



# Broccoli Soup Mix

## Cheddar Cheese Flavor

**Net Weight:** 1.75 ounces (50g)

### Ingredients:

Whey, corn starch-modified, cheddar and blue cheese powders (pasteurized milk, cheese cultures, salt, enzymes), partially hydrogenated vegetable oils (palm kernel, soybean, and cottonseed), reduced lactose whey, wheat flour (wheat and malted barley flour), hydrolyzed soy protein, maltodextrin (corn), salt, spices, sugar, sodium citrate, buttermilk, corn syrup solids, sodium caseinate, disodium phosphate, nonfat dry milk, annatto (for color), citric acid, triglycerol monostearate, disodium inosinate and disodium guanylate, yellow 5 and yellow 6.

## Nutrition Facts

**Serving Size** 5 tsp (14g) or 1 Cup As Prepared

**Servings Per Container** 3.5

Amount Per Serving	Mix	As Prepared With 2% Milk
<b>Calories</b>	60	220
Calories from Fat	25	110
<b>% Daily Value**</b>		
<b>Total Fat</b> 3g*	<b>4%</b>	<b>19%</b>
Saturated Fat 2g	<b>9%</b>	<b>38%</b>
Trans Fat 0g		
Cholesterol 5mg	<b>1%</b>	<b>10%</b>
Sodium 350mg	<b>15%</b>	<b>20%</b>
Total Carbohydrate 7g	<b>2%</b>	<b>7%</b>
Dietary Fiber 0g	<b>1%</b>	<b>12%</b>
Sugars 3g		
Protein 2g		
Vitamin A	0%	35%
Vitamin C	0%	90%
Calcium	6%	25%
Iron	0%	4%

\*Amount in Mix. As Prepared with 2% Milk contributes an additional 160 Calories (90 Calories from Fat), 9g Total Fat (6g Saturated Fat, 0.5 Trans Fat), 25mg Cholesterol, 140mg Sodium, 13g Total Carbohydrate (3g Dietary Fiber, 8g Sugars), 6g 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 30, 2009

Disclaimer: Ingredients, formulas and labeling regulations tend to change over time. This information may vary from product currently in distribution. Please refer to the actual product for the most accurate ingredient and nutritional information.