



Nutritional Fact Sheet Vegetable Soup Mix

Ingredients: Dehydrated Carrots, Onions, Tomatoes, Peas, Celery, Green Bell Peppers, Green Beans, & Parsley.

Description & Directions: Rehydrate in boiling water for 10-15 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:5.

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	18g (app. 1/4 cup)
Energy (Calories)	323.66	58.2588
Total Fat	1.6g	0.288g
Saturated Fat	0.07g	0.0126g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	274.99mg	49.4982mg
Total Carbohydrates	75.15g	13.527g
Dietary Fiber	9.28g	1.6704g
Sugars	29.19g	5.2542g
Protein	11.72g	2.1096g
Vitamin A (IU)	11522.4	2074.032
Thaimin-B1	0.75mg	0.135mg
Riboflavin	0.47mg	0.0846mg
Niacin	5.89mg	1.0602mg
Vitamin B-6	1.17mg	0.2106mg
Vitamin C	198.3mg	35.694mg
Calcium	254.2mg	45.756mg
Iron	5.7mg	1.026mg
Phosphorus	359.36mg	64.6848mg
Potassium	2513.06mg	452.3508mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

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