

Souper Natural Potato Cheddar Soup

06/22/2012

Nutrition Facts	
Serving Size 1 cup (227g)	
Servings Per Container 3	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 420mg	18%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 4g	
Vitamin A 8%	• Vitamin C 10%
Calcium 8%	• Iron 2%
*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, Cheddar Cheese(Cultured Pasteurized Cultured Milk, Salt, Enzymes, Annatto Color, Potato Starch, Powdered Cellulose added to prevent caking, Natamycin[Natural Mold Inhibitor]), Heavy Whipping Cream(Ultrapasteurized Heavy Cream[Milk]), Yellow Onion, Vegetable Base (Vegetables(Tomato, Carrot, Onion), Sea Salt, Dextrose, Organic Evaporated Cane Juice, Canola Oil, Natural Flavoring, Potato Flour), Canola Oil, Garlic, Spices.

Contains Milk.

Vitamin B6: good source of vitamin B6