



# INGREDIENT & NUTRITION INFORMATION

2019

<b>ANGUS STEAK CHILI WITH BEANS (700277) · Certified Gluten Free, Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Angus Beef, Ground Tomatoes (tomatoes, salt, naturally derived citric acid), Onions, Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Small Red Beans, Green Peppers, Garlic, Chili Powder (chili pepper, spices, salt, dehydrated garlic), Canola Oil, Spices, Sea Salt, Cocoa Powder, Coffee Extract (decaf).	210	8g	2.5g	580mg	21g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	7g	7g	18g	20%	0%

<b>BEEF BARLEY &amp; VEGETABLE SOUP (700230)</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Water, Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Beef Stock, Angus Beef, Carrots, Onions, Barley, Green Beans, Peas, Celery, Mushrooms, Leeks, Red Peppers, Sea Salt, Butter (cream, salt), Parsley, Garlic, Spices. <b>Contains milk ingredients</b>	110	3g	1.5g	690mg	13g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	3g	2g	8g	6%	0%

<b>BROCCOLI CHEDDAR SOUP (700256) · Vegetarian, Certified Gluten Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Water, Cheddar Cheese (milk, cheese cultures, salt, enzymes), Broccoli, Light Cream (milk, cream), Rice Flour, Butter (cream, salt), Onions, Olive Oil, Sea Salt, Garlic, Spices, Annatto (for color). <b>Contains milk ingredients</b>	320	24g	15g	760mg	16g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	1g	11g	0%	0%

<b>BUTTERNUT SQUASH &amp; APPLE SOUP (700216) · Certified Gluten Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Butternut Squash, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Light Cream (milk, cream), Apples, Onions, Butter (cream, salt), Honey, Amontillado Sherry (grape wine [amontillado medium], alcohol), Sea Salt, Chicken Fat, Spices. <b>Contains milk ingredients</b>	180	10g	6g	440mg	21g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	4g	10g	3g	6%	0%

<b>CARIBBEAN JERK CHICKEN SOUP (700654) · Certified Gluten Free, Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Sweet Potatoes, Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Red Kidney Beans, White Rice, Coconut Milk (coconut extract, water), Onions, Molasses, Rice Starch, Carrots, Garlic, Scallions, Tomato Paste (tomatoes, naturally derived citric acid), Olive Oil, Jalapeno Peppers, Cilantro, Sea Salt, Chicken Fat, Spices, Ginger, Pepper Sauce (distilled vinegar, red pepper, salt). <b>Contains coconut ingredients</b>	200	5g	2.5g	690mg	31g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	5g	7g	11g	10%	0%

<b>CARROT GINGER SOUP (700261) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Carrots, Water, Orange Juice, Onions, White Rice, Corn Oil, Ginger, Garlic, Sesame Oil, Organic Tamari Sauce (water, organic soybeans, salt), Sea Salt, Spices. <b>Contains soy.</b>	110	4.5g	0.5g	300mg	18g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	3g	7g	2g	6%	0%

<b>CHICKEN &amp; DUMPLING (700233) · Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Dumplings (durum wheat flour, water, eggs, wheat gluten, salt), Carrots, Onions, Celery, Chicken Fat, Rice Flour, Sea Salt, Parsley, Spices. <b>Contains egg, wheat ingredients</b>	240	11g	3.5g	710mg	20g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	2g	12g	6%	0%

<b>CHICKEN NOODLE SOUP (700208) · Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Mafalda Pasta (semolina, durum flour, eggs, egg whites), Celery, Carrots, Onions, Chicken Meat, Sea Salt, Chicken Fat, Spices. <b>Contains egg, wheat ingredients</b>	90	2g	1g	660mg	10g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	2g	7g	6%	0%

<b>CHICKEN TORTILLA SOUP · Certified Gluten Free, Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Chicken (dark & light meat), Corn, Onions, Green Peppers, Corn Tortilla Chips (corn flour, sunflower and/or safflower oil, sea salt), Chile Peppers, Sea Salt, Corn Oil, Spices, Cilantro, Paprika (for color), Chili Powder (spices, sea salt, garlic powder), Pepper Sauce (distilled vinegar, red pepper, salt), Lime Oil. <b>Contains egg, wheat ingredients</b>	120	3.5g	0.5g	680mg	15g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	2g	3g	8g	6%	0%

<b>CHICKEN VEGETABLE SOUP WITH RICE (700257) · Certified Gluten Free, Dairy 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), Chicken (dark & light meat), Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Carrots, Zucchini, Onions, Yellow Squash, Celery, White Rice, Cauliflower, Broccoli, Green Beans, Golden Wax Beans, Corn, Peas, Asparagus, Water, Parsnips, Chicken Fat, Sea Salt, Rice Starch, Scallions, Basil, Parsley, Spices.	90	2.5g	0.5g	560mg	11g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	2g	7g	6%	0%

<b>CHIPOTLE SWEET POTATO SOUP (700264) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<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, Spices, Chipotle Powder.	150	6g	1g	590mg	22g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	3g	8g	2g	6%	0%



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<b>COCONUT CURRY CHICKEN (700271) · Certified Gluten Free, Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Coconut Milk (coconut extract, water), Water, Brown Rice, Onions, Mushrooms, Red Peppers, Green Peppers, Bamboo Shoots, Rice Starch, Lemongrass, Ginger, Scallions, Chicken Fat, Garlic, Sea Salt, Curry Powder (spices, turmeric, salt, garlic), Spices, Sesame Oil, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, distilled vinegar, salt), Lime Oil. <b>Contains coconut ingredients</b>	190	8g	6g	390mg	20g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	2g	2g	10g	15%	0%

<b>CREAM OF CHICKEN WITH WILD RICE (700211) Certified Gluten Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Chicken Fat, Light Cream (milk, cream), Onions, Celery, Carrots, Rice Flour, Water, Mushrooms, Wild Rice, Sherry Wine (contains sulfites), Rice Starch, White Rice, Sea Salt, Garlic, Spices, Pepper Sauce (distilled vinegar, red pepper, salt). <b>Contains Milk.</b>	270	19g	6g	790mg	18g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	2g	8g	6%	6%

<b>HUNGARIAN MUSHROOM SOUP (700227) · Certified Gluten Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Water, Mushrooms, Light Cream (milk, cream), Rice Flour, Onions, Carrots, Soybean Oil, Madeira Wine (contains sulfite), Beef Stock, Sour Cream (cultured light cream, nonfat milk, enzymes), Sea Salt, Butter (cream, salt), Rice Starch, Paprika (for color), Spices. <b>Contains milk.</b>	230	16g	6g	640mg	17g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	2g	4g	5g	6%	0%

<b>ITALIAN STYLE WEDDING SOUP WITH MEATBALLS (700202)</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Meatballs (beef, water, egg whites, bread crumbs [wheat flour, salt, yeast], romano cheese [sheep's and/or cow's milk, rennet, salt, cheese cultures, enzymes], dehydrated onion, evaporated cane syrup, 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, Spices, Lemon Juice. <b>Contains egg, milk, wheat ingredients</b>	130	8g	3g	530mg	10g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	2g	7g	10%	0%

<b>LEMON GINGER CHICKEN SOUP WITH BROWN RICE (701101) · Certified Gluten Free, Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Brown Rice, Chicken (dark & light meat), Celery, Onions, Carrots, Ginger, Chicken Fat, Sea Salt, Spices, Lemon Oil.		3g	1g	360mg	11g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	1g	7g	6%	0%

<b>LENTIL (700199) · Vegan, Vegetarian, Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Water, Lentils, Onions, Carrots, Celery, Turnips, Tomato Paste (tomatoes, naturally derived citric acid), Olive Oil, Extra Virgin Olive Oil, Rice Flour, Soybean Oil, Balsamic Vinegar (wine vinegar, grape must), Garlic, Sea Salt, Spices, Paprika (for color), Parsley.	210	9g	1.5g	500mg	24g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	4g	9g	15%	0%

<b>LOADED POTATO (700276) · Certified Gluten Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Potatoes, Water, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Cheddar Cheese (milk, cheese cultures, salt, enzymes), Uncured Bacon with no nitrites or nitrates added (pork, sea salt, raw sugar, spices), Light Cream (milk, cream), Leeks, Celery, Beef Stock, Onions, Rice Starch, Scallions, Sea Salt, Garlic, Spices. <b>Contains milk ingredients</b>	340	20g	11g	870mg	22g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	2g	17g	6%	0%

<b>LOBSTER BISQUE (700221) · Certified Gluten Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, 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 and/or salmon), Lobster Meat (lobster meat, water, salt), Tomato Puree (tomatoes, salt, naturally derived citric acid), Sugar, Sherry Wine (contains sulfites), Rice Starch, Sea Salt, Clam Concentrate (concentrated clam broth, salt), White Pepper. <b>Contains milk, lobster, cod, salmon, clam ingredients</b>	260	18g	11g	890mg	19g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	0g	6g	5g	6%	0%

<b>MINESTRONE (700229) · Vegetarian, Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<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, naturally derived citric acid), Ground Tomatoes (tomatoes, salt, naturally derived 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, Spices. <b>Contains wheat, egg ingredients.</b>	80g	2g	0g	450mg	14g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	3g	5g	3g	6%	0%

<b>NEW ENGLAND CLAM CHOWDER (700274) · Certified Gluten Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Light Cream (milk, cream), Fish Stock (water, cod, haddock, onions, celery, black pepper, thyme, mustard seed, bay leaves), Potatoes, Clam Meat, 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), Spices, 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, anchovy ingredients</b>	360	25g	14g	820mg	27g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	1g	5g	10g	30%	6%

<b>ORGANIC SPLIT PEA WITH KALE SOUP (700960) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Water, Organic Peas, Organic Kale, Organic Onions, Organic Celery, Organic Carrots, Organic Spices, Organic Canola Oil, Sea Salt.	80	1.5g	0g	340mg	13g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	4g	2g	5g	6%	0%



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<b>REDUCED SODIUM CHICKEN NOODLE SOUP (701099) · Dairy Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Mafalda Pasta (semolina, eggs, egg whites), Celery, Onions, Carrots, Chicken Fat, Sea Salt, Spices. <b>Contains Egg, Wheat.</b>	80	1g	0g	350mg	10g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	2g	2g	8g	6%	0%

<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, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Celery, Green Peppers, Onions, Okra, Shrimp, Andouille Sausage (pork, potatoes, sea salt, sugar, spices, paprika, garlic, celery powder), White Rice, Wheat Flour, Tomato Puree (tomatoes, salt, naturally derived citric acid), Pork Fat, Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Spices, Clam Concentrate (concentrated clam broth, salt), Paprika (for color). <b>Contain shrimp, wheat, clam ingredients</b>	140	5g	1.5g	710mg	17g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	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, Corn, Green Peppers, Chile Peppers, Red Peppers, Yellow Peppers, Garlic, Spices, Cilantro, Corn Oil, Paprika (for color), Sea Salt, Chili Powder (spices, sea salt, garlic powder), Pepper Sauce (distilled vinegar, red pepper, salt).	140	2.5g	0g	500mg	27g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	8g	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, naturally derived 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, naturally derived citric acid), Water, Basil, Soybean Oil, Corn Starch, Garlic, Sea Salt, Spices. <b>Contains milk ingredients</b>	170	11g	6g	600mg	15g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	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, salt, naturally derived citric acid), Onions, Light Cream (milk, cream), Tomato Paste (tomatoes, naturally derived citric acid), Feta Cheese (pasteurized milk, salt, cheese cultures, enzymes), Carrots, Olive Oil, Sea Salt, Garlic, Parsley, Spices, Rice Starch. <b>Contains milk ingredients</b>	140	8g	3.5g	820mg	14g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	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, naturally derived citric acid), Ground Tomatoes (tomatoes, salt, naturally derived citric acid), Water, Summer Squash, Zucchini, Onions, Carrots, Green Beans, Golden Wax Beans, Celery, Rice Flour, Olive Oil, Scallions, Corn Oil, Spices, Sea Salt, Extra Virgin Olive Oil, Garlic.	100	4g	0.5g	530mg	15g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	3g	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> Tomatoes (tomatoes, salt, citric acid), Turkey Thigh Meat, Onions, Small Red Beans, Green Peppers,	200	4g	1g	550mg	21g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	6g	7g	22g	15%	0%

<b>WHITE CHICKEN CHILI WITH CILANTRO (700278) · Certified Gluten Free</b>	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
<b>INGREDIENTS:</b> Chicken (dark & light meat), Chicken Stock (water, chicken, 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, Spices, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, distilled vinegar, salt), Cilantro, Cocoa Powder. <b>Contains milk ingredients</b>	270	13g	4.5g	640mg	24g
	Fiber:	Sugar:	Protein:	Iron:	Vitamin D:
	8g	3g	19g	15%	0%