



# 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	58.26
Total Fat	1.60g	0.29g
Saturated Fat	0.07g	0.01g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	274.99mg	49.50mg
Total Carbohydrates	75.15g	13.53g
Dietary Fiber	9.28g	1.67g
Sugars	29.19g	5.25g
Protein	11.72g	2.11g
Vitamin A (IU)	11522.40	2074.03
Thaimin-B1	0.75mg	0.14mg
Riboflavin	0.47mg	0.08mg
Niacin	5.89mg	1.06mg
Vitamin B-6	1.17mg	0.21mg
Vitamin C	198.30mg	35.69mg
Calcium	254.20mg	45.76mg
Iron	5.70mg	1.03mg
Phosphorus	359.36mg	64.68mg
Potassium	2513.06mg	452.35mg

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