

# Nutrition Facts

Serving Size  
Serving Per Container

**Chicken Flavored  
Vegetable Soup**  
306-0.5

20g (0.7 oz)  
75

**Chicken Flavored  
Lentil Soup**  
406-0.5

20g (0.7 oz)  
75

**Beef Flavored  
Vegetable Soup**  
305-0.5

20g (0.7 oz)  
75

**Beef Flavored  
Lentil Soup**  
405-0.5

20g (0.7 oz)  
75

Amount Per Serving

**Calories**

Calories from Fat

**Total Fat**

Saturated Fat

Trans Fat

**Cholesterol**

**Sodium**

**Total Carbohydrate**

Dietary Fiber

Sugars

**Protein**

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

**% Daily Value\***

0g 0%

0g 0%

0g 0%

0mg 0%

110mg 5%

15g 5%

1g 5%

1g 5%

3g 5%

Vitamin A 25%

Vitamin C 2%

Calcium 2%

Iron 4%

**% Daily Value\***

0g 0%

0g 0%

0g 0%

0mg 0%

105mg 4%

13g 4%

2g 10%

1g 10%

4g 10%

Vitamin A 15%

Vitamin C 2%

Calcium 2%

Iron 8%

**% Daily Value\***

0g 0%

0g 0%

0g 0%

0mg 0%

105mg 4%

15g 5%

1g 5%

1g 5%

3g 5%

Vitamin A 25%

Vitamin C 2%

Calcium 2%

Iron 4%

**% Daily Value\***

0g 0%

0g 0%

0g 0%

0mg 0%

100mg 4%

13g 4%

2g 10%

1g 10%

4g 10%

Vitamin A 15%

Vitamin C 2%

Calcium 2%

Iron 8%

**Product code: 234m**

**Chicken Flavored Lentil Soup**

**Ingredients:** Lentil, rice, textured vegetable protein (soy flour, caramel color, zinc oxide, ferrous sulfate, niacinamide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin A palmitate, vitamin B12), potato, onion, chicken imitation seasoning blend (salt, maltodextrin, potassium chloride, cornstarch, sugar, monosodium glutamate, sugar, garlic and onion powder, partially hydrogenated vegetable oil (cottonseed, soybean), hydrolyzed soy protein, autolyzed yeast extract, parsley, turmeric, disodium inosinate and disodium guanylate, oleoresin turmeric, spice extractive), carrot. **CONTAINS SOY.**

**Beef Flavored Lentil Soup**

**Ingredients:** Lentil, rice, textured vegetable protein (soy flour, caramel color, zinc oxide, ferrous sulfate, niacinamide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin A palmitate, vitamin B12), potato, onion, beef imitation seasoning blend (salt, maltodextrin, potassium chloride, cornstarch, sugar, monosodium glutamate, partially hydrogenated vegetable oil (cottonseed, soybean), hydrolyzed soy protein, autolyzed yeast extract, caramel color, onion powder, parsley, spice, disodium inosinate and disodium guanylate), carrot. **CONTAINS SOY.**

**Chicken Flavored Vegetable Soup**

**Ingredients:** Potato, rice, textured vegetable protein (soy flour, caramel color, zinc oxide, ferrous sulfate, niacinamide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin A palmitate, vitamin B12), carrot, chicken imitation seasoning blend (salt, maltodextrin, potassium chloride, cornstarch, sugar, monosodium glutamate, sugar, garlic and onion powder, partially hydrogenated vegetable oil (cottonseed, soybean), hydrolyzed soy protein, autolyzed yeast extract, parsley, turmeric, disodium inosinate and disodium guanylate, oleoresin turmeric, spice extractive), onion. **CONTAINS SOY.**

**Beef Flavored Vegetable Soup**

**Ingredients:** Potato, rice, textured vegetable protein (soy flour, caramel color, zinc oxide, ferrous sulfate, niacinamide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin A palmitate, vitamin B12), carrot, beef imitation seasoning blend (salt, maltodextrin, potassium chloride, cornstarch, sugar, monosodium glutamate, partially hydrogenated vegetable oil (cottonseed, soybean), hydrolyzed soy protein, autolyzed yeast extract, caramel color, onion powder, parsley, spice, disodium inosinate and disodium guanylate), onion. **CONTAINS SOY.**