



FLAVORS • SEASONINGS • TECHNOLOGY

8/11/2009

12007308 Chicken Broccoli Soup Mix Mama Lisa

<b>Nutrition Facts</b>	
Serving Size 1/5 package (25g) makes about 1 cup prepared Servings Per Container 5	
<b>Amount Per Serving</b>	
<b>Calories</b> 100	Calories from Fat 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 1g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 880mg	<b>37%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 2g	
Vitamin A 0%	• Vitamin C 45%
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

NET WT 4.4 oz (124g)

