HEARTY SOUP MIX
DUTCH VALLEY FOODS
NUTRIPAR
September 6, 2005

Nutrition Facts

Serving Size 2 tablespoons (dry), (35g)
Servings Per Container

Amount Per Serving

Calories 120	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 0mg	**0**%
Total Carbohydrate 24g	**8**%
Dietary Fiber 3g	**10**%
Sugars 1g	
Protein 7g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Green Split Peas, Yellow Split Peas, Brown Rice, Pearled Barley, Lentils, Macaroni {durum semolina wheat,niacin, ferrous sulfate{iron}, Thiamine, Riboflavin,Folic Acid.