

Hearty Tortilla Soup

Nutrition Facts

Serving Size: 1/4 Pouch (45g)

Servings Per Container 4

Amount Per Serving

Calories 150 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 980mg **40%**

Total Carbohydrate 33g **11%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 4g

Vitamin A 20% • Vitamin C 6%

Calcium 2% • 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Precooked Long Grain Rice, Maltodextrin, Dried Black Beans, White Corn Masa (Ground White Corn Masa Flour, Sorbic Acid, Carboxymethyl Cellulose, Calcium Propionate, Fumaric Acid, Guar Gum, Enzymes, Trace of Lime), Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Ribofavin, Enzyme, Folic Acid), Salt, Tomato Powder, Food Starch - Modified, Black Bean Flour, Spices, Freeze-Dried Corn, Guar Gum, Paprika (color), Caramel Color, Natural Mesquite Smoke Flavoring, Citric Acid, Natural Flavors.

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 181g (6.4 OZ)