



# Wild Rice & Chicken Flavored Soup with Carrots, Celery, Onion, Peas and Shiitake Mushrooms

Naturally Flavored 77915

## Nutrition Facts

Serving Size 1 packet (32g)  
Servings Per Container 7

Amount Per Serving

Calories 100 Calories from Fat 10

% Daily Value\*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 300mg 13%

Potassium 520mg 15%

Total Carbohydrate 14g 5%

Dietary Fiber 6g 24%

Sugars 2g

Protein 12g 20%

Vitamin A 30% • Vitamin C 25%

Calcium 20% • Iron 30%

Vitamin D 50% • Vitamin E 20%

Vitamin K 20% • Thiamin 25%

Riboflavin 20% • Niacin 20%

Vitamin B6 20% • Folate 20%

Vitamin B12 20% • Biotin 20%

Pantothenic Acid 20% • Phosphorus 20%

Iodine 25% • Magnesium 25%

Zinc 25% • Selenium 20%

Copper 25% • Manganese 40%

Chromium 20% • Molybdenum 50%

\*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:** Soy protein concentrate, soy protein isolate, long grain white rice, cellulose, wild rice, carrots, chicory root inulin, yeast extract, peas, white meat chicken, shiitake mushrooms, salt, canola oil, xanthan gum, celery, onion powder, onions, maltodextrin, natural flavors, silica, soy lecithin, sunflower oil, black pepper, garlic powder, parsley, Bacillus coagulans GBI-30 6086.

**Vitamins & Minerals:** Calcium phosphate, potassium chloride, magnesium oxide, ascorbic acid (vitamin C), niacinamide (vitamin B3), ferric orthophosphate (iron), zinc oxide, calcium pantothenate (pantothenic acid), vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), copper sulfate, manganese sulfate, riboflavin (vitamin B2), thiamine mononitrate (vitamin B1), folic acid, biotin, potassium iodide, chromium chloride, phytonadione (vitamin K), sodium molybdate, sodium selenite, vitamin E acetate, cholecalciferol (vitamin D3), cyanocobalamin (vitamin B12).

**CONTAINS: SOY**

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