

Vegetable Red Crab Soup (Ready-To-Serve)

Ingredients:

WATER, TOMATOES, **CRAB** MEAT, GREEN BEANS, PEAS, TOMATO PUREE, CARROTS, CORN, LIMA BEANS, ONIONS, POTATOES, MODIFIED FOOD STARCH, CELERY, OKRA, **SOYBEAN** OIL, **CRAB** SEASONING (SALT, SPICES, CELERY SEED, PAPRIKA), SALT, NATURAL **LOBSTER** FLAVOR, NATURAL BEEF FLAVOR, SUGAR, NATURAL FLAVOR ENHANCER (HYDROLYZED **WHEAT** GLUTEN, **SOY**, **SOY** OIL, **SOY** LECITHIN), AND SPICES. *CONTAINS **CRAB** MEAT, **SOYBEAN** OIL, NATURAL **LOBSTER** FLAVOR, **WHEAT** GLUTEN, **SOY**, **SOY** OIL, **SOY** LECITHIN).

Serving Instructions:

Stove Top: Empty contents into a saucepan. Heat slowly, stirring until evenly blended. DO NOT BOIL.

Microwave: Empty contents in microwavable container. Cover. Heat on high 2-3 minutes, stirring once.

Serving Size 1 Cup (240 ml) Servings About 2 Calories 90 Fat Calories 20			
Amount/serving	%DV*	Amount/Serving	%DV*
Total Fat 2.5g	4%	Total Carb. 12g	4%
Sat. Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g	-	-	-
Cholesterol 15mg	6%	Sugars 3g	-
Sodium 880mg	37%	Protein 5g	-
Vitamin A 15% · Vitamin C 15% · Calcium 4% · Iron 6%			
Percent Daily Value (DV) are based on a 2,000-calorie diet.			