FRONTIER SOUPS™

100% NATURAL
HOMEMADE IN MINUTES®

SEE RECIPE
Serves 4-5

west coast

kale & quinoa vegetable soup mix™

No Salt Added-Gluten Free

NET WT 4.25 OZ (120.49g)

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PRODUCT LINE: HOMEMADE IN MINUTES™

INGREDIENTS: WHITE QUINOA, KALE FLAKES, CHOPPED ONION, BUTTERNUT SQUASH FLAKES, CARROT, GARLIC, THYME, OREGANO, ROSEMARY AND PEPPERCORN BLEND.

THIS IS NOT A SODIUM FREE FOOD. NO SALT ADDED, PRESERVATIVES OR MSG.

Nutrition Facts

Serving Size About 3 tbsp (16g)
About 1 cup prepared
Servings Per Container about 8

Amount Per Serving	Mix	Prepared
Calories	60	120
Calories from Fat	5	15
	% Daily Value*	
Total Fat 0.5g*	**0%**	**2%**
Saturated Fat 0g	**0%**	**0%**
Trans Fat 0g		
Cholesterol 0mg	**0%**	**0%**
Sodium 10mg	**0%**	**30%**
Total Carb 12g	**4%**	**7%**
Dietary Fiber 1g	**4%**	**12%**
Sugars 2g		
Protein 2g		
Vitamin A	25%	130%
Vitamin C	25%	50%
Calcium	4%	8%
Iron	6%	10%

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