



PREPARE
THEN **SHARE**

Nutrition Facts

Chicken and Rice

Nutrition Facts

Serving Size: 83g dry mix
Servings Per Container: 4

Amount Per Serving

Calories 310 Fat Calories 60

% Daily Value*

Total Fat 6g	9%
Saturated Fat 1.5g	8%
Polyunsaturated 0g	
Monounsaturated 0g	
Trans Fat 1.5g	
Cholesterol 0g	0%
Sodium 530mg	22%
Potassium 0mg	0%
Total Carbohydrates 57g	19%
Dietary Fiber 3g	12%
Sugar 5g	

Protein 11g

Vitamin A 20% + Vitamin C 30%

Calcium 6% + Iron 6%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Calories	2000	2500
Total Fat	Less than 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400 mg	2400 mg
Total Carbohydrates	300 g	375 g
Dietary Fiber	24 g	30 g
Calories per gram		
Fat 9 + Carbohydrates 4 + Protein 4		

INGREDIENTS: Enriched Precooked Long Grain Rice, Textured soy Protein, Chicken Flavor, Non-Dairy Creamer, Dried Onions, Rice Flour, Dried Peas, Dried Bell Peppers, Dried Carrot Flakes, Dried Celery, White Pepper.

Enriched Precooked Long Grain Rice (Rice, Niacin, Ferric Orthophosphate, Thiamin Mononitrate, Folic Acid)

Textured Soy Protein (Soy Flour, Caramel Color, Partially Hydrogenated Soybean Oil, Salt, Hydrolyzed Corn-Soy-Wheat protein, Autolyzed Yeast)

Chicken Flavor (Salt, Maltodextrin, Dextrose, Whey, Hydronized Corn Gluten, Sugar, Onion, Natural Flavors, Caramel Color, Disodium Inosinate, Parsley, and less than 2% Sunflower Oil and Silicon Dioxide)

Non-Dairy Creamer (Corn Syrup Solids, Partially Hydrogenated Canola Oil, Sodium Caseinate, Dipotassium Phosphate, Mono and Di-glycerides, Sodium Silicoaluminate, Artificial Flavor)

Prepared on equipment shared with wheat, soy and milk

DIRECTIONS: Add package to 4 cups boiling water. Simmer for 10-12 minutes, uncovered; stir frequently. Let stand 5 minutes before serving.

A la King Noodle

Nutrition Facts

Serving Size: 51g dry mix
Servings Per Container: 4

Amount Per Serving

Calories 204 **Fat** Calories 54

% Daily Value*

Total Fat 6g 9%

Saturated Fat 2g 9%

Polyunsaturated 0g

Monounsaturated 0g

Trans Fat 2g

Cholesterol 0g 0%

Sodium 1008mg 42%

Potassium 259mg 8%

Total Carbohydrates 30g 10%

Dietary Fiber 2g

Sugar 5g

Protein 8g

Vitamin A 53% + Vitamin C 60%

Calcium 7% + Iron 10%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300mg	375 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		24 g	30 g
Calories per gram			
Fat	9 +	Carbohydrates 4 +	Protein 4

INGREDIENTS: Seasoning Blend, Pasta, Soy Protein, Red and Green Bell Pepper, Celery, Chicken flavor.

Seasoning Blend (Partially Hydrogenated Soybean Oil, Wheat Flour, Whey, Modified Food Starch, Corn Syrup Solids, Hydrolyzed Soy Protein, Autolyzed Yeast Extract, Natural Flavor (Torula Yeast), Onion, Spices, Turmeric and less than 2% Silicon Dioxide added to prevent caking.)

Pasta (Semolina Flour (wheat), niacin, ferrous sulfate (iron), thiamine mononitrate),

Textured Vegetable Protein [(Soy flour, caramel color), partially hydrogenated soybean oil, salt, hydrolyzed corn-soy-wheat protein, autolyzed yeast]

Chicken Flavor (Salt, Maltodextrin, Sugar, Dextrose, Whey, Hydrolyzed Corn Gluten, Onion, Spice Extractives, Garlic, Spice, Carmel Color, Disodium Inosinate, Citric Acid and less than 2% Silicon Dioxide and Sunflower Oil).

DIRECTIONS: Add package to 4 cups boiling water. Simmer for 20-25 minutes, uncovered; stir frequently. Let stand 5 minutes before serving.

Contains wheat, milk and soy. Produced on equipment that also processes egg and tree nuts.



Beef Stroganoff

Nutrition Facts

Serving Size: 74g dry mix
Servings Per Container: 4

Amount Per Serving

Calories 310 Fat Calories 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 3.5g 18%

Polysaturated 0g

Monounsaturated 0g

Trans Fat 3.5g

Cholesterol 5g 2%

Sodium 1100mg 46%

Potassium 0mg 0%

Total Carbohydrates 44g 15%

Dietary Fiber 3g 12%

Sugar 6g

Protein 10g

Vitamin A 2% + Vitamin C 4%

Calcium 8% + Iron 20%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Calories	2000	2500
Total Fat	Less than 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2400 mg	2400 mg
Total Carbohydrates	300 g	375 g
Dietary Fiber	25 g	30 g
Calories per gram		
Fat	9	+ Carbohydrates 4 + Protein 4

INGREDIENTS: Enriched Pasta, Non-Dairy Creamer, Textured Vegetable Protein Beef Flavor, Sour Cream Powder [Sour Cream Solids (cream, nonfat milk, cultures), Rice Flour, Potato Flakes, Onion, Corn Starch, Mushrooms, Parsley, Enriched Pasta (Semolina Flour (wheat), niacin, ferrous sulfate (iron), thiamine mononitrate)
Non-Dairy Creamer (corn syrup solids, partially hydrogenated canola oil, sodium caseinate, dipotassium phosphate, mono and di-glycerides, sodium silicoaluminate, artificial flavor)
Textured Vegetable Protein [(Soy flour, caramel color), partially hydrogenated soybean oil, salt, hydrolyzed corn-soy-wheat protein, autolyzed yeast]
Beef Flavor (Salt, Maltodextrin, Dextrose, Whey, Hydronized Corn Gluten, Sugar, Onion, Natural Flavors, Carmel Color, Disodium Inosinate, Parsley, and less than 2% Sunflower Oil and Silicon Dioxide)
Sour Cream Powder [Sour Cream Solids (cream, nonfat milk, cultures)
Citric Acid, contains less than 2% of the following: Dipotassium Phosphate, Silicon Dioxide (anti-caking agent)]

DIRECTIONS: Add package to 4 cups boiling water. Simmer for 20-25 minutes, uncovered; stir frequently. Let stand 5 minutes before serving.

Contains wheat, milk and soy. Prepared on equipment that processes egg and tree nuts.



CHICKEN TERIYAKI

Nutrition Facts

Serving Size: 72g dry mix
Servings Per Container: 4

Amount Per Serving

Calories 260 **Fat Calories** 45

% Daily Value*

Total Fat 5g

8%

Saturated Fat 1.5g

8%

Polyunsaturated 0g

Monounsaturated 0g

Trans Fat 0g

Cholesterol 0g

0%

Sodium 1100mg

46%

Potassium 0mg

0%

Total Carbohydrates 49g

16%

Dietary Fiber 3g

12%

Sugar 16g

Protein 8g

Vitamin A 45% + Vitamin C 70%

Calcium 4% + Iron 8%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram			
Fat 9 + Carbohydrates 4 + Protein 4			

INGREDIENTS: Enriched Rice, Soy Source Powder, Non-Dairy Creamer, Brown Sugar, Textured Vegetable Protein, Sugar, Red Pepper, Green Pepper, Carrot, Green Beans and/or Peas, Celery, Onion, Garlic, Ginger
Enriched Rice: [Rice, Niacin (niacinamide), Iron (ferric orthophosphate), Thiamine (thiamine mononitrate), Folic Acid],
Soy Source Powder: (Sauce (Soybeans, Wheat, Salt, Vinegar, Lactic Acid), Maltodextrin)
Non-Dairy Creamer: (corn syrup solids, partially hydrogenated canola oil, sodium caseinate, dipotassium phosphate, mono and di-glycerides, sodium silicoaluminate, artificial flavor)
Textured Vegetable Protein: [(Soy flour, caramel color), partially hydrogenated soybean oil, salt, hydrolyzed corn-soy-wheat protein, autolyzed yeast]

DIRECTIONS: Add package to 4 cups boiling water. Simmer for 20-25 minutes, uncovered; stir frequently. Let stand 5 minutes before serving

Produced on equipment that also processes wheat, milk, soy, egg and tree nuts.



CHOCOLATE MILK

Nutrition Facts

Serving Size: 28g dry mix (8 oz fl)	
Servings Per Container: 5	
Amount Per Serving	
Calories 110	Fat Calories 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 1g	5%
Polyunsaturated 0g	
Monounsaturated 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrates 21g	7%
Dietary Fiber 1g	
Sugar 18g	
Protein 2g	
Vitamin A 50% + Vitamin C 0%	
Calcium 8%	Iron 0%
*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2000 2500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2400 mg 2400 mg
Total Carbohydrates	300 g 375 g
Dietary Fiber	24 g 30 g
Calories per gram	
Fat 9	+ Carbohydrates 4 Protein 4

INGREDIENTS: Cane sugar, whey, non-fat dry milk, partially hydrogenated soybean oil, cocoa, corn syrup solids, sodium caseinate, guar gum, mono and diglycerides, salt, dipotassium phosphate, lecithin, Vitamin A palmitate, Vitamin D3 cholecalciferol.

Contains milk and soy.

Produced on equipment that also processes wheat, milk, soy, egg and tree nuts.

DIRECTIONS: Add content of package to 5 cups of water. Stir well

Hot Chocolate Drink: mix as above substituting hot water in place of cold water.



Creamy Chicken Noodle

Nutrition Facts

Serving Size: 47g dry mix			
Amount Per Serving			
Calories 184	Fat Calories 35		
% Daily Value*			
Total Fat 4g	6%		
Saturated Fat 1g	5%		
Polyunsaturated 0g			
Monounsaturated 0g			
Trans Fat 1g			
Cholesterol 0mg	0%		
Sodium 905mg	38%		
Potassium 120mg	3%		
Total Carbohydrates 26g	11%		
Dietary Fiber 1g			
Sugar 4g			
Protein 3g			
Vitamin A 30%	+	Vitamin C 2%	
Calcium 2%	+	Iron 7%	
<small>*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>			
	Calories	2000	2500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300mg	375 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		24 g	30 g

INGREDIENTS: Enriched Pasta, Non-Dairy Creamer, Chicken Flavor, Corn Starch, Carrots, Peas and/or Green Beans, Textured Vegetable Protein, Salt, Garlic, Onion, Parsley.

Enriched Pasta (Semolina Flour (wheat), niacin, ferrous sulfate (iron), thiamine mononitrate)

Non-Dairy Creamer (corn syrup solids, partially hydrogenated canola oil, sodium caseinate, dipotassium phosphate, mono and di-glycerides, sodium silicoaluminate, artificial flavor)

Chicken Flavor (Salt, Maltodextrin, Dextrose, Whey, Hydronized Corn Gluten, Sugar, Onion, Natural Flavors, Carmel Color, Disodium Inosinate, Parsley, and less than 2% Sunflower Oil and Silicon Dioxide)

Textured Vegetable Protein [(Soy flour, caramel color), partially hydrogenated soybean oil, salt, hydrolyzed corn-soy-wheat protein, autolyzed yeast]

DIRECTIONS: Add package to 4 cups boiling water. Simmer for 8-10 minutes, uncovered; stir frequently. Let stand 5 minutes before serving.

Contains wheat, milk and soy.

Produced on equipment that also processes egg and tree nuts.



Granola Almonds

Nutrition Facts

Serving Size: 55g dry mix

Amount Per Serving

Calories 240 Fat Calories 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1.5g 8%

Polyunsaturated 0g

Monounsaturated 0g

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 4%

Potassium 34mg 2%

Total Carbohydrates 38g 13%

Dietary Fiber 5g

Sugar 14g

Protein 6g

Vitamin A 0% + Vitamin C 5%

Calcium 6% + Iron 10%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300mg	375 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		24 g	30 g
Calories per gram			
Fat 9	Carbohydrates 4	Protein 4	

INGREDIENTS: Rolled Oats, Rolled Wheat, Brown Sugar, Canola Oil, Coconut, Whey, Oat Flour, Almonds, Honey, Vitamin E (mixed tocopherols) added to preserve freshness.

Contains milk and soy.

Produced on equipment that also processes wheat, milk, soy, egg and tree nuts.



Mac & Cheese

Nutrition Facts

Serving Size: 50g dry mix

Amount Per Serving

Calories 211 **Fat Calories** 54

% Daily Value*

Total Fat 6g 9%

Saturated Fat 2g 10%

Polyunsaturated 0g

Monounsaturated 0g

Trans Fat 1g

Cholesterol 6mg 2%

Sodium 1034mg 43%

Potassium 166mg 4%

Total Carbohydrates 33g 11%

Dietary Fiber 1g

Sugar 5g

Protein 6g

Vitamin A 7% + Vitamin C 0%

Calcium 13% + Iron 6%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300mg	375 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		24 g	30 g
Calories per gram			
Fat	9 + Carbohydrates	4 + Protein	4

INGREDIENTS: Enriched Pasta, Cheese Sauce Mix, Corn starch, Butter Flavor, Cheese Flavor.

Enriched Pasta: Semolina Flour (wheat), niacin, ferrous sulfate (iron), thiamine mononitrate.

Cheese Sauce Mix: Cheese Powder (Cheddar and Blue Cheese (pasteurized milk, salt, extract of annatto, cheese culture, enzymes), Whey, Buttermilk, Partially Hydrogenated Soybean Oil, Salt, Natural Flavor, Citric Acid, Lactic Acid, Artificial Color (Yellow 5, Yellow 5 Lake, Yellow 6 and Yellow 6 Lake)), Modified Food Starch, Partially Hydrogenated Soybean Oil, Whey, Corn Syrup Solids, Natural Flavors, Salt, Sodium Caseinate, Autolyzed Yeast Extract, Lactic Acid, Guar Gum, and less than 2% Sunflower Oil added to prevent caking).

DIRECTIONS: Add package to 4 cups boiling water. Simmer for 8-10 minutes, uncovered; stir frequently. Let stand 5 minutes before serving.

Contains wheat, milk and soy.

Produced on equipment that also processes egg and tree nuts.



MILK

Nutrition Facts

Serving Size: 20g dry mix (8 oz fl)	
Amount Per Serving	
Calories 80	Fat Calories 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 2g	9%
Polyunsaturated 0g	
Monounsaturated 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 130mg	6%
Potassium 340mg	10%
Total Carbohydrates 12g	4%
Dietary Fiber 0g	
Sugar 10g	
Protein 3g	6%
Vitamin A 25%	+ Vitamin C 0%
Calcium 30%	+ Iron 0%

INGREDIENTS: Sweet dairy whey, non-fat dry milk solids, corn syrup solids, (contains one or more of the following: sunflower oil and/or soya oil), sodium caseinate (a milk derivative), dipotassium phosphate, soy lecithin, carrageenan, Vitamin A, Vitamin D3, calcium.

DIRECTIONS: Add contents of package to 5 cups water, stir well .

Allergens: Contains milk, a milk derivative, soy. Processed in a plant that handles dairy, soy products.

Produced on equipment that also processes wheat, milk, soy, egg and tree nuts.



OATMEAL

Nutrition Facts

Serving Size: 43g	
Servings Per Container: 5	
Amount Per Serving	
Calories 155	Fat Calories 21
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 0 g	0%
Polyunsaturated 0g	
Monounsaturated 1g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carbohydrates 31g	10%
Dietary Fiber 3g	12%
Soluble Fiber 1g	
Sugar 9g	
Protein 4g	
Vitamin A 0%	+ Vitamin C 0%
Calcium 0%	+ Iron 10%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		24 g	30 g
Calories per gram			
Fat 9	+ Carbohydrates 4	+ Protein 4	

INGREDIENTS: Whole Grain Rolled Oats, Sugar, Natural and Artificial Flavors.

DIRECTIONS: Boil 5 cups of water, add contents of pouch. Cook about 1 minute over medium heat, stirring occasionally.

Prepared on equipment that also processes wheat, milk, soy, egg and tree nuts.



Pancake Mix w/ blueberries

Nutrition Facts

Serving Size: 56g dry mix 1/2 cup 3-4" pancakes	
Servings Per Container: 4	
Amount Per Serving	
Calories 210	Fat Calories 27
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 750mg	31%
Total Carbohydrates 40g	13%
Dietary Fiber 2g	1%
Sugar 6g	
Protein 6g	
Vitamin A 0%	+ Vitamin C 0%
Calcium 2%	+ Iron 10%
*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2000 2500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300mg 375 mg
Sodium	Less than 2400 mg 2400 mg
Total Carbohydrates	300 g 375 g
Dietary Fiber	24 g 30 g
Calories per gram	
Fat 9	+ Carbohydrates 4 + Protein 4

Ingredients: Enriched bleached flour, artificial blueberry nuggets, sugar, soya flour, corn sugar, powdered buttermilk, corn starch, sodium bicarbonate, powdered whole eggs, sodium acid pyrophosphate, salt, monocalcium phosphate.

Enriched bleached flour (flour, niacin, reduced iron, thiamine mono-nitrate riboflavin), artificial blueberry nuggets (dextrose, partially hydrogenated soybean and cottonseed oils, flour, citric acid, cellulose gum, maltodextrin, pectin, artificial flavor, blue #1, red #40),

Allergens: Contains wheat, soy, dairy and eggs.

Produced on equipment that also processes wheat, milk, soy, egg and tree nuts.

COOKING INSTRUCTIONS:

Add 2 pouches to 2 cups water, mixing slowly

For fluffier pancakes, use less water

Batter should be slightly lumpy

Pour into hot skillet; cook 1-1/4 minutes

on each side, turning once. Let batter

sit a few minutes for better hydration of blueberry pieces



Potato Soup

Nutrition Facts

Serving Size: 31g dry mix (8 oz fl)
Servings Per Container: 4

Amount Per Serving

Calories 128 Fat Calories 41

% Daily Value*

Total Fat 4g 6%

Saturated Fat 2g 8%

Polyunsaturated 0g

Monounsaturated 2g

Trans Fat 0g

Cholesterol 1mg 1%

Sodium 526mg 22%

Potassium 226mg 7%

Total Carbohydrates 20g 7%

Dietary Fiber 1g

Sugar 13g

Protein 2g

Vitamin A 15% Vitamin C 30%

Calcium 30% Iron 25%

Vitamin D 10% Vitamin E 10%

Thiamin 30% Riboflavin 15%

Niacin 20% Vitamin B6 20%

Folate 50% Vitamin B12 12%

Biotin 10% Pantothenic Acid 15%

Phosphorous 25% Iodine 10%

Magnesium 20% Zinc 20%

Selenium 20% Copper 20%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		24 g	30 g
Calories per gram			
Fat g	+	Carbohydrates 4	+ Protein 4

Ingredients: Non-Dairy Creamer, Dried Potato Flakes, Dried Potato Dices, Wheat Flour, Chicken Flavor, Onion, Salt, Onion Powder, Butter flavor, Parmesan Cheese, Garlic, Parsley, Black Pepper.

Non-Dairy Creamer (corn syrup solids, partially hydrogenated canola oil, sodium caseinate, dipotassium phosphate, mono and di-glycerides, sodium silicoaluminate, artificial flavor)

Chicken Flavor (Salt, Maltodextrin, Sugar, Dextrose, Whey, Hydrolyzed Corn Gluten, Onion, Spice Extractives, Garlic, Spice, Carmel Color, Disodium Inosinate, Citric Acid and less than 2% Silicon Dioxide and Sunflower Oil)

Contains: Soy, Wheat, Milk

DIRECTIONS: Add package to 4 cups boiling water. Simmer for 20-25 minutes, uncovered; stir frequently.

Let stand 5 minutes before serving.

Produced on equipment that also processes wheat, milk, soy, egg and tree nuts.



TOMATO BASIL SOUP

Nutrition Facts

Serving Size: 50g dry mix

Amount Per Serving

Calories 228 **Fat Calories** 62

% Daily Value*

Total Fat 7g 11%

Saturated Fat 2g 10%

Polyunsaturated 0g

Monounsaturated 1g

Trans Fat 0g

Cholesterol 4mg 1%

Sodium 798mg 33%

Potassium 241mg 7%

Total Carbohydrates 24g 8%

Dietary Fiber 1g

Sugar 6g

Protein 3g

Vitamin A 42% + Vitamin C 13%

Calcium 11% + Iron 8%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		24 g	30 g

Calories per gram
Fat 9 + Carbohydrates 4 Protein 4

INGREDIENTS: Cream Soup Mix, Tomato Powder, Parmesan Cheese, Butter Flavor, Basil, Black Pepper.

Cream Soup Mix: flour (wheat flour, enzyme added for improved baking, niacin, reduced iron, thiamin, riboflavin and folic acid), maltodextrin, partially hydrogenated soybean oil, modified food starch, whey, corn syrup solids, salt, sodium caseinate, spices, disodium inosinate and guanylate, onion and dipotassium phosphate.

Contains Wheat, Milk and Soy.

Produced on equipment that also processes wheat, milk, soy, egg and tree nuts.

DIRECTIONS: Add contents of pouch to 4 cups boiling water. Simmer over low heat for 6 – 8 minutes, stirring frequently.



Western Stew

Nutrition Facts	
Serving Size: 25g dry mix	
Servings Per Container: 4	
Amount Per Serving	
Calories 110	Fat Calories 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Polyunsaturated 0g	
Monounsaturated 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 820mg	34%
Potassium 370mg	11%
Total Carbohydrates 24g	8%
Dietary Fiber 1g	4%
Sugar 5g	
Protein 3g	
Vitamin A 0%	+ Vitamin C 15%
Calcium 5%	+ Iron 0%
*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2000 2500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300mg 375 mg
Sodium	Less than 2400 mg 2400 mg
Total Carbohydrates	300 g 375 g
Dietary Fiber	24 g 30 g
Calories per gram	
Fat 9	+ Carbohydrates 4 + Protein 4

INGREDIENTS: Dried potatoes, textured soy flour, corn starch, dried black beans, dried navy beans, dried pinto beans, salt, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine monohydrate, riboflavin, folic acid), hydrolyzed protein (corn, soy, wheat), partially hydrogenated soy and cottonseed oil, dried green peas, dried carrot, spice, maltodextrin, dried celery stalk, dried garlic, dried onion, caramel added for color, dried red and green bell pepper, garlic powder, sugar, paprika added for color, autolyzed yeast extract, onion powder.

Contains Wheat and soy.

Directions: Add package to 4 cups boiling water. Simmer for 20-25 minutes, uncovered; stir frequently. Let stand 5 minutes before serving.

Produced on equipment that also processes wheat, milk, soy, egg and tree nuts.

