

Nutritional Information

Arizona Sunset Enchilada Soup Mix:

Nutrition Facts				
<small>about 8 servings per container</small>				
Serving size		about 3 tbsp dry mix (21g)		
Calories	3 tbsp mix	1 cup prepared		
	70	170		
	<small>% Daily Value*</small>		<small>% Daily Value*</small>	
Total Fat	0.5g	1%	5g	6%
Saturated Fat	0g	0%	2.5g	13%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	35mg	12%
Sodium	10mg	0%	1000mg	43%
Total Carbohydrate	15g	5%	17g	6%
Dietary Fiber	4g	14%	4g	14%
Total Sugars	3g		4g	
Added Sugars	0g	0%	0g	0%
Protein	3g		16g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	33mg	2%	123mg	10%
Iron	1mg	6%	2mg	10%
Potassium	239mg	6%	451mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Navy Bean, Bell Pepper, Cornmeal, Sweet Potato, Onion, Corn, Ancho Chili, Paprika, Cumin, Garlic, Oregano, Coriander.

No salt added. (This is not a sodium-free food.)

Net wt 5.75 oz

Cali Coastline Creamy Cauliflower Soup Mix:

Nutrition Facts				
<small>about 7 servings per container</small>				
Serving size		about 1/4 cup dry mix (17g)		
Calories	1/4 cup dry mix	1 cup prepared		
	60	250		
	<small>% Daily Value*</small>		<small>% Daily Value*</small>	
Total Fat	0g	0%	19g	24%
Saturated Fat	0g	0%	12g	60%
Trans Fat	0g		0.5g	
Cholesterol	0mg	0%	55mg	18%
Sodium	35mg	2%	530mg	23%
Total Carbohydrate	12g	4%	18g	7%
Dietary Fiber	3g	11%	4g	14%
Total Sugars	4g		7g	
Added Sugars	0g	0%	0g	0%
Protein	3g		5g	
Vitamin D	0mcg	0%	1mcg	6%
Calcium	50mg	4%	94mg	8%
Iron	5mg	30%	5mg	30%
Potassium	287mg	6%	547mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Navy Bean, Carrot, Onion, Celery, Fennel, Cauliflower, Garlic, Scallion, Ground Peppercorn Blend (Black, Green and White Peppercorn), Allspice.

No salt added. (This is not a sodium-free food.)

Net wt 4 oz

Chicago Bistro French Onion Soup Mix:

Nutrition Facts			
about 8 servings per container			
Serving size	about 3 tbsp dry mix (17g)		
	3 tbsp mix	1 cup prepared	
Calories	60	140	
	% Daily Value*		% Daily Value*
Total Fat	0g	0%	5g 6%
Saturated Fat	0g	0%	3g 15%
Trans Fat	0g		0g
Cholesterol	0mg	0%	10mg 3%
Sodium	10mg	0%	750mg 33%
Total Carbohydrate	13g	5%	19g 7%
Dietary Fiber	2g	7%	2g 7%
Total Sugars	3g		7g
Added Sugars	0g	0%	0g 0%
Protein	3g		5g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	34mg	2%	61mg 4%
Iron	4mg	20%	4mg 20%
Potassium	183mg	4%	386mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Onion, Black Lentil, Carrot, Leek, Peppercorn (Black, Green, White), Allspice, Oregano, Nutmeg.

No salt added. (This is not a sodium-free food.)

Net wt 4.75 oz

Connecticut Cottage Noodle Soup Mix:

Nutrition Facts			
about 8 servings per container			
Serving size	about 2 1/3 tbsp dry mix (15g)		
	2 1/3 tbsp mix	1 cup prepared	
Calories	50	130	
	% Daily Value*		% Daily Value*
Total Fat	0g	0%	2g 3%
Saturated Fat	0g	0%	0g 0%
Trans Fat	0g		0g
Cholesterol	0mg	0%	40mg 13%
Sodium	15mg	1%	780mg 34%
Total Carbohydrate	12g	4%	12g 4%
Dietary Fiber	1g	4%	1g 4%
Total Sugars	2g		2g
Added Sugars	0g	0%	0g 0%
Protein	1g		16g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	16mg	2%	31mg 2%
Iron	2mg	10%	3mg 15%
Potassium	119mg	2%	287mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Corn Pasta, Carrot, Onion, Corn, Green Pea, Celery, Shallot, Scallion, Garlic, Dill, Savory.

No salt added. (This is not a sodium-free food.)

Net wt 4.25 oz

Florida Sunshine Red Pepper Corn Chowder Mix:

Nutrition Facts			
about 5 servings per container			
Serving size	about 5 1/2 tbsp dry mix (30g)		
Calories	5 1/2 tbsp mix		1 cup prepared
	110		270
	% Daily Value*		% Daily Value*
Total Fat	0.5g	1%	18g 23%
Saturated Fat	0g	0%	11g 55%
Trans Fat	0g		0.5g
Cholesterol	0mg	0%	50mg 17%
Sodium	25mg	1%	840mg 37%
Total Carbohydrate	24g	9%	25g 9%
Dietary Fiber	2g	7%	2g 7%
Total Sugars	3g		5g
Added Sugars	0g	0%	0g 0%
Protein	3g		5g
Vitamin D	0mcg	0%	1mcg 6%
Calcium	23mg	2%	61mg 4%
Iron	1mg	6%	1mg 6%
Potassium	265mg	6%	367mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Rice, Potato, Corn, Onion, Bell Pepper, Celery, Chive, Dill, Cayenne Pepper.

No salt added. (This is not a sodium-free food.)

Net wt 5 oz

Illinois Prairie Corn Chowder Mix:

Nutrition Facts			
about 11 servings per container			
Serving size	about 3 1/2 tbsp dry mix (18g)		
Calories	3 1/2 tbsp mix		1 cup prepared
	60		240
	% Daily Value*		% Daily Value*
Total Fat	0g	0%	16g 21%
Saturated Fat	0g	0%	10g 50%
Trans Fat	0g		0.5g
Cholesterol	0mg	0%	45mg 15%
Sodium	15mg	1%	700mg 30%
Total Carbohydrate	14g	5%	22g 8%
Dietary Fiber	1g	4%	2g 7%
Total Sugars	4g		5g
Added Sugars	0g	0%	0g 0%
Protein	2g		5g
Vitamin D	0mcg	0%	1mcg 6%
Calcium	13mg	2%	51mg 4%
Iron	2mg	10%	3mg 15%
Potassium	172mg	4%	437mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Corn, Rice, Onion, Carrot, Bell Pepper, Celery, Chive, Bay Leaf.

No salt added. (This is not a sodium-free food.)

Net wt 7 oz

Kentucky Homestead Chicken & Rice Soup Mix:

Nutrition Facts			
about 7 servings per container			
Serving size		about 3 tbsp dry mix (17g)	
Calories	3 tbsp mix	1 cup prepared	
	60	140	
	% Daily Value*		% Daily Value*
Total Fat	0g	0%	2g 3%
Saturated Fat	0g	0%	0.5g 3%
Trans Fat	0g		0g
Cholesterol	0mg	0%	40mg 13%
Sodium	40mg	2%	800mg 35%
Total Carbohydrate	13g	5%	14g 5%
Dietary Fiber	1g	4%	1g 4%
Total Sugars	3g		3g
Added Sugars	0g	0%	0g 0%
Protein	2g		17g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	36mg	2%	56mg 4%
Iron	4mg	20%	5mg 30%
Potassium	177mg	4%	395mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Jasmine Rice, Carrot, Celery, Onion, Spinach, Scallion, Peppercorn (Black, Green and White), Allspice, Thyme, Bay Leaf and Savory.

No salt added. (This is not a sodium-free food.)

Net wt 4.25 oz

Mississippi Delta Tomato Basil Soup Mix:

Nutrition Facts			
about 10 servings per container			
Serving size		about 2 1/4 tbsp dry mix (12g)	
Calories	2 1/4 tbsp mix	1 cup prepared	
	40	170	
	% Daily Value*		% Daily Value*
Total Fat	0g	0%	8g 10%
Saturated Fat	0g	0%	5g 25%
Trans Fat	0g		0g
Cholesterol	0mg	0%	25mg 8%
Sodium	15mg	1%	640mg 28%
Total Carbohydrate	9g	3%	18g 7%
Dietary Fiber	1g	4%	2g 7%
Total Sugars	2g		7g
Added Sugars	0g	0%	2g 4%
Protein	1g		4g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	22mg	2%	42mg 4%
Iron	3mg	15%	4mg 20%
Potassium	113mg	2%	178mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Rice, Carrot, Onion, Celery, Shallot, Tomato, Parsley, Bell Pepper, Basil, Clove, Bay Leaf.

No salt added. (This is not a sodium-free food.)

Net wt 4 oz

Ohio Valley Vegetable Soup Mix:

Nutrition Facts				
about 8 servings per container				
Serving size about 1/4 cup dry mix (24g)				
	1/4 cup mix		1 cup prepared	
Calories	80		140	
	% Daily Value*		% Daily Value*	
Total Fat	0g	0%	3g	4%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	25mg	1%	940mg	41%
Total Carbohydrate	19g	7%	23g	8%
Dietary Fiber	1g	4%	2g	7%
Total Sugars	3g		5g	
Added Sugars	0g	0%	0g	0%
Protein	2g		4g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	84mg	6%	101mg	8%
Iron	1mg	6%	2mg	10%
Potassium	241mg	6%	360mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Corn Pasta, Rice, Carrot, Parsley, Green Onion, Corn, Celery, Bell Pepper, Tomato, Garlic, Bay Leaf, Sage.

No salt added. (This is not a sodium-free food.)

Net wt 7 oz

Rocky Mountain Trail Loaded Potato Soup Mix:

Nutrition Facts				
about 8 servings per container				
Serving size about 6 tbsp dry mix (29g)				
	6 tbsp mix		1 cup prepared	
Calories	100		270	
	% Daily Value*		% Daily Value*	
Total Fat	0g	0%	14g	18%
Saturated Fat	0g	0%	8g	40%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	40mg	13%
Sodium	25mg	1%	850mg	37%
Total Carbohydrate	23g	8%	30g	11%
Dietary Fiber	3g	11%	3g	11%
Total Sugars	2g		4g	
Added Sugars	0g	0%	0g	0%
Protein	3g		7g	
Vitamin D	0mcg	0%	1mcg	6%
Calcium	26mg	2%	57mg	4%
Iron	1mg	6%	1mg	6%
Potassium	324mg	6%	592mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Potato, Broccoli, Tomato, Onion, Chive, Scallion, Peppercorn (Black, Green, White), Allspice.

No salt added. (This is not a sodium-free food.)

Net wt 8 oz

South of the Border Tortilla Soup Mix:

Nutrition Facts			
about 9 servings per container			
Serving size		about 2 tbsp dry mix (14g)	
	2 tbsp dry mix	1 cup prepared	
Calories	50	100	
	% Daily Value*		% Daily Value*
Total Fat	0g	1%	1.5g 2%
Saturated Fat	0g	0%	0g 2%
Trans Fat	0g		0g
Cholesterol	0mg	0%	20mg 6%
Sodium	0mg	0%	930mg 40%
Total Carbohydrate	10g	4%	13g 5%
Dietary Fiber	2g	8%	3g 11%
Total Sugars	2g		3g
Added Sugars	0g	0%	0g 0%
Protein	3g		11g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	20mg	2%	42mg 4%
Iron	1mg	4%	1mg 8%
Potassium	236mg	6%	448mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Black Bean, Corn, Bell Pepper, Onion, Garlic, Cumin, Ancho Chile, Paprika, Oregano, Coriander.

No salt added. (This is not a sodium-free food.)

Net wt 4.5 oz

Virginia Blue Ridge Broccoli Cheddar Soup Mix:

Nutrition Facts			
about 5 servings per container			
Serving size		about 1/3 tbsp dry mix (26g)	
	1/3 tbsp mix	1 cup prepared	
Calories	90	340	
	% Daily Value*		% Daily Value*
Total Fat	0g	0%	24g 31%
Saturated Fat	0g	0%	14g 70%
Trans Fat	0g		0.5g
Cholesterol	0mg	0%	70mg 23%
Sodium	20mg	1%	880mg 38%
Total Carbohydrate	21g	8%	23g 8%
Dietary Fiber	2g	7%	2g 7%
Total Sugars	4g		6g
Added Sugars	0g	0%	0g 0%
Protein	3g		10g
Vitamin D	0mcg	0%	1mcg 6%
Calcium	40mg	4%	233mg 20%
Iron	5mg	30%	5mg 30%
Potassium	271mg	6%	381mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Rice, Potato, Broccoli, Carrot, Onion, Bell Pepper, Bay Leaf.

No salt added. (This is not a sodium-free food.)

Net wt 5 oz

Washington High Plains Potato Leek Soup Mix:

Nutrition Facts			
about 9 servings per container			
Serving size		about 2 1/2 tbsp dry mix (10g)	
	2 1/2 tbsp mix	1 cup prepared	
Calories	35	190	
	% Daily Value*		% Daily Value*
Total Fat	0g	0%	10g 13%
Saturated Fat	0g	0%	6g 30%
Trans Fat	0g		0g
Cholesterol	0mg	0%	30mg 10%
Sodium	25mg	1%	680mg 30%
Total Carbohydrate	8g	3%	22g 8%
Dietary Fiber	1g	4%	2g 7%
Total Sugars	1g		3g
Added Sugars	0g	0%	0g 0%
Protein	1g		4g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	21mg	2%	52mg 4%
Iron	0mg	0%	1mg 6%
Potassium	132mg	2%	574mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Potato, Leek, Celery, Onion, Scallion, Dill, Thyme, Bay leaf.

No salt added. (This is not a sodium-free food.)

Net wt 3.25 oz

Wyoming Fireside Beef Goulash Soup Mix:

Nutrition Facts			
about 7 servings per container			
Serving size		about 3 2/3 tbsp dry mix (26g)	
	3 2/3 tbsp mix	1 cup prepared	
Calories	80	210	
	% Daily Value*		% Daily Value*
Total Fat	0g	0%	7g 9%
Saturated Fat	0g	0%	2.5g 13%
Trans Fat	0g		0g
Cholesterol	0mg	0%	40mg 13%
Sodium	20mg	1%	730mg 32%
Total Carbohydrate	18g	7%	20g 7%
Dietary Fiber	4g	14%	4g 14%
Total Sugars	2g		3g
Added Sugars	0g	0%	0g 0%
Protein	4g		20g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	26mg	2%	51mg 4%
Iron	2mg	10%	4mg 20%
Potassium	265mg	6%	624mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Green Lentil, Potato, Carrot, Bell Pepper, Onion, Paprika, Leek, Caraway Seed, Thyme, Marjoram.

No salt added. (This is not a sodium-free food.)

Net wt 6 oz