

06/22/2012

Nutrition Facts

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

Amount Per Serving

Calories 130 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 480mg **20%**

Total Carbohydrate 19g **6%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 5g

Vitamin A 35% • Vitamin C 20%

Calcium 8% • 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, Potatoes, Garbanzo Beans(Garbanzo Beans, Water, Salt, Calcium Chloride), Zucchini Squash, White Beans, Tomatoes(Tomato Juice, Salt, Calcium Chloride, Citric Adic), Yellow Onion, Carrots, Celery, Vegetable Base (Vegetables(Tomato, Carrot, Onion), Sea Salt, Dextrose, Organic Evaporated Cane Juice, Canola Oil, Natural Flavoring, Potato Flour), Canola Oil, Tomato Paste(Tomatoes), Garlic, Spices.

Saturated Fat: saturated fat free
Cholesterol: cholesterol free
Potassium: good source of potassium
Vitamin A - IU: high vitamin A
Folate: good source of folate
Iron: good source of iron