



## 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 Butternut Squash Soup Mix

## Nutrition Facts

Serving Size: 1/4 Cup (27g) Dry  
About 1 Cup Prepared  
Servings Per Pouch: 4

Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 780mg</b>	<b>33%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 0g	0%
Sugars 8g	
<b>Protein 2g</b>	

Vitamin A 10% • Vitamin C 4%  
Calcium 8% • 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

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## 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 corn starch, organic nonfat milk, organic pumpkin flakes, organic cane sugar, salt, organic vegetable base (organic vegetables [onion, carrot, tomato, potato, garlic], sea salt, organic evaporated cane syrup, organic canola oil, organic spices, organic rice concentrate, organic turmeric), organic corn syrup solids, organic creamer (organic palm oil, organic skim milk solids, organic rice syrup solids, sodium citrate, tricalcium phosphate, organic soy lecithin), organic onion powder, natural flavoring, organic cream (organic maltodextrin, organic natural cream flavor), organic nutmeg, organic chicken stock (organic chicken stock, salt), organic ground bay leaf, organic butternut squash flavor (organic maltodextrin, natural flavor, organic rice concentrate, organic sunflower oil), organic caramel flavor (organic maltodextrin, natural flavor), organic chipotle.

**Contains allergens:** Milk and soy.



1-800-878-0099

[www.AugasonFarmsOrganics.com](http://www.AugasonFarmsOrganics.com)

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