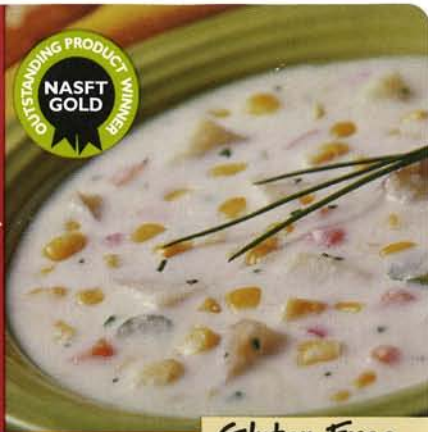


no added salt or preservatives



Gluten Free

illinois prairie corn chowder™

A luscious, creamy
soup and our
top seller!

Serves 6-8

NET WT 7 OZ (198g)

YOU WILL ALSO NEED:

IL

2-3 White Potatoes, 8 C. Chicken Broth
and 2 C. Heavy Cream...and if available, 2-3
Ears of Corn

COOKING TIME ABOUT 1 HOUR

Nutrition Facts

Serving Size About 3 tbsp (18g)

About 1 cup prepared

Servings Per Container 12

Amount per Serving	Mix	Prepared
Calories	60	250
Calories from Fat	0	140

% Daily Value

Total Fat 0g* 0% 23%

Saturated Fat 0g 0% 45%

Trans Fat 0g

Cholesterol 0mg 0% 18%

Sodium 5mg 0% 22%

Total Carb 14g 5% 7%

Dietary Fiber 1g 4% 4%

Sugars 1g

Protein 2g

Vitamin A 20% 35%

Vitamin A 25% 30%

Calcium 0% 4%

Iron 2% 6%

*Amount in Mix. Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS:
AIR FREEZE-DRIED
CORN, RICE,
ONIONS, CELERY,
CARROTS, RED BELL
PEPPER, CHIVES
AND HERBS.

ALLERGEN INFORMATION

Facility not dedicated
gluten free.

FRONTIER SOUPS™
Waukegan, IL 60085
frontiersoups.com



PEEL BACK CORNER FOR COOKING INSTRUCTIONS INSIDE!