

NUTRITIONAL FACTS

PLENTIFUL PANTRY

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

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PLENTIFUL PANTRY

Plentiful Pantry Creamy Chicken Pantry Soup

Nutrition Facts	
about 6 servings per container	
Serving size	1/6 cup dry mix (44g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 750mg	33%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 98mg	8%
Iron 1mg	6%
Potassium 247mg	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:

Soup Seasoning: Dehydrated Carrot, Potato, Onion and Pea, Maltodextrin, Nonfat Dry Milk, Food Starch-modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Sugar, Rendered Chicken Fat, Hydrolyzed Corn, Soy and Wheat Protein, Onion Powder, Spices, Turmeric (Color) and Extractives of Celery.