



"More Than Just Dough"
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BROCCOLI CHEESE SOUP

INGREDIENTS: WATER, BROCCOLI, WHOLE MILK, AMERICAN CHEESE (CULTURED MILK, SKIM MILK, WATER CREAM, SODIUM CITRATE, SORBIC ACID (PRESERVATIVE), SODIUM PHOSPHATE, ARTIFICIAL COLOR - IF COLORED, ACETIC ACID, ENZYMES, LECITHIN), BLEACHED ENRICHED WHEAT FLOUR (MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM, SALT) CHICKEN BASE [COOKED CHICKEN (CHICKEN, CHICKEN STOCK, CHICKEN FAT), SALT, HYDROLYZED CORN PROTEIN, SUGAR, CORN SYRUP SOLIDS, CARROT POWDER, AUTOLYZED YEAST EXTRACT, MODIFIED CORN STARCH, ONION POWDER, NATURAL CHICKEN FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, TURMERIC, FLAVORING], SHARP CHEDDAR CHEESE [MILK, CHEESE CULTURE, SALT ENZYMES, CALCIUM CHLORIDE, (WATER, WHEY SOLIDS, CREAM, CHEESE COLOR)], MODIFIED FOOD STARCH, SALT SPICES.

THIS PRODUCT CONTAINS: WHEAT, MILK.

PRODUCT HANDLING:

STOVE TOP: REMOVE THAWED SOUP FROM PACKAGE INTO COVERED POT. STIR FREQUENTLY ON LOW HEAT.

BOIL-IN-BAG: FROM FROZEN: 25-30 MINUTES; FROM THAWED: 10-15 MINUTES.

IN EACH APPLICATION ABOVE, THE DESIRED FINAL TEMPERATURE IS 170°-180°F. DO NOT BOIL. HEATING TIMES ARE APPROXIMATE.

KEEP FROZEN

NET WT 48 OZ
(3 LB) (1.36kg)

Nutrition Facts

Serving Size 1 cup (227g)
 Servings per Container 6

Amount Per Serving

Calories 150 Calories from Fat 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 6g 29%

Trans Fat 0g

Cholesterol 30mg 9%

Sodium 1010mg 42%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 7%

Sugars 4g

Protein 6g

Vitamin A 30% • Vitamin C 45%

Calcium 10% • 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
Sat 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

**MFD FOR THE CHIP SHOPPE BY:
 AT LAST! GOURMET FOODS, INC.
 MINNEAPOLIS, MN 55404**



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