

Country Potato Soup with Cheddar and Chives

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 1 1/2 cups (12 oz) boiling water to ingredients or fold / crease & fill pouch to "E-Z Fill Line" 7.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10 - 12 minutes; stir again & serve.

Ingredients: Potatoes, Cheddar Cheese [Milk, Salt, Cultures, & Enzymes], and Disodium Phosphate. May Contain Sodium Silico Aluminate at <2%, Cheddar Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes & Annatto (coloring)], Potato Starch, Sweet Whey, White Onion, Sweet Cream Powder, White Onion, Sea Salt, Garlic Granulated, Bell Pepper Red & Green Combo, Roasted Onion Extract Powder [Onion Extract, Maltodextrin, Sugar, Roasted Onion Oil, Mixed Tocopherols], Natural Butter Flavor [Whey Solids, Enzymes Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto and Turmeric (for color)], Natural Flavor [Contains Baker's Yeast Extract, Salt, Canola Oil (anti-dusting)], Black Pepper, Chives, Thyme.

Contains: Milk.

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Nutrition Facts

2 servings per container

Serving size

1/2 package (45g)

	Per serving		Per Container	
Calories	200		390	
	% Daily Value ^a		% Daily Value ^a	
Total Fat	9g	12%	17g	22%
Saturated Fat	5g	25%	10g	50%
Trans Fat	0g		0.5g	
Cholesterol	25mg	8%	50mg	17%
Sodium	590mg	26%	1170mg	51%
Total Carbohydrate	22g	8%	45g	16%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	5g		10g	
Includes Added Sugars	0g	0%	0g	0%
Protein	8g		15g	
Vitamin D	0mcg	0%	1mcg	6%
Calcium	154mg	10%	309mg	25%
Iron	1mg	6%	1mg	6%
Potassium	725mg	15%	1449mg	30%

^aThe % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



**GLUTEN
FREE**

