



# INGREDIENT & NUTRITION INFORMATION

2022

<b>ANGUS STEAK CHILI WITH BEANS (700277) · Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Angus Beef, Ground Tomatoes (tomatoes, salt, citric acid), Onions, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Small Red Beans, Green Bell Peppers, Garlic, Chili Powder (chili pepper, spices, salt, garlic powder), Canola Oil, Sea Salt, Cumin, Ancho Chile Powder, Oregano, Black Pepper, Cocoa Powder, Decaffeinated Coffee Extract, Cayenne Pepper.	210	8g	2.5g	560mg	20g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	7g	7g	19g	20%	0%
<b>BEEF BARLEY &amp; VEGETABLE SOUP (700230)</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Angus Beef, Carrots, Onions, Barley, Celery, Green Beans, Peas, Mushrooms, Leeks, Red Bell Pepper, Beef Stock, Sea Salt, Butter (sweet cream, salt), Parsley, Garlic, Thyme, Black Pepper. <b>Contains milk.</b>	110	3g	1.5g	670mg	13g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	3g	2g	8g	6%	0%
<b>BROCCOLI CHEDDAR SOUP (700256) · Vegetarian, Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Cheddar Cheese (milk, cheese cultures, salt, enzymes), Broccoli, Light Cream (milk, cream), Butter (cream, salt), Onions, Rice Flour, Corn Starch, Olive Oil, Sea Salt, Garlic, Annatto Seed Powder, Bay Leaves, White Pepper, Nutmeg. <b>Contains milk.</b>	310	25g	14g	760mg	13g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	0g	1g	10g	0%	0%
<b>BUTTERNUT SQUASH &amp; APPLE SOUP (700216) · Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Butternut Squash, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Apple, Light Cream (milk, cream), Onions, Butter (cream, salt), Honey, Amontillado Sherry (grape wine [amontillado medium], alcohol), Sea Salt, Chicken Fat, Dried Rosemary, Allspice, Cloves, Nutmeg, White Pepper. <b>Contains milk.</b>	180	10g	6g	420mg	22g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	3g	10g	3g	6%	0%
<b>CARIBBEAN JERK CHICKEN SOUP (700654) · Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat, Sweet Potatoes, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Red Kidney Beans, Parboiled Long Grain Rice, Coconut Milk (coconut, water), Onions, Molasses, Rice Starch, Carrots, Garlic, Scallions, Tomato Paste (tomatoes, citric acid), Olive Oil, Sea Salt, Jalapeno Peppers, Cilantro, Chicken Fat, Ginger, Black Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Dried Thyme, Cinnamon, Nutmeg, Ground Allspice. <b>Contains tree nuts (coconut).</b>	200	5g	2.5g	670mg	31g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	4g	7g	11g	10%	0%
<b>CARROT GINGER SOUP (700261) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Carrots, Water, Orange Juice, Onions, Parboiled Long Grain Rice, Corn Oil, Ginger, Garlic, Sesame Oil, Organic Tamari Sauce (water, organic soybeans, salt), Sea Salt, White Pepper, Cayenne Pepper. <b>Contains soy.</b>	110	4.5g	0.5g	310mg	18g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	4g	8g	2g	6%	0%
<b>CHICKEN &amp; DUMPLING (700233) · Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat (dark and light meat), Dumplings (durum wheat flour, water, eggs, wheat gluten, salt), Carrots, Onions, Celery, Chicken Fat, Rice Flour, Sea Salt, Parsley, White Pepper, Nutmeg. <b>Contains egg and wheat.</b>	240	11g	3.5g	700mg	20g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	2g	13g	6%	0%
<b>CHICKEN NOODLE SOUP (700208) · Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Mafalda Pasta (semolina, eggs, egg whites), Chicken Meat, Celery, Carrots, Onions, Sea Salt, Chicken Fat, White Pepper, Bay Leaves, Cloves. <b>Contains egg and wheat.</b>	90	2g	0.5g	660mg	11g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	2g	8g	6%	0%
<b>CHICKEN TORTILLA SOUP · Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Chicken Meat, Corn, Onions, Green Peppers, Corn Tortilla Chips (whole grain corn masa flour, sunflower oil and/or safflower oil, sea salt), Green Chili Peppers, Sea Salt, Corn Oil, Cilantro, Cumin, Paprika (for flavor and color), Chili Powder (spices, sea salt, garlic powder), Pepper Sauce (distilled vinegar, red pepper, salt), Dried Oregano, Lime Oil, Cayenne Pepper.	110	3.5g	0.5g	610mg	14g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	3g	8g	6%	0%
<b>CHICKEN VEGETABLE SOUP WITH RICE (700257) · Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Carrots, Onions, Zucchini, Yellow Squash, Celery, Parboiled Long Grain Rice, Cauliflower, Broccoli, Green Beans, Golden Wax Beans, Corn, Peas, Asparagus, Parsnips, Water, Chicken Fat, Sea Salt, Rice Starch, Scallions, Basil, Parsley, White Pepper, Dried Thyme, Bay Leaves, Dried Tarragon.	90	2.5g	0.5g	550mg	11g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	2g	7g	6%	0%
<b>CHIPOTLE SWEET POTATO SOUP (700264) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Sweet Potatoes, Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Onions, Water, Carrots, Olive Oil, Cilantro, Sea Salt, Sesame Oil, Rice Starch, Mustard Flour, Chipotle Powder, Dried Dill, White Pepper.	150	6g	1g	610mg	24g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	4g	7g	2g	6%	0%



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<b>COCONUT CURRY CHICKEN (700271) · Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat (dark and light meat), Coconut Milk (coconut, water), Water, Brown Rice, Onions, Mushrooms, Red Bell Pepper, Green Bell Peppers, Bamboo Shoots (bamboo shoots, water), Rice Starch, Dried Lemon Grass, Ginger, Scallions, Chicken Fat, Garlic, Sea Salt, Curry Powder (turmeric, coriander, cumin, garlic, ginger, cinnamon, allspice, nutmeg, red chili pepper), Coriander, Sesame Oil, Cayenne Pepper, Mustard Flour, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, salt, vinegar, sodium benzoate [a preservative], xanthamgum [a stabilizer]), White Pepper, Lime Oil. <b>Contains tree nuts (coconuts)</b>	190	8g	6g	390mg	20g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	2g	10g	15%	0%
<b>CREAM OF CHICKEN WITH WILD RICE (700211) Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat, Chicken Fat, Light Cream (milk, cream), Onions, Carrots, Celery, Rice Flour, Water, Mushrooms, Wild Rice, Sherry Wine (contains sulfites), Rice Starch, Parboiled Long Grain Rice, Sea Salt, Garlic, Thyme, White Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Bay Leaves. <b>Contains Milk.</b>	270	19g	6g	790mg	18g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	2g	8g	6%	6%
<b>HUNGARIAN MUSHROOM SOUP (700227) · Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Mushrooms, Light Cream (milk, cream), Rice Flour, Onions, Carrots, Soybean Oil, MedeiraWine (contains sulfites), Beef Stock, Sour Cream (cultured light cream, nonfat milk, enzymes), Sea Salt, Butter (cream, salt), Rice Starch, Paprika (for color), Dried Dill, Cayenne Ground Pepper. <b>Contains milk.</b>	230	16g	6g	630mg	18g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	4g	5g	6%	0%
<b>ITALIAN STYLE WEDDING SOUP WITH MEATBALLS (700202)</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Meatballs (beef, water, egg whites, bread crumbs [wheat flour], romanocheese [pasteurized sheep's and cow's milk, rennet, salt, cheese cultures, enzymes], dehydrated onion, dried cane sugar, salt, natural flavors), Onions, Acini di Pepe Pasta (semolina [wheat], egg whites), Spinach, Escarole, Extra Virgin Olive Oil, Basil, Garlic, Sea Salt, Thyme, Canola Oil, Fennel Seed, Lemon Juice, Red Pepper Flakes, Black Pepper. <b>Contains egg, milk, and wheat.</b>	130	8g	3g	530mg	10g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	2g	7g	10%	0%
<b>LENTIL (700199) · Vegan, Vegetarian, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Lentils, Onions, Carrots, Turnips, Celery, Tomato Paste (tomatoes), Olive Oil, Extra Virgin Olive Oil, Rice Flour, Soybean Oil, Balsamic Vinegar (wine vinegar, grape must), Garlic, Sea Salt, Paprika (for color), Parsley, Dried Marjoram, Black Pepper, Cumin, Nutmeg, Dried Basil, Bay Leaves, Cloves.	200	9g	1.5g	480mg	24g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	8g	4g	8g	15%	0%
<b>LOADED POTATO (700276) · Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Potatoes, Water, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Cheddar Cheese (milk, cheese cultures, salt, enzymes), Uncured Bacon* (pork bellies, sea salt, cane sugar, celery powder, spices)*No nitrates/ nitrites added except for those naturally occurring in sea salt and celery powder, Light Cream (milk, cream), Leeks, Celery, Onions, Rice Starch, Beef Stock, Scallions, Sea Salt, Garlic, Bay Leaves, Nutmeg, Dried Marjoram, Cloves. <b>Contains milk.</b>	280	17g	11g	570mg	19g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	2g	12g	6%	0%
<b>LOBSTER BISQUE (700221) · Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Light Cream (milk, cream), Butter (cream, salt), Rice Flour, Water, Lobster Stock (lobster, salt, cod), Tomato Puree (tomatoes, salt, citric acid), Sugar, Lobster Meat (lobster, water, salt), Sherry Wine (contains sulfites), Rice Starch, Lobster Meat (lobster meat, salt), Sea Salt, Clam Concentrate (concentrated clam broth, salt), White Pepper. <b>Contains fish, milk, and shellfish.</b>	260	18g	11g	900mg	19g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	0g	6g	6g	6%	0%
<b>MINISTRONE (700229) · Vegetarian, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Ground Tomatoes (tomatoes, sea salt, citric acid), Onions, Zucchini, Great Northern Beans, Savoy Cabbage, Garbanzo Beans, Carrots, Celery, White Wine (contains sulfites), Ditalini Pasta (semolina, egg whites), Basil, Canola Oil, Sea Salt, Garlic, Sugar, Extra Virgin Olive Oil, Dried Basil, Fennel Seed, Bay Leaves, Red Pepper Flakes. <b>Contains egg and wheat.</b>	80	2g	0g	430mg	14g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	3g	5g	3g	6%	0%
<b>NEW ENGLAND CLAM CHOWDER (700274) · Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Light Cream (milk, cream), Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Sea Clams (sea clams, water), Potatoes, Onions, Rice Flour, Soybean Oil, Clam Concentrate (concentrated clam broth, salt), Butter (cream, salt), Sea Salt, Celery, Salt Pork (pork, sea salt), Fish Sauce (anchovy, sea salt), Black Pepper, Worcestershire Sauce (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Garlic, Clam Broth (dehydrated clam broth, maltodextrin). <b>Contains milk, clam, cod, haddock, and anchovy.</b>	340	23g	13g	810mg	23g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	1g	5g	11g	10%	6%
<b>ORGANIC SPLIT PEA WITH KALE SOUP (700960) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Organic Peas, Water, Organic Kale, Organic Onions, Organic Celery, Organic Carrots, Organic Rosemary, Organic Canola Oil, Sea Salt, Organic Bay Leaves, Organic Black Pepper.	80	1.5g	0g	340mg	13g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	0g	2g	5g	6%	0%
<b>REDUCED SODIUM CHICKEN NOODLE SOUP (701099) · Dairy Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat, Mafalda Pasta (semolina, eggs, egg whites), Celery, Carrots, Onions, Chicken Fat, Sea Salt, Bay Leaves, Cloves. <b>Contains Egg and wheat.</b>	100	3.5g	1g	350mg	10g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	2g	8g	6%	0%
<b>ROASTED RED PEPPER &amp; GOUDA (702726) · Vegetarian, Certified Gluten Free</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Roasted Red Peppers, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Gouda (pasteurized cow's milk, salt, cheese culture, microbial rennet), Fire Roasted Tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), Heavy Cream, Onions, Tomato Paste (tomatoes), Whole Milk (milk, vitamin D3), Sugar, Corn Starch, Sea Salt, Canola Oil, Roasted Garlic, Butter (cream, salt), Smoked Paprika, Black Pepper, Dried Basil. <b>Contains milk.</b>	210	13g	7g	1260mg	19g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	10g	7g	6%	0%



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<b>SHRIMP &amp; ROASTED CORN CHOWDER (702747) · Certified Gluten Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Light Cream (milk, cream), Water, Shrimp (shrimp, salt, water), Potatoes, Onions, Corn, Roasted Sweet Corn, Red Bell Pepper, Canola Oil, Rice Flour, Sugar, Sea Salt, Rice Starch, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, salt, vinegar, sodium benzoate [a preservative], xanthan gum [a stabilizer]), Cayenne Pepper, Chipotle Powder, Thyme, Parsley Flakes. <b>Contains milk and shellfish.</b>	260	14g	5g	750mg	25g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	5g	10g	6%	6%

<b>SHRIMP &amp; SAUSAGE GUMBO (700194) · Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Water, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Celery, Green Peppers, Onions, Okra, Smoked Andouille Sausage (pork, seasoning [sea salt, spices, brown sugar, native potato starch, paprika, garlic, natural cure (blend of celery powder, sea salt)], water), Shrimp, Parboiled Long Grain Rice, Wheat Flour, Pork Fat, Tomato Puree (tomatoes, salt, citric acid), Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Clam Concentrate (concentrated clam broth, salt), Paprika (for color), Gumbo File, Dried Thyme, Black Pepper, Bay Leaves, Cayenne Ground Pepper, Red Pepper Flakes, Cloves. <b>Contains Shellfish, Wheat.</b>	140	5g	1.5g	690mg	17g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	3g	7g	6%	6%

<b>THREE BEAN CHILI (700260) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Tomatoes (tomatoes, salt, citric acid), Onions, Small Red Beans, Black Beans, Pinto Beans, Water, Organic Corn, Green Peppers, Green Chili Peppers, Red Bell Pepper, Yellow Peppers, Garlic, Cilantro, Corn Oil, Ancho Chili Powder, Paprika (for color), Sea Salt, Cumin, Chili Powder (spices, sea salt, garlic powder), Black Pepper, Dried Oregano, Pepper Sauce (distilled vinegar, red pepper, salt).	140	2.5g	0g	520mg	28g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	7g	7g	7g	10%	0%

<b>TOMATO BISQUE (700231) · Vegetarian, Certified Gluten Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Ground Tomatoes (tomatoes, salt, citric acid), Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Light Cream (milk, cream), Heavy Cream, Carrots, Onions, Tomato Paste (tomatoes), Water, Basil, Soybean Oil, Corn Starch, Garlic, Sea Salt, Dried Basil, Bay Leaves. <b>Contains milk.</b>	160	10g	6g	610mg	15g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	3g	9g	3g	10%	6%

<b>TOMATO FETA (700751) · Vegetarian, Certified Gluten Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Water, Ground Tomatoes (tomatoes, sea salt, citric acid), Onions, Light Cream (milk, cream), Tomato Paste (tomatoes), Feta Cheese (pasteurized milk, salt, cheese cultures, enzymes), Carrots, Olive Oil, Sea Salt, Garlic, Parsley, Rice Starch, Bay Leaves, Dried Basil, Dried Oregano, Cayenne Pepper, White Pepper. <b>Contains milk.</b>	130	7g	3g	840mg	14g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	2g	8g	5g	6%	0%

<b>TOMATO WITH GARDEN VEGETABLES (700263) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Ground Tomatoes (tomatoes, salt, citric acid), Water, Yellow Squash, Zucchini, Onions, Carrots, Golden Wax Beans, Green Beans, Celery, Rice Flour, Corn Oil, Olive Oil, Scallions, Sea Salt, Extra Virgin Olive Oil, Garlic, Fennel Seed, Dried Basil, Bay Leaves, Dried Oregano, Mustard Flour, White Pepper.	100	4g	0.5g	490mg	14g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	4g	6g	3g	10%	0%

<b>TURKEY CHILI WITH BEANS (700268) · Certified Gluten Free, Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Ground Tomatoes (tomatoes, sea salt, citric acid), Turkey Thigh Meat, Onions, Small Red Beans, Green Peppers, Green Chili Peppers, Water, Tomato Paste (tomatoes), Garlic, Chicken Fat, Ancho Chile Powder, Paprika (for flavor and color), Sea Salt, Cumin, Chili Powder (spices, sea salt, garlic powder), Black Pepper, Dried Oregano, Paprika (for color), Pepper Sauce (distilled vinegar, red pepper, salt).	210	4.5g	1.5g	520mg	22g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	7g	8g	23g	20%	0%

<b>WHITE CHICKEN CHILI WITH CILANTRO (700278) · Certified Gluten Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Chicken Meat, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), White Navy Beans, Onions, Sour Cream (cultured light cream, nonfat milk, enzymes), Celery, Green Peppers, Chicken Fat, Rice Flour, Sea Salt, Garlic, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, distilled vinegar, salt), Cumin, Cilantro, Cocoa Powder, Ancho Chili Powder, Cayenne Ground Pepper, Dried Thyme, Dried Oregano, White Pepper. <b>Contains milk.</b>	300	14g	4.5g	660mg	25g
	<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
	4g	3g	20g	15%	0%