Augason Farms

Corn Chowder Soup

Nutrition Facts

Serving Size: 1/3 Cup (45g) Dry
Servings Per Container: 20

Amount Per Serving	
Calories 190	**Calories from Fat 60**
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 970mg	**40%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 1g	4%
Sugars 3g	
Protein 2g	

Vitamin A	0%	• Vitamin C	6%
Calcium	2%	• Iron	2%

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

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DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Whisk entire contents of pouch into 4 1/2 Cups boiling water.
3. Simmer on low heat for 10 to 15 minutes, stirring frequently.
4. Remove from heat and let stand for 2 to 3 minutes to thicken before serving.

INGREDIENTS: Creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate, dipotassium phosphate, mono and diglycerides, sodium aluminosilicate, natural flavor, annatto extract, sodium hexmetaphosphate), modified food starch, dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate, citric acid, sodium bisulfite and BHA to preserve freshness), chicken stock (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), freeze-dried corn, sea salt, sugar, corn flakes, Worcestershire flavor (Worcestershire sauce [vinegar, molasses, corn syrup, salt, caramel color, garlic, sucrose, spices, tamarind, and natural flavors], maltodextrin), natural butter flavor (whey solids, enzyme modified butter, maltodextrin, salt, butter, guar gum, annatto and turmeric), onions, textured vegetable protein (soy flour, caramel color, red 3, soybean oil, salt, natural flavoring), celery slices, sweet corn flavor (maltodextrin, modified food starch, sugar, natural and artificial flavor. Contains 2% or less of each of the following: silicon dioxide, sorbitol, fructose), vegetable broth flavor (natural flavoring, salt, carrot powder, tomato powder, onion powder, leek powder, garlic powder, herbs and spices [bayleaf, celery, thyme]), garlic granules, natural flavoring, corn flour (corn masa flour, trace of lime), roasted green bell pepper (modified potato starch, natural flavor, green bell pepper powder, salt), bacon flavor (natural flavor, salt, natural smoke flavoring).

CONTAINS ALLERGEN: Milk and soy.