



**Minestrone Soup (164)**

04/12/2019

<b>Nutrition Facts</b>	
Serving Size 1 cup (245g)	
Servings Per Container 22	
Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 4g	
<b>Protein</b> 3g	
Vitamin A 40%	• Vitamin C 60%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** WATER, TOMATO DICED (Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid [as required]), PEAS, CARROTS, GARBANZO BEANS (Cooked Dried Chickpeas, Water, Salt, Disodium EDTA [to preserve color]), ZUCCHINI, CELERY, ONIONS, GREEN BEANS, ELBOW MACARONI (Semolina [wheat], Niacin, Iron [ferrous sulfate], Thiamine Mononitrate, Riboflavin, and Folic Acid), VEGETABLE BASE (Sauteed Vegetable Puree Mix [carrots, onions, celery], Salt, Sugar, Maltodextrin, Corn Oil, 2% or Less of Yeast Extract, Water, Potato Starch, Xanthan Gum, Natural Flavors, Carrot Juice Concentrate), TOMATO PASTE, GARLIC POWDER, PARSLEY, BLACK PEPPER, BASIL

**ALLERGEN:** Contains Wheat. Manufactured on equipment that processes products containing Soy, Eggs, Milk, Wheat, Fish and Crustacean Shellfish

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