Nutrition Facts

Serving Size 1/4 package (27g)
Servings Per Container 4

Amount Per Serving

Calories 110	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 900mg	38%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	

Vitamin A 0% • Vitamin C 2%

Calcium 4% • 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

Chicken Wild Rice Soup Mix

Combine 4 1/2 cups water with soup mix. Bring to boil and simmer for 15 minutes or more. You can also add 1/2 lb. cooked, diced chicken breast for a main course meal! ENJOY!

Contains Milk, Soy.

Ingredients:

CORN STARCH, CREAMER [SUNFLOWER OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE (MILK), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, TRICALCIUM PHOSPHATE, SOY LECITHIN], ENRICHED WHITE RICE (LONG GRAIN RICE, FERRIC ORTHOPHOSPHATE, NIACIN, THIAMIN MONO NITRATE, FOLIC ACID), PRECOOKED WILD RICE, MODIFIED FOOD STARCH, SALT, COOKED CHICKEN, HYDROLYZED CORN PROTEIN, CHICKEN FAT, SUGAR, LESS THAN 2% OF ONION POWDER, DEHYDRATED VEGETABLES (CARROT, ONION, CELERY, RED BELL PEPPER), NATURAL FLAVORS, SPICES, HYDROLYZED SOY PROTEIN, OLEORESIN TURMERIC, DISODIUM INOSINATE AND DISODIUM GUANYLATE.

Nutrition Facts

Serving Size 1/4 Package (27g)
Servings Per Container 4

Amount Per Serving

Calories 110	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 780mg	33%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	

Vitamin A 6% • Vitamin C 40%

Calcium 6% • 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

Southwestern Tortilla Soup Mix

Combine 4 1/2 cups water with soup mix. Bring to boil and simmer for 15 minutes or more. You can also add one or more of the following for a tasty variation: cooked, diced chicken breast, black beans or diced tomatoes.

Contains Milk, Soy, Wheat

Ingredients:

CREAMER [SUNFLOWER OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, TRICALCIUM PHOSPHATE, SOY LECITHIN], TORTILLA CHIPS [STONE GROUND CORN (TRACE OF LIME), PARTIALLY HYDROGENATED SOYBEAN OIL, SALT], CORN STARCH, PRECOOKED BLACK BEANS, CHEESE POWDER [CHEDDAR CHEESE (MILK, SALT, CHEESE CULTURES, ENZYMES), WHEY, BUTTERMILK, SALT, DISODIUM PHOSPHATE], ENRICHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEHYDRATED RED & GREEN BELL PEPPER, SPICES, YEAST EXTRACT, TOMATO POWDER, ONION POWDER, GARLIC POWDER, LESS THAN 2% OF TOMATO FLAKES, JALAPENO PEPPER POWDER, GREEN BELL PEPPER POWDER, CHICKEN FAT, NATURAL FLAVORS, DISODIUM INOSINATE, DISODIUM GUANYLATE, SUGAR, DEHYDRATED CORN, OLEORESIN PAPRIKA, SILICON DIOXIDE (ANTI-CAKING).