

# SOUPER MEAL – NUTRITION FACTS AND INGREDIENTS

## 00701 UNIT, 07671 RC 6ct

## Souper Meal Beef Flavor Minestrone R3

### Nutrition Facts

Serving Size 1/2 Container (61g)  
Servings Per Carton 12  
**Calories 280**  
Calories from Fat 110

Amount/serving	% Daily Value*
<b>Total Fat 13g</b>	<b>19%</b>
Saturated Fat 6g	31%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 5g	
<b>Cholesterol 0mg</b>	<b>0%</b>
Vitamin A 6% • Vitamin C 20% • Calcium 8% • Iron 20%	

Amount/serving	% Daily Value*
<b>Sodium 1350mg</b>	<b>56%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 3g	10%
Sugars 2g	
<b>Protein 7g</b>	

\* 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
Sat. 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

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PALM OIL, HYDROGENATED PALM OIL), TAPIOCA STARCH, SALT, HYDROLYZED SOY PROTEIN, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, BAKER'S YEAST EXTRACT, BEEF FAT, BETA CAROTENE COLOR, CALCIUM SILICATE, CARAMEL COLOR, CITRIC ACID, CORN SYRUP, DISODIUM GUANYLATE, DISODIUM INOSINATE, DISODIUM SUCCINATE, DRIED CARROT FLAKE, DRIED CORN, DRIED GREEN PEAS, DRIED ONION FLAKE, DRIED TOMATO, EGG WHITE, GARLIC POWDER, HYDROLYZED CORN PROTEIN, LACTOSE, MALTODEXTRIN, MONOSODIUM GLUTAMATE, NATURAL AND ARTIFICIAL FLAVOR, NONFAT MILK, ONION POWDER, POTASSIUM CARBONATE, POWDERED BEEF, SODIUM ALGINATE, SODIUM CARBONATE, SODIUM PHOSPHATE, SODIUM TRIPOLYPHOSPHATE, SOY LECITHIN, SOY SAUCE (WHEAT, SOYBEAN, SALT, WATER), SPICE AND COLOR, TBHQ (PRESERVATIVE), TEXTURED SOY PROTEIN, TOMATO POWDER.

CONTAINS WHEAT, SOYBEAN, EGG, AND MILK.  
MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUT, TREE NUTS, CRUSTACEAN SHELLFISH, AND FISH PRODUCTS.

## 00702 UNIT, 07672 RC 6ct

## Souper Meal Chicken Flavor With Vegetable Medley R3

### Nutrition Facts

Serving Size 1/2 Container (61g)  
Servings Per Carton 12  
**Calories 280**  
Calories from Fat 110

Amount/serving	% Daily Value*
<b>Total Fat 13g</b>	<b>19%</b>
Saturated Fat 6g	31%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 5g	
<b>Cholesterol 0mg</b>	<b>0%</b>
Vitamin A 4% • Vitamin C 0% • Calcium 4% • Iron 15%	

Amount/serving	% Daily Value*
<b>Sodium 1290mg</b>	<b>54%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 2g	10%
Sugars 3g	
<b>Protein 6g</b>	

\* 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
Sat. 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

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PALM OIL, HYDROGENATED PALM OIL), SALT, TAPIOCA STARCH, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, BETA CAROTENE COLOR, CITRIC ACID, CORN SYRUP, DEXTROSE, DISODIUM GUANYLATE, DISODIUM INOSINATE, DRIED CABBAGE FLAKE, DRIED CARROT FLAKE, DRIED CORN, DRIED MUSHROOM FLAKE, DRIED ONION FLAKE, EGG WHITE, GARLIC POWDER, HYDROLYZED CORN PROTEIN, LACTOSE MALTODEXTRIN, MONOSODIUM GLUTAMATE, NATURAL AND ARTIFICIAL FLAVOR, ONION POWDER, POTASSIUM CARBONATE, POWDERED CHICKEN, RENDERED CHICKEN FAT, SILICON DIOXIDE, SODIUM ALGINATE, SODIUM CARBONATE, SODIUM PHOSPHATE, SODIUM TRIPOLYPHOSPHATE, SOY LECITHIN, SOYBEAN, SPICE AND COLOR, SUGAR, TBHQ (PRESERVATIVE), TEXTURED SOY PROTEIN, WHEAT, XANTHAN GUM, YELLOW 5.

CONTAINS WHEAT, SOYBEAN, EGG, AND MILK.  
MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUT, TREE NUTS, CRUSTACEAN SHELLFISH, AND FISH PRODUCTS.

## 00703 UNIT, 07673 RC 6ct

## Souper Meal Picante Shrimp Flavor Hot & Spicy R3

### Nutrition Facts

Serving Size 1/2 Container (61g)  
Servings Per Carton 12  
**Calories 290**  
Calories from Fat 120

Amount/serving	% Daily Value*
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 6g	32%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 5g	
<b>Cholesterol Less than 5mg</b>	<b>1%</b>
Vitamin A 4% • Vitamin C 10% • Calcium 6% • Iron 20%	

Amount/serving	% Daily Value*
<b>Sodium 1320mg</b>	<b>55%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 3g	10%
Sugars 2g	
<b>Protein 6g</b>	

\* 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
Sat. 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

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PALM OIL, HYDROGENATED PALM OIL, SESAME OIL), SALT, TAPIOCA STARCH, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, BETA CAROTENE COLOR, CALCIUM SILICATE, CARAMEL COLOR, CHICKEN FAT, CITRIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE, DRIED CABBAGE FLAKE, DRIED CORN, DRIED ONION FLAKE, DRIED RED BELL PEPPER, DRIED SHRIMP, EGG WHITE, GARLIC POWDER, GLUCOSE, HYDROLYZED CORN PROTEIN, LACTOSE, MALTODEXTRIN, MONOSODIUM GLUTAMATE, NATURAL AND ARTIFICIAL FLAVOR, ONION POWDER, POTASSIUM CARBONATE, POWDERED CHICKEN, SHRIMP POWDER, SODIUM ALGINATE, SODIUM CARBONATE, SODIUM DIACETATE, SODIUM PHOSPHATE, SODIUM TRIPOLYPHOSPHATE, SOY LECITHIN, SOYBEAN, SPICE AND COLOR, SUGAR, TBHQ (PRESERVATIVE), WHEAT.

CONTAINS WHEAT, SOYBEAN, EGG, MILK, AND SHRIMP.  
MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUT, TREE NUTS, CRUSTACEAN SHELLFISH, AND FISH PRODUCTS.

## 00705 UNIT, 07675 RC 6ct

## Souper Meal Chili Picante Chicken Flavor With Lime Flavor R3

### Nutrition Facts

Serving Size 1/2 Container (61g)  
Servings Per Carton 12  
**Calories 270**  
Calories from Fat 110

Amount/serving	% Daily Value*
<b>Total Fat 12g</b>	<b>19%</b>
Saturated Fat 6g	30%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 5g	
<b>Cholesterol 0mg</b>	<b>0%</b>
Vitamin A 15% • Vitamin C 2% • Calcium 4% • Iron 15%	

Amount/serving	% Daily Value*
<b>Sodium 1650mg</b>	<b>69%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 2g	8%
Sugars 2g	
<b>Protein 2g</b>	

\* 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
Sat. 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

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (PALM OIL, HYDROGENATED PALM OIL), SALT, TAPIOCA STARCH, DRIED CABBAGE FLAKE, CONTAINS LESS THAN 2% OF AUTOLYZED TORULA YEAST EXTRACT, AUTOLYZED YEAST EXTRACT, BETA CAROTENE COLOR, CARAMEL COLOR, CITRIC ACID, CONCENTRATED CHICKEN STOCK, CONCENTRATED LIME JUICE, DISODIUM GUANYLATE, DISODIUM INOSINATE, DRIED CORN, DRIED ONION FLAKE, DRIED RED BELL PEPPER, EGG WHITE, GARLIC POWDER, GLUCOSE, HYDROLYZED CORN PROTEIN, HYDROLYZED SOY PROTEIN, LACTOSE, MALTODEXTRIN, MODIFIED FOOD STARCH, MONOSODIUM GLUTAMATE, NATURAL AND ARTIFICIAL FLAVOR, ONION POWDER, POTASSIUM CARBONATE, POWDERED CHICKEN, RENDERED CHICKEN FAT, SILICON DIOXIDE, SODIUM ALGINATE, SODIUM CARBONATE, SODIUM PHOSPHATE, SODIUM TRIPOLYPHOSPHATE, SOY LECITHIN, SOYBEAN, SPICE AND COLOR, SUGAR, TBHQ (PRESERVATIVE), TOMATO POWDER, WHEAT, YELLOW 5.

CONTAINS WHEAT, SOYBEAN, EGG, AND MILK.  
MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUT, TREE NUTS, CRUSTACEAN SHELLFISH, AND FISH PRODUCTS.



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