

Garden Vegetable
Amount Per Serving

Serving Size	8oz. (227g)
Calories:	80 g
Calories Per Fat:	0 g
Protein:	3 g
Total Carbohydrates:	17 g
Dietary Fiber:	3 g
Sugars:	3 g
Total Fat:	0 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	830 mg
% Daily Value	
VitA:	40%
VitC:	20%

Roasted Garlic Toma

Amount Per Serving		Amount Per Serving	
Serving Size	8oz. (227g)	Serving Size	8oz. (227g)
Calories:	220 g	Calories:	220 g
Calories Per Fat:	140 g	Calories Per Fat:	140 g
Protein:	4 g	Protein:	10 g
Total Carbohydrates:	16 g	Total Carbohydrates:	12 g
Dietary Fiber:	2 g	Dietary Fiber:	1 g
Sugars:	5 g	Sugars:	2 g
Total Fat:	16 g	Total Fat:	15 g
Saturated Fat:	9 g	Saturated Fat:	9 g
Trans Fat:	0 g	Trans Fat:	0 g
Cholesterol:	45 mg	Cholesterol:	55 mg
Sodium:	750 mg	Sodium:	1000 mg
% Daily Value		% Daily Value	
VitA:	20%	VitA:	30%
VitC:	10%	VitC:	20%

Chicken & Green Chile Con Que

Calcium:	4%
Iron:	4%

Total Fat:	0%
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Saturated Fat:	0%
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Cholesterol:	0%
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Sodium:	35%
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Total Carbohydrates:	6%
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Dietary Fiber:	10%
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Calcium:	10%	Calcium:	10%
Iron:	4%	Iron:	6%

Total Fat:	24%	Total Fat:	23%
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Saturated Fat:	43%	Saturated Fat:	45%
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Cholesterol:	15%	Cholesterol:	19%
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Sodium:	31%	Sodium:	42%
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Total Carbohydrates:	5%	Total Carbohydrates:	4%
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Dietary Fiber:	7%	Dietary Fiber:	4%
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Potato Cream Cheese

Corn & Red Pepper Chowder

Loaded Baked Potato

Amount Per Serving	
Serving Size	1 Cup (245 g)
Calories:	180 g
Calories Per Fat:	90 g
Protein:	5 g
Total Carbohydrates:	18 g
Dietary Fiber:	1 g
Sugars:	3 g
Total Fat:	10 g
Saturated Fat:	6 g
Trans Fat:	0 g
Cholesterol:	25 mg
Sodium:	890 mg
% Daily Value	
VitA:	8%
VitC:	8%

Amount Per Serving	
Serving Size	8oz. (245g)
Calories:	200 g
Calories Per Fat:	100 g
Protein:	5 g
Total Carbohydrates:	22 g
Dietary Fiber:	2 g
Sugars:	5 g
Total Fat:	11 g
Saturated Fat:	6 g
Trans Fat:	0 g
Cholesterol:	35 mg
Sodium:	990 mg
% Daily Value	
VitA:	20%
VitC:	10%

Amount Per Serving	
Serving Size	1 Cup (245 g)
Calories:	240 g
Calories Per Fat:	130 g
Protein:	6 g
Total Carbohydrates:	221 g
Dietary Fiber:	2 g
Sugars:	5 g
Total Fat:	15 g
Saturated Fat:	7 g
Trans Fat:	0 g
Cholesterol:	35 mg
Sodium:	730 mg
% Daily Value	
VitA:	8%
VitC:	10%

Calcium:	6%
Iron:	2%

Total Fat:	15%
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Saturated Fat:	30%
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Cholesterol:	8%
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Sodium:	37%
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Total Carbohydrates:	6%
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Dietary Fiber:	4%
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Calcium:	10%
Iron:	2%

Total Fat:	17%
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Saturated Fat:	31%
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Cholesterol:	12%
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Sodium:	41%
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Total Carbohydrates:	7%
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Dietary Fiber:	7%
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Calcium:	10%
Iron:	2%

Total Fat:	23%
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Saturated Fat:	35%
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Cholesterol:	12%
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Sodium:	30%
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Total Carbohydrates:	7%
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Dietary Fiber:	8%
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Old Fashioned Chicken Noodle

Amount Per Serving

Serving Size	1/2 Cup undiluted (123g)
Calories:	80 g
Calories Per Fat:	15 g
Protein:	5 g
Total Carbohydrates:	13 g
Dietary Fiber:	1 g
Sugars:	1 g
Total Fat:	1.5 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	20 mg
Sodium:	900 mg
% Daily Value	
VitA:	25%
VitC:	2%

Calcium: 2%

Iron: 4%

Total Fat: 2%

Saturated Fat: 0%

Cholesterol: 7%

Sodium: 38%

Total
Carbohydrates: 4%

Dietary Fiber: 4%
