



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 Cheddar Broccoli Soup Mix

Nutrition Facts

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

Amount Per Serving	
Calories 110 Calories from Fat 60	
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 970mg	40%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	

Vitamin A 6% • Vitamin C 20%
Calcium 10% • 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 creamer (organic palm oil, organic skim milk solids, organic rice syrup solids, sodium citrate, tricalcium phosphate, organic soy lecithin), organic cheddar cheese (organic cheddar cheese [organic pasteurized milk, salt, cheese cultures, enzymes], organic tapioca maltodextrin, salt, lactic acid, organic annatto, citric acid, natural mixed tocopherols, less than 2% silicon dioxide and disodium phosphate), salt, organic cheese flavor (organic maltodextrin, organic rice concentrate, natural flavor, salt), organic broccoli, organic chopped onion, organic corn syrup solids, organic chicken base (sea salt, organic evaporated cane syrup, organic chicken fat, organic natural flavoring, organic potato flour, organic chicken stock, organic chicken flavor, organic spice, organic turmeric), natural flavoring, organic onion powder, organic garlic powder, organic black pepper.

Contains allergens: Milk and soy.



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www.AugasonFarmsOrganics.com

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