

Legacy Food Storage  
 Cheese & Broccoli Soup Mix  
 Nutritional Facts & Ingredient Statement

## Nutrition Facts

Serving Size 2 Cups (56g)  
 Servings Per Container 4

Amount Per Serving

**Calories 280**    **Calories from Fat 150**

% Daily Value\*

<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 13g	<b>65%</b>
<b>Cholesterol</b> 30mg	<b>9%</b>
<b>Sodium</b> 1060mg	<b>44%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 7g	

**Protein 9g**

Vitamin A 15%    •    Vitamin C 6%

Calcium 30%    •    Iron 4%

\*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:** Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Coconut Oil, Whey, Corn Starch, Maltodextrin, Broccoli, Xanthan Gum, Sea Salt, Onion, Sodium Caseinate, Silicon Dioxide, Disodium Phosphate, Yeast Extract, Spice, Dried Cream, Dried Cane Syrup, Annatto, Mono & Diglycerides, High Oleic Acid Sunflower Oil, Carrot, Tocopherols, Natural Flavor.

**ALLERGENS:** Milk.

**NET WT 7.83 OZ (221.97g)**

**GMO FREE**  
**Vegetarian**  
**Uses Sea Salt**  
**No MSG/I+G/AYE**  
**No Trans Fats**  
**Low Cholesterol**

**DIRECTIONS:**

**Bring 8 Cups water to boil. Slowly Whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.**