total Fat</b> 9g	<b>14%</b>		
Saturated Fat 3g	<b>15%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 15mg	<b>5%</b>		
<b>Sodium</b> 800mg	<b>33%</b>		
<b>Total Carbohydrate</b> 16g	<b>5%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars 3g			
<b>Protein</b> 2g			
Vitamin A 15% • Vitamin C 15%			
Calcium 6% • 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, Potatoes, Garlic, Cream, Vegetable Base (Vegetables(Tomato, Carrot, Onion), Sea Salt, Dextrose, Organic Evaporated Cane Juice, Canola Oil, Natural Flavoring, Potato Flour), Yellow Onion, Canola Oil, Artichoke Hearts(Artichoke Heart Quarters, Water, Salt, Citric Acid, Ascorbic Acid), Spice.

Contains: Milk.

Vitamin C: good source of vitamin C  
 Vitamin B6: good source of vitamin B6