

Tortilla soup - Healthy Meals

Nutrition Facts

Serving Size: 1 (454g)
 Servings Per Container: 1

Amount Per Serving

Calories 310 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 150mg **6%**

Total Carbohydrate 25g **8%**

Dietary Fiber 6g **24%**

Sugars 10g

Protein 32g

Vitamin A 70% • Vitamin C 200%

Calcium 10% • Iron 20%

* 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
Sat 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

INGREDIENTS: CHICKEN STOCK, SCALLIONS, CHICKEN, RED BELL PEPPERS, ZUCCHINI, TOMATOES, GREEN CHILI PEPPERS, EXTRA VIRGIN OLIVE OIL, GARLIC, CHILI POWDER, BLACK PEPPER, CUMIN, KOSHER SALT

WHAT'S FOR SUPPER, INC.
 120 GREENE STREET
 HUNTSVILLE, AL 35801