

homemade in minutes™

No Salt Added

# FRONTIER SOUPS™

## Nutrition Facts

about 10 servings per container

Serving size about 2 1/4 tbsp dry mix (12g)

<b>Calories</b>	2 1/4 tbsp mix	1 cup prepared
	<b>40</b>	<b>170</b>

	% Daily Value*		% Daily Value*	
	2 1/4 tbsp mix	40	1 cup prepared	170
Total Fat	0g	0%	8g	16%
Saturated Fat	0g	0%	5g	10%
Trans Fat	0g	0%	0g	0%
Cholesterol	0mg	0%	25mg	5%
Sodium	15mg	1%	640mg	13%
Total Carbohydrate	9g	3%	18g	4%
Dietary Fiber	1g	4%	2g	8%
Total Sugars	2g	4%	7g	14%
Added Sugars	0g	0%	2g	4%
Protein	1g	2%	4g	8%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	22mg	2%	42mg	8%
Iron	3mg	15%	4mg	20%
Potassium	113mg	2%	178mg	4%

\*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: RICE, CARROT, ONION, CELERY, SHALLOT, TOMATO, PARSLEY, YELLOW BELL PEPPER, BASIL, CLOVE, BAY LEAF.

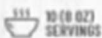
NO SALT ADDED. NO PRESERVATIVES OR MSG.  
THIS IS NOT A SODIUM FREE FOOD.

MILK FREE FACILITY.  
Store in cool, dry, dark location.  
Family owned & operated.

mississippi delta  
TOMATO BASIL™



30 MINUTES  
COOK TIME



10 (8 OZ)  
SERVINGS

### You Will Also Need:

- ▶ 6 cups chicken or vegetable broth (48 oz.)
- ▶ 1 can (29-oz.) tomato puree
- ▶ 2 Tbsp. brown sugar
- ▶ 1 cup heavy or light cream or 1 cup buttermilk

See website for vegan recipe

See  
Other Side  
for Cooking  
Instructions

