

homemade in minutes®

No Salt Added

FRONTIER SOUPS™

Nutrition Facts

about 9 servings per container

Serving size

about 2 tbsp dry mix (14g)

Calories	2 tbsp dry mix		1 cup prepared	
	50		100	
	% Daily Value*		% Daily Value*	
Total Fat	0g	1%	1.5g	2%
Saturated Fat	0g	0%	0g	2%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	20mg	6%
Sodium	0mg	0%	930mg	40%
Total Carbohydrate	10g	4%	13g	5%
Dietary Fiber	2g	8%	3g	11%
Total Sugars	2g		3g	
Added Sugars	0g	0%	0g	0%
Protein	3g		11g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	20mg	2%	42mg	4%
Iron	1mg	4%	1mg	8%
Potassium	236mg	6%	448mg	10%

*The % Daily Value (DV) 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.

INGREDIENTS: BLACK BEAN, CORN, BELL PEPPER, ONION, GARLIC, CHILI POWDER, CUMIN.

NO SALT ADDED. NO PRESERVATIVES OR MSG.
THIS IS NOT A SODIUM FREE FOOD.

NUT FREE FACILITY.

Store in cool, dry, dark location.

Family owned & operated.

south of the border
TORTILLA™



30 MINUTES
COOKTIME



9 (8 OZ)
SERVINGS

You Will Also Need:

- ▶ 6 cups chicken broth (48 oz.)
- ▶ 1 cup water
- ▶ 2-3 cups shredded, cooked chicken breast
- ▶ 12-16 oz. salsa
(optional garnish: 4 oz. tortilla chips or tortilla strips)

See website for vegan recipe

See
Other Side
for Cooking
Instructions

