

# NUTRITIONAL FACTS

PLENTIFUL PANTRY

## Creamy Chicken Pantry Soup

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 cup (29g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 670mg	<b>29%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0.9mcg	4%
Calcium 100mg	8%
Iron 0.9mg	4%
Potassium 350mg	8%
<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 (CARROT, GREEN PEA, ONION, CELERY, GARLIC), WHEY, CORN STARCH, PALM OIL, NONFAT MILK, CREAM, NATURAL FLAVOR, SALT, POWDERED COOKED CHICKEN, YEAST EXTRACT, MALTODEXTRIN, RENDERED CHICKEN FAT, SPICES, EXTRACTIVES OF TURMERIC (COLOR), AND NO MORE THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING.

CONTAINS: MILK

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PLENTIFUL PANTRY

## White Cheddar Potato Pantry Soup

<b>Nutrition Facts</b>	
7 servings per container	
<b>Serving size</b>	<b>1/7 package (35g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 880mg	<b>38%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars 6g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 0.3mg	2%
Potassium 220mg	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: CORN SYRUP SOLIDS, DEHYDRATED VEGETABLES (POTATO, ONION, CARROT), FOOD STARCH - MODIFIED, PALM OIL, NONFAT DRY MILK, WHEY, SALT, NATURAL FLAVORS, CHEDDAR AND BLEU CHEESES (MILK, CHEESE CULTURE, SALT, ENZYMES), SUGAR, MONO AND DIGLYCERIDES, YEAST EXTRACT, WHEY PROTEIN CONCENTRATE, SPICES, SODIUM CASEINATE (A MILK DERIVATIVE), DIPOTASSIUM PHOSPHATE, LACTOSE, MALTODEXTRIN, XANTHAN GUM, DISODIUM INOSINATE & DISODIUM GUANYLATE, SODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID, EXTRACTIVES OF CARROT.

CONTAINS: MILK