



OUR STORY

Augason Farms knows that nature's goodness is the best source of flavorful and wholesome ingredients. That's why we take great care in bringing you non-GMO, organic soups that promote balanced eating and healthy lifestyles.

Each delicious and nutritious soup is crafted with the finest USDA-certified organic ingredients and carefully paired with the perfect blend of seasonings. With every satisfying spoonful you'll enjoy true food that's brimming with quality and taste.

Organic Roasted Red Pepper Soup Mix

Nutrition Facts

Serving Size: 2 1/2 Tbsp (24g) Dry
About 1 Cup Prepared
Servings Per Pouch: 4

Amount Per Serving	
Calories 90 Calories from Fat 10	
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 1g	

Vitamin A 25% • Vitamin C 50%

Calcium 2% • Iron 2%

*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	

Calories per gram: Fat 9 • Carbs 4 • Protein 4

DIRECTIONS:

1. Whisk entire pouch into 4 1/4 Cups boiling water.
2. Simmer on low heat for 15 minutes, stirring frequently.
3. Serve and enjoy.

INGREDIENTS: Organic cane sugar, organic tomato powder, organic rice flour, organic corn starch, organic creamer (organic palm oil, organic skim milk solids, organic rice syrup solids, sodium citrate, tricalcium phosphate, organic soy lecithin), organic red bell pepper, organic corn syrup solids, salt, organic onion powder, organic garlic granules, sodium citrate, organic white pepper.

Contains allergens: Milk and soy.

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www.AugasonFarmsOrganics.com

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