

Nutritional Fact

	Per 1 tsp (7 g) makes 1 cup soup	Daily Value (%)	Per 100 g
Calories	10 calories		175 calories
Calories from Fat	5 calories		58.5 calories
Total Fat	0.5 g	0	6.5 g
Saturated Fat	0 g	0	2.1 g
Trans Fat	0 g		0.1 g
Cholesterol	< 5 mg	2	40 mg
Sodium	800 mg	33	11440 mg
Carbohydrate	< 1 g	0	12.5 g
Dietary Fiber	0 g	0	0.9 g
Sugars	0 g		2 g
Protein	1 g		17 g
Vitamin A		0	1000 IU
Vitamin C		0	0.5 mg
Calcium		0	50 mg
Iron		0	0.2 mg
Potassium			220 mg
Polyunsaturated Fat	0 g		2.3 g
Monounsaturated Fat	0 g		1.4 g

% daily values are based on a 2000 calorie diet

