

Nutrition Details & Allergens



Ingredients

Dehydrated vegetables [potatoes, carrots, peas, green beans, onions, zucchini, tomatoes, leeks, cabbage (sulfites)], modified corn starch, sea salt, sugar, autolyzed yeast extract, soybean oil, spices, garlic powder, onion powder, xanthan gum, carrot powder, disodium guanylate, disodium inosinate, celery powder, turmeric (color).

Allergens

- Contains sulphur dioxide and sulphites and their derivatives

Dietary Information

- Gluten-free
- Vegetarian
- Plant-Based

Nutrition Facts / Datos de Nutrición	
16 servings per container / raciones por envase	
Serving size	1/4 cup (15g) (makes 1 cup prepared)
Tamaño de ración	1/4 de taza (15g) (rinde 1 taza preparada)
Amount per serving / Cantidad por ración	
Calories / Calorías	50
% Daily Value / % Valor Diario	
Total Fat / Grasa Total 0g	0%
Sodium / Sodio 650mg	28%
Total Carbohydrate / Carbohidratos Totales 11g	4%
Dietary Fiber / Fibra Dietética 1g	4%
Total Sugars / Azúcares Totales 2g	
Includes / Incluye 1g Added Sugars / Azúcares Agregados	2%
Protein / Proteínas 1g	
Iron / Hierro 0.4mg 2%	
Potassium / Potasio 160mg 4%	
Not a significant source of saturated fat, trans fat, cholesterol, vitamin D and calcium. / No es una fuente significativa de grasa saturada, grasa trans, colesterol, vitamina D ni calcio.	