

Potato Chive Bacon

Nutrition Facts	
Serving Size 1 cup Serves 2	
Amount Per Serving	% Daily Value*
<b>Calories</b>	205
<b>Total Fat</b> 9.2g	14%
Saturated Fat 4.4g	
<b>Cholesterol</b> 28.7mg	10%
<b>Sodium</b> 745.1mg	31%
<b>Total Carbohydrate</b> 16.6g	6%
Dietary Fiber 1.5g	
Sugars 6.6g	
<b>Protein</b> 14.6g	29%
Vitamin A	6% Vitamin C
Calcium	33% Iron
Vitamin D	0% Magnesium
Potassium	14% Zinc
Phosphorus	41% Thiamin (B1)
Riboflavin (B2)	17% Niacin (B3)
Vitamin B6	13% Folic Acid (B9)
Vitamin B12	9% Vitamin E

Mushroom Beef Broth

Nutrition Facts	
Serving Size 1 cup Serves 2	
Amount Per Serving	% Daily Value*
<b>Calories</b>	80
<b>Total Fat</b> 0.4g	1%
Saturated Fat 0.1g	
<b>Cholesterol</b> 0g	0%
<b>Sodium</b> 780.9mg	33%
<b>Total Carbohydrate</b> 13.2g	4%
Dietary Fiber 1.1g	
Sugars 2.3g	
<b>Protein</b> 6.8g	14%
Vitamin A	0% Vitamin C
Calcium	4% Iron
Vitamin D	0% Magnesium
Potassium	16% Zinc
Phosphorus	16% Thiamin (B1)
Riboflavin (B2)	17% Niacin (B3)
Vitamin B6	8% Folic Acid (B9)
Vitamin B12	0% Vitamin E

Broccoli Cheddar

Nutrition Facts	
Serving Size 1 cup Serves 2	
Amount Per Serving	% Daily Value*
<b>Calories</b>	173
<b>Total Fat</b> 7.4g	11%
Saturated Fat 3.8g	
<b>Cholesterol</b> 22.9mg	8%
<b>Sodium</b> 503.4mg	21%
<b>Total Carbohydrate</b> 15.3g	5%
Dietary Fiber 0.7g	
Sugars 8.2g	
<b>Protein</b> 11.2g	22%
Vitamin A	7% Vitamin C
Calcium	25% Iron
Vitamin D	0% Magnesium
Potassium	11% Zinc
Phosphorus	32% Thiamin (B1)
Riboflavin (B2)	22% Niacin (B3)
Vitamin B6	8% Folic Acid (B9)
Vitamin B12	7% Vitamin E

Pea Scallion Ginger

Nutrition Facts	
Serving Size 1 cup Serves 2	
Amount Per Serving	% Daily Value*
<b>Calories</b>	73
<b>Total Fat</b> 1.9g	3%
Saturated Fat 0.5g	
<b>Cholesterol</b> 3.6mg	1%
<b>Sodium</b> 1087.7mg	45%
<b>Total Carbohydrate</b> 9.2g	3%
Dietary Fiber 1.3g	
Sugars 3.2g	
<b>Protein</b> 5.6g	11%
Vitamin A	1% Vitamin C
Calcium	3% Iron
Vitamin D	0% Magnesium
Potassium	8% Zinc
Phosphorus	12% Thiamin (B1)
Riboflavin (B2)	10% Niacin (B3)
Vitamin B6	7% Folic Acid (B9)
Vitamin B12	0% Vitamin E

Chicken Noodle

Nutrition Facts	
Serving Size 1 cup Serves 2	
Amount Per Serving	% Daily Value*
<b>Calories</b>	125
<b>Total Fat</b> 4.6g	7%
Saturated Fat 1.3g	
<b>Cholesterol</b> 24.7mg	8%
<b>Sodium</b> 486mg	20%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 0.9g	
Sugars 2.7g	
<b>Protein</b> 8.2g	16%
Vitamin A	2% Vitamin C
Calcium	2% Iron
Vitamin D	0% Magnesium
Potassium	6% Zinc
Phosphorus	13% Thiamin (B1)
Riboflavin (B2)	11% Niacin (B3)
Vitamin B6	9% Folic Acid (B9)
Vitamin B12	1% Vitamin E

Thai Coconut Milk

Nutrition Facts	
Serving Size 1 cup Serves 2	
Amount Per Serving	% Daily Value*
<b>Calories</b>	367
<b>Total Fat</b> 25.5g	39%
Saturated Fat 21.7g	
<b>Cholesterol</b> 2.7mg	1%
<b>Sodium</b> 589.9mg	25%
<b>Total Carbohydrate</b> 3.1g	10%
Dietary Fiber 0.8g	
Sugars 3g	
<b>Protein</b> 7.7g	15%
Vitamin A	1% Vitamin C
Calcium	4% Iron
Vitamin D	0% Magnesium
Potassium	13% Zinc
Phosphorus	27% Thiamin (B1)
Riboflavin (B2)	9% Niacin (B3)
Vitamin B6	8% Folic Acid (B9)
Vitamin B12	0% Vitamin E

Tomato Basil

Nutrition Facts	
Serving Size 1 cup Serves 2	
Amount Per Serving	% Daily Value*
<b>Calories</b>	108
<b>Total Fat</b> 4.3g	7%
Saturated Fat 1.9g	
<b>Cholesterol</b> 11.7mg	4%
<b>Sodium</b> 795.2mg	33%
<b>Total Carbohydrate</b> 11.9g	4%
Dietary Fiber 1.1g	
Sugars 8.2g	
<b>Protein</b> 6.5g	13%
Vitamin A	6% Vitamin C
Calcium	12% Iron
Vitamin D	0% Magnesium
Potassium	12% Zinc
Phosphorus	17% Thiamin (B1)
Riboflavin (B2)	17% Niacin (B3)
Vitamin B6	9% Folic Acid (B9)
Vitamin B12	6% Vitamin E

Minestrone

Nutrition Facts	
Serving Size 1 cup Serves 2	
Amount Per Serving	% Daily Value*
<b>Calories</b>	126
<b>Total Fat</b> 1.8g	3%
Saturated Fat 0.5g	
<b>Cholesterol</b> 3.6mg	1%
<b>Sodium</b> 600.1mg	25%
<b>Total Carbohydrate</b> 21.1g	7%
Dietary Fiber 1.7g	
Sugars 3.6g	
<b>Protein</b> 6.3g	13%
Vitamin A	18% Vitamin C
Calcium	2% Iron
Vitamin D	0% Magnesium
Potassium	8% Zinc
Phosphorus	12% Thiamin (B1)
Riboflavin (B2)	8% Niacin (B3)
Vitamin B6	7% Folic Acid (B9)
Vitamin B12	0% Vitamin E