Souper Natural Yellow Split Pea Soup

06/22/2012

Nutrition Facts

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

Amount Per Serving

Calories 160	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 440mg	**18**%
Total Carbohydrate 26g	**9**%
Dietary Fiber 10g	**40**%
Sugars 3g	
Protein 7g	

Vitamin A 20% • Vitamin C 6%

Calcium 2% • Iron 6%

*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, Yellow Split Peas, Potatoes, Yellow Onion, Vegetable Base (Vegetables(Tomato, Carrot, Onion), Sea Salt, Dextrose, Organic Evaporated Cane Juice, Canola Oil, Natural Flavoring, Potato Flour), Carrots, Celery, Canola Oil, Garlic, Spices.

Fat: low fat
Saturated Fat: saturated fat free
Cholesterol: cholesterol free
Protein: good source of protein
Dietary Fiber: high dietary fiber
Vitamin A - IU: high vitamin A