



## Nutritional Fact Sheet

Vegetable Soup Mix

**Ingredients:** Dehydrated 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
Calories	330.76 kcal
Protein	11.99 g
Total Carbohydrate	75.33 g
Sugars	26.41 g
Added Sugars	0.00 g
Dietary Fiber	17.81 g
Total Fat	1.38 g
Saturated Fat	0.22 g
Cholesterol	0.00 mg
Thiamin – B1	0.55 mg
Riboflavin – B2	0.39 mg
Niacin – B3	4.76 mg
Vitamin B6	0.71 mg
Vitamin C	88.60 mg
Vitamin D	0.00 mcg
Calcium	283.61 mg
Iron	5.05 mg
Phosphorus	304.90 mg
Potassium	1580.64 mg
Sodium	281.30 mg
Trans Fat	0.00 g