

Souper Natural Caramelized Onion Soup

07/06/2012

Nutrition Facts	
Serving Size 1 cup (227g) Servings Per Container 3	
Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 720mg	30%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A 4%	• Vitamin C 15%
Calcium 4%	• 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, Yellow Onion, Cream, Sherry Cooking Wine (Sherry Wine, Salt, Potassium Metabisulfite, Potassium Sorbate), Canola Oil, Organic Beef Base (Roasted Beef and Natural Juices, Maltodextrin, Salt, Cane Sugar, Beef Stock, Beef Fat, Yeast Extract, Potato Starch, Celery Concentrate, Dried Garlic, Dried Onion, Caramel Color, Natural Flavor), Wheat Flour, Chicken Base (Roasted Chicken Meat, Salt, Chicken Fat, Dextrose, Sugar, Natural Flavoring, Chicken Broth, Turmeric), Garlic, Parsley, Spices.

Vitamin C: good source of vitamin C

Contains Milk, Wheat.