



Medifast Wild Rice & Chicken Flavored Soup

69650

Nutrition Facts	
Serving Size 1 packet (32g)	
Servings Per Container 7	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 290mg	12%
Potassium 460mg	13%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 12g	24%
Vitamin A 60%	• Vitamin C 35%
Calcium 35%	• Iron 30%
Vitamin D 20%	• Vitamin E 25%
Vitamin K 25%	• Thiamin 35%
Riboflavin 30%	• Niacin 25%
Vitamin B6 30%	• Folate 25%
Vitamin B12 20%	• Biotin 20%
Pantothenic Acid 20%	• Phosphorus 20%
Iodine 20%	• Magnesium 6%
Zinc 25%	• Selenium 20%
Copper 25%	• Manganese 60%
Chromium 25%	• Molybdenum 80%
*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
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Textured soy protein concentrate, soy protein isolate, parboiled long grain white rice, wild rice, carrots*, natural chicken flavor, peas*, chicory root extract (inulin), cooked chicken*, shiitake mushrooms*, yeast extract, canola oil, xanthan gum, silicon dioxide, celery*, salt, onion powder, minced onion*, soy lecithin, natural flavor, autolyzed yeast, l-cysteine hydrochloride, black pepper, garlic powder, parsley*.

Vitamins and minerals: Calcium phosphate, calcium carbonate, potassium citrate, potassium chloride, ascorbic acid, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, vitamin K1, vitamin D3, vitamin B12.

CONTAINS: SOY.

*dehydrated

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.