

Legacy Food Storage
 Creamy Potato Soup Mix
 Nutritional Facts & Ingredient Statement

Nutrition Facts

4 servings per container
Serving size 2 Cups (75g)

Amount per serving
Calories **320**

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 10g	49%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 870mg	38%
Total Carbohydrate 51g	19%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 1mg	6%
Potassium 449mg	10%

*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: Potato, Coconut Oil, Maltodextrin, Corn Starch, Onion, Sea Salt, Carrot, Sodium Caseinate, Garlic, Yeast Extract, Spice, Celery, Parsley, Dried Can Syrup, Mono & Diglycerides, Silicon Dioxide, High Oleic Acid Sunflower Oil, Natural Flavor.

NET WT 10.54 OZ (298.80g)

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.