



Southwestern Corn Chowder (v)- As Packaged

Ingredients: CORN (whole & ground kernels, water, sugar, salt, modified food starch), VEGETABLE STOCK (water, vegetable base [salt, yeast extract, sugar, dextrose, soybean oil, onion powder, cornstarch, tomato powder, celery powder, garlic powder, paprika, black pepper, caramel color, turmeric]), POTATOES, DICED TOMATOES IN JUICE (tomatoes, tomato juice, citric acid, calcium chloride), RED & GREEN BELL PEPPERS, ONIONS, FIRE-ROASTED GREEN CHILES, CARROTS, CELERY, CANOLA OIL, MODIFIED CORNSTARCH, ENRICHED FLOUR (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), ROASTED GARLIC SEASONING (roasted garlic, salt, maltodextrin [from corn], natural flavoring, cornstarch, canola oil, sesame oil), FIRE-ROASTED JALAPENO PEPPERS, CULTURED DEXTROSE ON MALTO-DEXTRIN, CHIPOTLE CHILI SEASONING (red chili peppers, chipotle peppers, salt and flavoring [natural liquid smoke, flavorings]), SALT, SPICES, CITRIC ACID.

THIS PRODUCT CONTAINS: WHEAT

As Prepared

Nutrition Facts	
Serving Size 1 cup prepared (245g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 15mg	6%
Sodium 670mg	28%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	6%
Sugars 9g	
Protein 6g	
Vitamin A 30%	• Vitamin C 20%
Calcium 15%	• 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
Saturated 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