



**33**  
SERVINGS



**SHELF LIFE UP TO  
10 YEARS**

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

*Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.*

**FOOD STORAGE  
EMERGENCY  
EVERYDAY FOOD**

## Soup Mix Cheesy Broccoli

Nutrition Facts	
Serving Size: 1/3 Cup (46g dry) Servings Per Container: 33	
Amount Per Serving	
<b>Calories 190</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
<b>Saturated Fat 4g</b>	<b>19%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 980mg</b>	<b>41%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
<b>Dietary Fiber less than 1g</b>	<b>3%</b>
<b>Sugars 8g</b>	
<b>Protein 4g</b>	
<b>Vitamin A 2%</b>	<b>Vitamin C 50%</b>
<b>Calcium 10%</b>	<b>Iron 4%</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 2400mg    2400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9    Carbs 4    Protein 4	

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SERVINGS	SOUP MIX	WATER
2	2/3 cup	2 1/4 cups
4	1 1/3 cups	4 1/2 cups
6	2 cups	6 1/2 cups

### DIRECTIONS:

1. Whisk soup mix into boiling water.
2. Simmer on low heat for 12 to 15 minutes.
3. Stir frequently.

For a thicker soup, lower water by 1/4 cup.

**INGREDIENTS:** Creamer (maltodextrin, palm oil), cheese base (whey, buttermilk solids, cheeses [granular and cheddar {pasteurized milk, cheese culture, salt, enzymes}], whey protein concentrate, salt, sodium phosphate, citric acid, FD&C Yellow #5, FD&C Yellow #6, lactic acid, enzyme), modified food starch, broccoli, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), maltodextrin, chopped onion, celery, salt, yeast extract, onion powder, parsley flakes, sweet whey.

**Contains allergens:** Milk, wheat and soy.

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