



# Broccoli Soup Mix

**Net Weight:** 1.25 ounces (35g)

**Ingredients:**

Wheat flour (wheat and malted barley flour), maltodextrin, sweet powdered cream, corn starch-modified, hydrolyzed soy protein, partially hydrogenated vegetable oils (palm kernel, soybean, and cottonseed), salt, sugar, dehydrated onion. Contains less than 2%: whey, corn syrup solids, sodium caseinate (from milk), spices, triglycerol monostearate, parsley, natural flavors, disodium inosinate, disodium guanylate, lecithin, turmeric (for color), tocopherols and ascorbyl palmitate (to protect flavor).

## Nutrition Facts

Serving Size 1 1/2 Tbsp (12g) or 1 Cup As Prepared  
Servings Per Container 3

Amount Per Serving	Mix	As Prepared
<b>Calories</b>	50	200
Calories from Fat	25	110
<b>% Daily Value**</b>		
<b>Total Fat 3g*</b>	<b>5%</b>	<b>18%</b>
Saturated Fat 2.5g	13%	40%
Trans Fat 0g		
Cholesterol 5mg	2%	10%
Sodium 510mg	21%	23%
Total Carbohydrate 6g	2%	6%
Dietary Fiber 0g	0%	12%
Sugars 1g		
Protein 1g		
Vitamin A	0%	35%
Vitamin C	0%	100%
Calcium	2%	20%
Iron	0%	4%

\*Amount in Mix. As Prepared contributes an additional 150 Calories (90 Calories from Fat), 9g Total Fat (6g Saturated Fat), 25mg Cholesterol, 50mg Sodium, 12g Total Carbohydrate (3g Dietary Fiber, 7g Sugars), 7g 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