

Potato Soup Mix

**POUCH MAKES
8 PREPARED CUPS**

Nutrition Facts

Serving Size 2 cups (75g)
Servings Per Container 4

Amount Per Serving

Calories 320 Calories from Fat 100

% Daily Value*

Total Fat 11g	17%
Saturated Fat 10g	49%
Cholesterol 0mg	0%
Sodium 930mg	39%
Total Carbohydrate 51g	17%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 5g	

Vitamin A 15% • Vitamin C 50%
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
Sat 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

DIRECTIONS

For 4 servings bring 8 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 4 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

INGREDIENTS

Potato, Coconut Oil, Maltodextrin, Corn Starch, Onion, Sea Salt, Carrot, Sodium Caseinate, Garlic, Autolyzed Yeast Extract, Spice, Celery, Parsley, Dried Can Syrup, Mono & Diglycerides, Silicon Dioxide, High Oleic Acid Sunflower Oil, Natural Flavor.

ALLERGENS: None.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt
- Gluten Free

Made in the USA



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