



## 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 Corn Chowder

## Soup Mix

### Nutrition Facts

Serving Size: 1/4 Cup (25g) Dry  
About 1 Cup Prepared  
Servings Per Pouch: 4

Amount Per Serving		Calories 120 Calories from Fat 60	
		% Daily Value*	
<b>Total Fat</b>	7g		11%
Saturated Fat	3.5g		18%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	690mg		29%
<b>Total Carbohydrate</b>	13g		4%
Dietary Fiber	1g		4%
Sugars	4g		
<b>Protein</b>	1g		
<b>Vitamin A</b>	4%	<b>Vitamin C</b>	10%
<b>Calcium</b>	8%	<b>Iron</b>	0%

\*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 to 20 minutes, stirring frequently.
3. Serve and enjoy.

**INGREDIENTS:** Organic creamer (organic palm oil, organic skim milk solids, organic rice syrup solids, sodium citrate, tricalcium phosphate, organic soy lecithin), organic corn starch, organic corn, organic cane sugar, salt, organic pumpkin flakes, organic chopped onion, 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 red bell pepper, organic garlic powder, organic onion powder, organic cheese flavor (organic maltodextrin, organic rice concentrate, natural flavor, salt), organic black pepper, organic celery seed, organic smoked paprika (organic paprika, natural smoke flavor), natural flavoring.

**Contains allergens:** Milk and soy.



1-800-878-0099

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

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