



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	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 980mg	41%
Total Carbohydrate 28g	9%
Dietary Fiber less than 1g	3%
Sugars 8g	
Protein 4g	
Vitamin A 2%	Vitamin C 50%
Calcium 10%	Iron 4%
*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.

1-800-878-0099

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