

# NUTRITIONAL FACTS

MAGGIE & MARY

## Maggie & Mary's Mushroom Beef Pantry Soup

<b>Nutrition Facts</b>	
Servings Per Container 6	
<b>Serving Size</b> 1/3 cup dry; 1 cup prepared	
Amount Per Serving	
<b>Calories</b>	<b>130</b>
% Daily Value(DV)*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 775mg	<b>33%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	2%
Total Sugars 2g	
Includes 0 Added Sugars	0%
<b>Protein</b> 2g	

Not a significant source of vitamin D, calcium, iron, and potassium

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:** Modified Corn Starch, Maltodextrin, Palm Oil, Butter and Sweet Cream Powder, [Butter (Cream, Salt), and Nonfat Milk], Corn Syrup Solids, Beef Fat, Yeast Extract, Dehydrated Vegetables (Onion and Garlic), Hydrolyzed Wheat Protein, Sunflower Oil, Paprika, Beef Broth, Hydrolyzed Corn and Soy Protein, Soy Sauce (Wheat, Soybeans, Salt), Spices, Sodium Caseinate, Disodium Phosphate, Caramel Color, Natural Mushroom Flavor, Dipotassium Phosphate, Monoglycerides, Soybean Oil, Tapioca Dextrin, Annatto and Turmeric Extract.

**Contains: Milk, Soy, Wheat.**

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## Maggie & Mary's Pantry Pack Soup Classic Wild Rice

Wild and White Rice, Modified Corn Starch, Nonfat Milk, Canola Oil, Corn Syrup Solids, Dehydrated Cooked Chicken Meat, Salt, Chicken Fat, Dehydrated Vegetables (Onions, Carrots, Celery, Red Bell Peppers, Parsley, and Garlic), Hydrolyzed Corn Protein, Dextrose, Sugar, Silicon Dioxide (to prevent caking), Dipotassium Phosphate, Mono & Diglycerides, Sodium Caseinate, Torula Yeast, Maltodextrin, Xanthan Gum, Yeast

Extract, Disodium Phosphate, Natural Flavor, Turmeric Extract (color), and Spices.

**Contains: Milk**

### CLASSIC WILD RICE SOUP

<b>Nutrition Facts</b>	
Serving Size 1/4 Cup (29g)	
1 cup Prepared	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories 120</b>	<b>Calories from Fat 40</b>
<b>% Daily Value(DV)*</b>	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 2g	9%
<b>Cholesterol 10mg</b>	<b>4%</b>
<b>Sodium 770mg</b>	<b>32%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber less than 1g	2%
Sugars 4g	
<b>Protein 3g</b>	
Vitamin A 10% · Vitamin C 4%	
Calcium 6% · Iron 2%	
Not a significant source of trans fat.	
* Percent Daily Values (DV) based on a 2,000 calorie diet.	

# NUTRITIONAL FACTS

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## Maggie & Mary's Pantry Pack Soup Chicken Dumpling

### Nutrition Facts

Serving Size: 1/4 Cup dry mix (29g)

8 fl.oz. prepared

Servings Per Container: About 6

#### Amount Per Serving

Calories 110

Calories from Fat 25

#### % Daily Value\*

**Total Fat** 2.5g 4%

Saturated Fat 1g 4%

Trans Fat 0g

**Cholesterol** 15mg 5%

**Sodium** 680mg 28%

**Total Carbohydrates** 18g 6%

Dietary Fiber less than 1g 2%

Sugars 2g

**Protein** 4g

Vitamin A 40% Calcium 2%

Vitamin C 2% Iron 4%

\* Percent Daily Values are based on 2,000 calorie diet.

Ingredients: Dumplings (Durham Wheat, Eggs, Water), Maltodextrin, Dehydrated Chicken, Modified Corn Starch, Dehydrated Vegetables (Carrots, Onion, Parsley), Chicken Fat, Salt, Dextrose, Hydrolyzed Corn Gluten, Sugar, Disodium Inosinate & Guanylate, Torula Yeast, Soy Flour, Autolyzed Yeast Extract, Silicon Dioxide (to prevent caking), Spices, Natural Flavors, Soy Sauce (Soybeans, Wheat, Salt), and Turmeric (added for color).