

NUTRITIONAL FACTS

Maggie & Mary's

5 Count Gourmet Holiday Soup Mixes

Harvest Pumpkin

Nutrition Facts

Serving Size about 1/2 cup DRY MIX (38g)
6 - 1 cup servings prepared
Servings Per Container About 6

Amount Per Serving

Calories 160 Calories from Fat 80

% Daily Value(DV)*

Total Fat	9g	13%
Saturated Fat	4.5g	21%
Trans Fat	0g	
Cholesterol	5mg	1%
Sodium	660mg	28%
Total Carbohydrate	19g	6%
Dietary Fiber	1g	5%
Sugars	4g	
Protein	3g	

Vitamin A 170% • Vitamin C 8%

Calcium 6% • Iron 8%

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

HARVEST PUMPKIN SOUP

Wild Rice

Nutrition Facts

Serving Size 1/4 Cup (29g)
1 cup Prepared
Servings Per Container 6

Amount Per Serving

Calories 120 Calories from Fat 40

% Daily Value(DV)*

Total Fat	4.5g	7%
Saturated Fat	2g	9%
Cholesterol	10mg	4%
Sodium	770mg	32%
Total Carbohydrate	16g	5%
Dietary Fiber	less than 1g	2%
Sugars	4g	

Protein 3g

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.

CLASSIC WILD RICE SOUP

Burger Beef

Nutrition Facts

Serving Size 1/4 Cup (20g)
1 cup Prepared
Servings Per Container 6

Amount Per Serving

Calories 70 Calories from Fat 10

% Daily Value(DV)*

Total Fat	1.5g	2%
Saturated Fat	0.5g	3%
Sodium	760mg	32%
Total Carbohydrate	13g	4%
Dietary Fiber	1g	6%
Sugars	2g	

Protein 2g

Vitamin A 45% • Vitamin C 4%

Iron 2%

Not a significant source of trans fat, cholesterol, and calcium.

* Percent Daily Values (DV) based on a 2,000 calorie diet.

BURGER BEEF SOUP

