

Vegetarian Corn Chowder

Nutrition Facts	
1 servings per container	
Serving size	12oz (340g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 11g	15 %
Saturated Fat 3.5g	17 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 6g	
Cholesterol 10mg	3 %
Sodium 520mg	23 %
Total Carbohydrate 45g	16 %
Dietary Fiber 4g	15 %
Total Sugars 6g	
Includes 0g Added Sugars	0 %
Protein 5g	
Vitamin D 0.3mcg	2%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 530mg	10%
<small>* 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.</small>	

INGREDIENTS: Yellow Corn, Water, Size A Yukon Gold Potato (Enriched long grain rice; iron (ferric orthophosphate); niacin; thiamine (thiamine mononitrate) and folic acid), Whole Milk (MILK; VITAMIN D3), .25" Diced Onion, Cornstarch (Corn Starch), Olive Oil (75% Soybean Oil; 25% Olive Pomace Oil), Vegetable Soup Base, Peeled Garlic, Sweet Butter, Coarse Kosher Salt (Salt; Yellow Prussiate of Soda.), Serrano Chili Pepper, Ground Black Pepper, Fresh Parsley.