Souper Natural Roasted Asparagus Soup

Nutrition Facts

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

Amount Per Serving

Calories 150	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14**%
Saturated Fat 3g	**15**%
Trans Fat 0g	
Cholesterol 15mg	**5**%
Sodium 800mg	**33**%
Total Carbohydrate 16g	**5**%
Dietary Fiber 2g	**8**%
Sugars 3g	
Protein 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, Asparagus, 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, Spice.

Contains: Milk.

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