

Souper Natural Pineapple Gazpacho

07/06/2012

<b>Nutrition Facts</b>	
Serving Size 1 cup (200g)	
Servings Per Container 3	
<b>Amount Per Serving</b>	
<b>Calories</b> 150	Calories from Fat 60
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 20g	
<b>Protein</b> 1g	
Vitamin A 4%	• Vitamin C 25%
Calcium 4%	• Iron 8%
*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:** Pineapple(Pineapple, Clarified Pineapple Juice), Coconut Milk(Coconut Extract, Water, Citric Acid[as antioxidant], Sodium Metabisulfate[as preservative], Cucumber, Lime Juice, Jalapeno Pepper, Cilantro Leaves, Green Onion, Kosher Salt.

Contains Coconut Milk.

Sodium: low sodium  
 Vitamin C: high vitamin C  
 Copper: good source of copper