



# INGREDIENT & NUTRITION INFORMATION

<b>ALBONDIGAS (Mexican-Style Meatball Soup) (700856)</b>	<b>Shelf Life*</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), 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, Carrots, Parboiled Long Grain Rice, Green Peppers, Celery, Tomato Puree (tomatoes, salt, citric acid), Butter (cream, salt), Garlic, Sea Salt, Cilantro, Cumin, Dried Oregano, Lime Juice Concentrate, Chipotle Powder, Dried Thyme, White Pepper. <b>Contains Egg, Milk, Wheat.</b>	45 days	150	7g	3.5g	750mg	17g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		1g	3g	6g	10%	0%
<b>ANGUS STEAK CHILI WITH BEANS (700095) · Certified Gluten Free, Dairy Free</b>	<b>Shelf Life*</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.	50 days	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 (700023) · Low Fat</b>	<b>Shelf Life*</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>	35 days	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>BEEF STEW (700084) · Certified Gluten Free, Dairy Free</b>	<b>Shelf Life*</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Angus Beef, Water, Potatoes, Onions, Carrots, Celery, Pearl Onions, Peas, Turnips, Red Wine (contains sulfites), Corn Starch, Sea Salt, Corn Oil, Beef Stock, Parsley, Black Pepper, Thyme.	60 days	230	8g	3g	610mg	16g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		3g	4g	22g	15%	0%
<b>BLACK BEAN SOUP (700820) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free, Low Fat</b>	<b>Shelf Life*</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Black Beans, Water, Orange Juice, Onions, Roasted Red Peppers, Roasted Sweet Corn, Green Chili Peppers, Tomato Puree (tomatoes, salt, citric acid), Corn Oil, Sea Salt, Lime Juice Concentrate (100%), Cilantro, Cumin, Garlic, Chili Powder (spices, sea salt, garlic powder), Ancho Chili Powder, Smoked Paprika, Dried PasillaPepper, Dried Oregano, Bay Leaf.	50 days	130	3g	0g	650mg	21g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		5g	4g	6g	10%	0%
<b>BROCCOLI CHEDDAR SOUP (700063) · Vegetarian, Certified Gluten Free</b>	<b>Shelf Life*</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>	45 days	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>BUFFALO-STYLE CHICKEN SOUP (700019)</b>	<b>Shelf Life*</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 (dark and light meat), Carrots, Celery, Onions, Blue Cheese (milk, cheese cultures, salt, enzymes), Butter (cream, salt), Wheat Flour, Garlic, Apple Cider Vinegar (diluted with water to 5% acidity), Water, Paprika (for color), Sea Salt, Rice Starch, Pepper Sauce (distilled vinegar, red pepper, salt), Cayenne Ground Pepper, Black Pepper. <b>Contains Milk, Wheat.</b>	45 days	240	15g	9g	660mg	14g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		1g	3g	13g	6%	0%
<b>BUTTERNUT SQUASH &amp; APPLE SOUP (700056) · Certified Gluten Free</b>	<b>Shelf Life*</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>	50 days	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 (700708) · Certified Gluten Free, Dairy Free</b>	<b>Shelf Life*</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>	45 days	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 (700071) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Shelf Life*</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>	50 days	110	4g	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 SOUP (700048) · Dairy Free</b>	<b>Shelf Life*</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, Wheat Flour, Sea Salt, Parsley, White Pepper, Nutmeg. <b>Contains Egg, Wheat.</b>	37 days	230	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%

Nutritional information based on 1 cup (245g) serving unless otherwise noted.

\*from date of manufacture

Refrigerated



# INGREDIENT & NUTRITION INFORMATION

<b>CHICKEN &amp; ROASTED CORN CHOWDER (700059) · Certified Gluten Free</b>	<b>Shelf Life*</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 (dark and light meat), Roasted Sweet Corn, Potatoes, Green Bell Peppers, Light Cream (milk, cream), Red Bell Pepper, Corn (corn, water, salt), Onions, Celery, Chicken Fat, Water, Corn Oil, Rice Flour, Corn Starch, Lemon Juice, Sea Salt, Sugar, Light Chili Powder (chili pepper, salt, spices, garlic powder), Granulated Garlic, Cayenne Ground Pepper, Red Pepper Flakes, Paprika (for color), Mexican Oregano, Ground Thyme, White Pepper, Black Pepper. <b>Contains Milk.</b>	35 days	250	12g	4g	560mg	25g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		2g	5g	11g	6%	0%
<b>CHICKEN NOODLE SOUP (700039) · Dairy Free</b>	<b>Shelf Life*</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, Wheat.</b>	35 days	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 STEW (700045) · Dairy Free</b>	<b>Shelf Life*</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Chicken Stock, Chicken Meat, Potatoes, Carrots, Celery, Chicken Fat, Peas, Onions, Wheat Flour, Sea Salt, Parsley, Spices. <b>Contains Wheat ingredients</b>	37 days	230	12g	3.5g	550mg	18g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		2g	2g	14g	6%	0%
<b>CHICKEN TORTILLA SOUP (700089) · Certified Gluten Free, Dairy Free</b>	<b>Shelf Life*</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 (corn flour, sunflower and/or safflower oil, sea salt), Green Chili Peppers, Sea Salt, Corn Oil, Cilantro, Cumin, Paprika (for color), Chili Powder (spices, sea salt, garlic powder), Pepper Sauce (distilled vinegar, red pepper, salt), Dried Oregano, Lime Oil, Cayenne Ground Pepper.	45 days	110	3.5g	0.5g	620mg	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 (700067) · Certified Gluten Free, Dairy Free</b>	<b>Shelf Life*</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.	35 days	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 (700077) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Shelf Life*</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.	50 days	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%
<b>CORN CHOWDER (700016) · Vegetarian, Certified Gluten Free</b>	<b>Shelf Life*</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Corn (corn, water, salt), Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Potatoes, Light Cream (milk, cream), Onions, Butter (cream, salt), Water, Rice Flour, Celery, Corn Starch, Sea Salt, Sugar, Cayenne Ground Pepper, White Pepper. <b>Contains Milk.</b>	45 days	220	11g	7g	640mg	28g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		2g	6g	3g	0%	0%
<b>CREAM OF BROCCOLI (700013)</b>	<b>Shelf Life*</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), Broccoli, Light Cream (milk, cream), Water, Onions, Chicken Fat, Wheat Flour, Monterey Jack Cheese (milk, cheese culture, salt, enzymes), Butter (cream, salt), Sea Salt, White Pepper, Dried Dill. <b>Contains Milk, Wheat.</b>	45 days	240	19g	8g	720mg	13g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		2g	3g	6g	6%	0%
<b>CREAM OF CRAB (700055)</b>	<b>Shelf Life*</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), Water, Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Crab Meat, Butter (cream, salt), Wheat Flour, Onions, Celery, Sherry Wine (contains sulfites), Rice Starch, Lemon Juice, Sea Salt, Tomato Paste (tomatoes), Crab Extract, Seasoning Blend (celery salt [salt, celery seed], spices, paprika), Worcestershire Sauce (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Pepper Sauce (distilled vinegar, red pepper, salt), Cayenne Pepper, White Pepper. <b>Contains Fish, Milk.</b>	45 days	290	23g	14g	790mg	15g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		1g	4g	7g	0%	0%
<b>FRENCH ONION SOUP (700026) · Certified Gluten Free</b>	<b>Shelf Life*</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Onions, Water, Beef Stock, Red Wine (contains sulfites), Brandy, Soybean Oil, Sea Salt, Butter (cream, salt), Caramel Color, Thyme, White Pepper, Bay Leaves, Cloves. <b>Contains Milk.</b>	40 days	110	3.5g	1g	670mg	13g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		2g	6g	6g	6%	0%
<b>GREEK CHICKEN ORZO SOUP (700043) ·</b>	<b>Shelf Life*</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 (light meat), Onions, Carrots, Enriched Orzo (semolina [wheat], niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), Butter (cream, salt), Lemon Juice, Sea Salt, Parsley, Garlic, Spearmint, Dried Oregano, Dried Thyme, Bay Leaves, Black Pepper. <b>Contains Milk, Wheat.</b>	45 days	110	2.5g	1.5g	670mg	12g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		1g	2g	11g	10%	0%
<b>HUNGARIAN MUSHROOM SOUP (700017) · Certified Gluten Free</b>	<b>Shelf Life*</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, Madeira Wine (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>	45 days	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%

Nutritional information based on 1 cup (245g) serving unless otherwise noted.

\*from date of manufacture



# INGREDIENT & NUTRITION INFORMATION

<b>ITALIAN STYLE WEDDING SOUP WITH MEATBALLS (700029)</b>	<b>Shelf Life*</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, salt, yeast], romanocheese [pasteurized sheep's and/or cow's milk, rennet, salt, cheese cultures, enzymes], dehydrated onion, 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, Wheat.</b>	45 days	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 SOUP (700027) · Vegan, Vegetarian, Dairy Free</b>	<b>Shelf Life*</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.	45 days	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 SOUP (700064) · Certified Gluten Free</b>	<b>Shelf Life*</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, Cloves, Nutmeg, Dried Marjoram. <b>Contains Milk.</b>	60 days	270	17g	11g	560mg	18g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		2g	2g	11g	6%	0%
<b>LOBSTER BISQUE (700006)</b>	<b>Shelf Life*</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), Wheat 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, Shellfish, Wheat.</b>	45 days	260	18g	11g	900mg	18g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		0g	6g	6g	6%	0%
<b>MANHATTAN CLAM CHOWDER (700061) · Certified Gluten Free, Dairy Free</b>	<b>Shelf Life*</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Clam Meat (clams, water), Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Potatoes, Water, Tomato Paste (tomatoes), Celery, Onions, Scallions, Olive Oil, Clam Broth (dehydrated clam broth, maltodextrin), Garlic, Parsley, Sea Salt, Black Pepper, Dried Thyme, Cayenne Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Bay Leaves. <b>Contains Fish, Shellfish.</b>	45 days	120	3g	0g	840mg	14g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		2g	3g	9g	10%	0%
<b>MARYLAND VEGETABLE CRAB SOUP (700062) · Certified Gluten Free, Dairy Free</b>	<b>Shelf Life*</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<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), Crab Meat, Potatoes, Onions, Savoy Cabbage, Celery, Immature Baby Lima Beans, Corn, Carrots, Tomato Paste (tomatoes), Rice Starch, Uncured Bacon (pork bellies, sea salt, cane sugar, celery powder, spices), Crab Extract, Sea Salt, Parsley, Seasoning Blend (celery salt [salt, celery seed], spices, paprika), Paprika (for color), Pepper Sauce (distilled vinegar, red pepper, salt), White Pepper, Cayenne Pepper. <b>Contains Shellfish.</b>	45 days	90	2g	0.5g	750mg	15g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		2g	3g	6g	6%	0%
<b>MINISTRONE (700022) · Vegetarian, Dairy Free</b>	<b>Shelf Life*</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, Wheat.</b>	40 days	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 (700000)</b>	<b>Shelf Life*</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), Potatoes, Sea Clams (sea clams, water), Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Onions, Wheat Flour, Soybean Oil, Butter (cream, salt), Clam Broth (dehydrated clam broth, maltodextrin), Sea Salt, Celery, Salt Pork (pork, 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. <b>Contains Fish, Milk, Shellfish, Wheat.</b>	45 days	320	24g	13g	750mg	18g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		1g	6g	11g	10%	0%
<b>NORTH ATLANTIC HADDOCK CHOWDER (700005)</b>	<b>Shelf Life*</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Light Cream (milk, cream), Haddock, Potatoes, Onions, Celery, Butter (cream, salt), Wheat Flour, Sea Salt, Garlic, White Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Dried Thyme, Dried Dill. <b>Contains Fish, Milk, Wheat.</b>	45 days	250	17g	10g	640mg	13g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		1g	4g	12g	0%	0%
<b>PASTA e FAGIOLI (700047)</b>	<b>Shelf Life*</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), White Navy Beans, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Onions, Spinach, Leeks, Celery, Ditalini Pasta (semolina, egg whites), 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, Grated Parmesan Cheese (pasteurized milk, cheese cultures, salt, enzymes), Olive Oil, Extra Virgin Olive Oil, Garlic, Sea Salt, Parsley, Bay Leaves, Dried Basil, Dried Oregano, Fennel Seed, Red Pepper Flakes, Black Pepper. <b>Contains Egg, Milk, Wheat.</b>	40 days	180	5g	2g	680mg	24g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		4g	3g	9g	15%	0%
<b>PORTUGUESE KALE SOUP WITH LINGUICA (700091) · Certified Gluten Free, Dairy Free</b>	<b>Shelf Life*</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), Red Kidney Beans, Kale, Potatoes, Uncured Linguica Sausage with no nitrates/ nitrites added except for those which naturally occur in natural flavor (pork, water, salt, paprika, spices, garlic, natural flavor), Onions, Olive Oil, Garlic, Sea Salt, Paprika (for color), Pepper Sauce (distilled vinegar, red pepper, salt), Allspice, Bay Leaves, Cloves, White Pepper.	60 days	160	7g	1.5g	510mg	21g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		8g	2g	12g	10%	0%
<b>QUINOA &amp; SWEET POTATO CHILI WITH BLACK BEANS (701051) · Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Shelf Life*</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Water, Black Beans, Sweet Potatoes, Onions, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Red Bell Pepper, Red Quinoa, Yellow Peppers, Orange Juice, Canola Oil, Honey, Lime Juice Concentrate, Corn Starch, Sea Salt, Tomato Paste (tomatoes), Garlic, Cilantro, Cumin, Coriander, Dried Pasilla Pepper, Smoked Paprika, Black Pepper, Mexican Oregano.	50 days	200	4.5g	0g	640mg	34g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		7g	8g	6g	10%	0%

Nutritional information based on 1 cup (245g) serving unless otherwise noted.

\*from date of manufacture



# INGREDIENT & NUTRITION INFORMATION

SOUP NAME (SKU) · Dietary Info	Shelf Life*	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>ROASTED VEGETABLE SOUP (700094) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b> <b>INGREDIENTS:</b> Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Sweet Potatoes, Onion, Potatoes, Water, Zucchini, Savoy Cabbage, Celery, Carrots, Extra Virgin Olive Oil, Olive Oil, Parsley, Sea Salt, Garlic, Lemon Juice, Black Pepper, Dried Marjoram, Thyme, Nutmeg, Allspice, Bay Leaves, Cloves.	50 days	180	11g	1.5g	750mg	19g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		3g	6g	2g	6%	0%
<b>SEAFOOD CHOWDER (700003) · Certified Gluten Free</b> <b>INGREDIENTS:</b> Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Light Cream (milk, cream), Potatoes, Haddock, Water, Sea Clams (sea clams, water), Onions, Rice Flour, Scallops, Shrimp, Soybean Oil, Carrots, Celery, Butter (cream, salt), Sea Salt, Lobster Stock (lobster, salt, cod), Garlic, Black Pepper. <b>Contains Fish, Milk, Shellfish.</b>	45 days	260	16g	7g	670mg	16g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		1g	3g	12g	6%	0%
<b>SHRIMP &amp; SAUSAGE GUMBO (700012) · Dairy Free</b> <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>	45 days	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>SPICED PUMPKIN BISQUE (Seasonal) (700033) · Certified Gluten Free</b> <b>INGREDIENTS:</b> Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Pumpkin Puree, Light Cream (milk, cream), Onions, Sweet Potatoes, Brown Sugar, Butter (cream, salt), Sea Salt, Paprika (for color and flavor), Ground Clove, White Pepper, Cayenne Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Nutmeg, Ground Allspice. <b>Contains Milk.</b>	50 days	130	6g	3.5g	530mg	18g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		4g	9g	3g	15%	0%
<b>SPICY CRAB &amp; SWEET CORN CHOWDER (700009)</b> <b>INGREDIENTS:</b> Light Cream (milk, cream), Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Water, Crab Meat, Corn, Onions, Crab Extract, Green Peppers, Celery, Butter (cream, salt), Wheat Flour, White Wine (contains sulfites), Brandy, Cane Sugar, Soybean Oil, Garlic, Sea Salt, Paprika (for color), Rice Starch, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, distilled vinegar, salt), Cayenne Ground Pepper, Dried Tarragon, Dried Basil, Dried Oregano, Dried Thyme, Worcestershire Sauce (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Pepper Sauce (distilled vinegar, red pepper, salt). <b>Contains Fish, Milk, Shellfish.</b>	45 days	310	22g	13g	800mg	16g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		1g	6g	11g	6%	0%
<b>SPLIT PEA SOUP WITH HAM (700086) · Certified Gluten Free, Dairy Free</b> <b>INGREDIENTS:</b> Split Peas, Onions, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Water, Uncured Ham with no nitrates/ nitrites added except for those naturally occurring in celery powder (pork, water, vinegar, brown sugar, salt, sugar, dehydrated bell peppers, extractive of paprika, natural flavors, celery powder), Carrots, Celery, Pork Fat, Sea Salt, Garlic, Rice Starch, Salt Pork (pork, sea salt), Black Pepper, Marjoram, Pepper, Dried Marjoram, Thyme, Allspice, Bay Leaves, Cloves.	45 days	170	4g	1.5g	520mg	24g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		8g	5g	11g	10%	0%
<b>THAI CHICKEN SOUP WITH RED CURRY (700087) · Certified Gluten Free, Dairy Free</b> <b>INGREDIENTS:</b> Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat, Green Peppers, Onions, Coconut Milk (coconut, water), Brown Rice, Red Bell Pepper, Water, Bamboo Shoots (bamboo shoots, water), Rice Flour, Rice Starch, Dried Lemon Grass, Ginger, Sea Salt, Garlic, Chicken Fat, Red Curry Paste (red chili, salt, lemongrass, onion, garlic, galangal, dextrose, makrut lime peel, cumin powder, paprika oleoresin, coriander), Scallions, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, salt, vinegar, sodium benzoate [a preservative], xanthan gum [a stabilizer]), Mustard Flour, Coriander, Sesame Oil, Paprika (for color), Sugar, Cayenne Pepper, White Pepper.	45 days	170	6g	3.5g	700mg	21g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		2g	3g	8g	10%	0%
<b>THREE BEAN CHILI (700069) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b> <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 Chile 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).	50 days	140	2.5g	0g	500mg	26g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		6g	7g	7g	10%	0%
<b>TOMATO BASIL SOUP (700092) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b> <b>INGREDIENTS:</b> Chopped Tomatoes (tomatoes, salt, naturally derived citric acid), Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Onions, Carrots, Basil, Tomato Paste (tomatoes), Extra Virgin Olive Oil, Canola Oil, Garlic, Sea Salt, Dried Basil, Bay Leaves.	50 days	90	4g	0.5g	570mg	11g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		3g	7g	2g	6%	0%
<b>TOMATO BISQUE (700032) · Vegetarian, Certified Gluten Free</b> <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>	50 days	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 SOUP WITH GARDEN VEGETABLES (700074) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b> <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.	50 days	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 (700082) · Certified Gluten Free, Dairy Free</b> <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).	50 days	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%

Nutritional information based on 1 cup (245g) serving unless otherwise noted.

\*from date of manufacture

Refrigerated



# INGREDIENT & NUTRITION INFORMATION

<b>TURKEY GUMBO (700042) · Dairy Free</b>	<b>Shelf Life*</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), Turkey Thigh Meat, Okra, Onions, Carrots, Celery, Parboiled Long Grain Rice, Turkey Breast, Green Peppers, Chicken Fat, Sherry Wine (contains sulfites), Wheat Flour, Sea Salt, Garlic, Parsley, Paprika (for color), Pepper Sauce (distilled vinegar, red pepper, salt), Black Pepper, Gumbo File, Dried Thyme, Bay Leaves, Cloves, Cayenne Ground Pepper, Red Pepper Flakes. <b>Contains Wheat.</b>	38 days	140	4g	1.5g	620mg	15g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		2g	2g	11g	6%	0%
<b>WHITE BEAN &amp; ESCAROLE SOUP (700028) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	<b>Shelf Life*</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> White Navy Beans, Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Escarole, Fennel, Onions, Extra Virgin Olive Oil, Lemon Juice, Sea Salt, Basil, Water, Corn Starch, Garlic, Fennel Seed, White Pepper, Red Pepper Flakes, Thyme.	50 days	210	4.5g	0.5g	720mg	33g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		7g	4g	11g	15%	0%
<b>WHITE CAULIFLOWER &amp; CHEDDAR SOUP (701764) · Certified Gluten Free, Dairy Free</b>	<b>Shelf Life*</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<b>INGREDIENTS:</b> Cauliflower, Water, Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Cheddar Cheese (milk, cheese cultures, salt, enzymes), Heavy Cream, Onions, Butter (cream, salt), Corn Starch, Rice Flour, Sea Salt, Lemon Juice, Black Pepper, Garlic. <b>Contains Milk.</b>	45 days	290	23g	14g	680mg	9g
		<b>Fiber:</b>	<b>Sugar:</b>	<b>Protein:</b>	<b>Iron:</b>	<b>Vitamin D:</b>
		1g	2g	11g	0%	0%
<b>WHITE CHICKEN CHILI WITH CILANTRO (700097) · Certified Gluten Free</b>	<b>Shelf Life*</b>	<b>Cal:</b>	<b>Total Fat:</b>	<b>Sat. Fat:</b>	<b>Sodium:</b>	<b>Total Carb:</b>
<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>	50 days	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%

Nutritional information based on 1 cup (245g) serving unless otherwise noted.

\*from date of manufacture