

Legacy Food Storage
Creamy Vegetable & Rice Soup Mix
Nutritional Facts & Ingredient Statement

Nutrition Facts

4 servings per container
Serving size 2 Cups (69g)

Amount per serving
Calories 290
% Daily Value*

Total Fat 9g	12%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1130mg	49%
Total Carbohydrate 46g	17%
Dietary Fiber 1g	3%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1mg	8%
Potassium 155mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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



INGREDIENTS: Precooked Long Grain Rice, Corn Starch, Maltodextrin, Coconut Oil, Potato, Sea Salt, Yeast Extract, Carrot, Tomato, Dried Cane Syrup, Sodium Caseinate, Celery, Garlic, Parsley, Spice, Silicon Dioxide, High Oleic Acid Sunflower Oil, Natural Flavor.

NET WT 9.62 OZ (272.72g)

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.