

NUTRITIONAL FACTS

PLENTIFUL PANTRY

Tortilla Pantry Soup

Nutrition Facts	
6 servings per container	
Serving size	1/6 package (33g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 1060mg	46%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.2mg	6%
Potassium 190mg	4%
<small>* 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.</small>	

INGREDIENTS: DEHYDRATED VEGETABLES (ONION, TOMATO, PINTO BEANS, GARLIC, CORN, CARROT, RED BELL PEPPER, GREEN BELL PEPPER), CORN MASA FLOUR, MALTODEXTRIN, SALT, FOOD STARCH-MODIFIED, SUGAR, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY, CHILI PEPPER, SPICES, NATURAL FLAVOR (CONTAINS TORULA YEAST), BUTTERMILK, CITRIC ACID, POWDERED COOKED CHICKEN, EXTRACTIVES OF TURMERIC (COLOR), DISODIUM PHOSPHATE, EXTRACTIVES OF PAPRIKA (COLOR), TURMERIC (COLOR).

CONTAINS: MILK

NUTRITIONAL FACTS

PLENTIFUL PANTRY

Corn Bisque Pantry Soup

Nutrition Facts	
6 servings per container	
Serving size	1 cup (29g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 790mg	34%
Total Carbohydrate 17g	6%
Dietary Fiber <1g	3%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0.7mcg	4%
Calcium 80mg	6%
Iron 0.3mg	2%
Potassium 250mg	6%
<small>* 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.</small>	

INGREDIENTS: DEHYDRATED VEGETABLES (CORN, ONION, CARROT), MALTODEXTRIN, WHEY, CORN STARCH, PALM OIL, NONFAT MILK, NATURAL FLAVOR, SALT, CREAM, YEAST EXTRACT, SPICES, RENDERED CHICKEN FAT, EXTRACTIVES OF TURMERIC (COLOR), AND NO MORE THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING.

CONTAINS: MILK

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