



# Broccoli Soup Mix

**Net Weight:** 1.25 ounces (35g)

**Ingredients:**

Wheat flour (wheat and malted barley flour), maltodextrin, sweet powdered cream (cream, soy lecithin, tocopherols, ascorbyl palmitate to preserve freshness), corn starch-modified, hydrolyzed soy protein, corn syrup solids, soybean oil, dehydrated onion, salt, potassium chloride, Contains less than 2%: spices, sugar, sodium caseinate (from milk), mono and diglycerides, natural flavor, disodium phosphate, soy lecithin, disodium inosinate, disodium guanylate, parsley.

## Nutrition Facts

Serving Size 1 1/2 Tbsp (12g) or 1 Cup As Prepared  
Servings Per Container 3

Amount Per Serving	Mix	As Prepared With 2% Milk
<b>Calories</b>	50	200
Calories from Fat	20	100
<b>% Daily Value**</b>		
<b>Total Fat 2.5g*</b>	<b>4%</b>	<b>18%</b>
Saturated Fat 1g	5%	35%
Trans Fat 0g		
Cholesterol 5mg	2%	10%
Sodium 400mg	17%	20%
Total Carbohydrate 6g	2%	6%
Dietary Fiber 0g	0%	12%
Sugars 1g		
Protein 1g		
Vitamin A	0%	35%
Vitamin C	0%	100%
Calcium	0%	20%
Iron	0%	4%

\*Amount in Mix. As Prepared contributes an additional 150 Calories (80 Calories from Fat), 10g Total Fat (6g Saturated Fat), 25mg Cholesterol, 90mg Sodium, 12g Total Carbohydrate (3g Dietary Fiber, 8g Sugars), 7g Protein.

\*\*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

Date Information Was Last Refreshed: March 13, 2015