

Cozy Potato Soup

INGREDIENTS: dehydrated diced potatoes, potato flakes (potato, mono and diglycerides, sodium acid pyrophosphate, citric acid, sodium bisulfite, bha), enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme [improves yeast baking]), powdered creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), whey (from milk), iodized salt, dehydrated chopped onion, nonfat dry milk, white cheddar blend (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt, contains less than 2% silicon dioxide and less than 2% disodium phosphate), sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes] salt, lactic acid, vitamin E and vitamin C [to preserve freshness]), cornstarch, natural chicken-type flavor (salt, natural flavors, sunflower oil rbdw high oleic, antioxidant extract, silicone dioxide), yeast extract, spices, garlic powder. **CONTAINS:** Milk, Soy, Wheat.

DIRECTIONS:

1. Open pouch and remove oxygen absorber.
2. Add pouch contents and 12 cups of water to a pot. Add water at anytime to adjust consistency.
3. Whisk to combine and bring contents to a boil.
4. Reduce heat to medium-low and cook for 15-20 minutes or until the potatoes are cooked through.
5. Turn off the heat and let sit for 3-5 minutes as it continues to thicken.



Nutrition Facts

8 servings per container
Serving size 1/2 cup (54g) dry
 (about 1 cup prepared)

Amount per serving	
Calories	210
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 4.5g	21%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 1100mg	48%
Total Carbohydrate 36g	13%
Dietary Fiber 2g	6%
Total Sugars 6g	
Includes < 1g Added Sugars	1%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 90mg	8%
Iron 0.9mg	6%
Potassium 510mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet.

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 2920 Berry Hill Dr., Suite 300
 Nashville, TN 37204
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Contains a bioengineered food ingredient(s).

8 SERVINGS

Best when stored in a cool and dry place.

NET WT. 15.24 OZ (432g)

Cozy Potato Soup

Prepare

1. Open pouch and remove oxygen absorber.
2. Stir pouch contents into 10 cups of boiling water.
3. Reduce heat to medium, cook for 20 minutes, stirring frequently.
4. Remove from heat and let stand 2-3 minutes before serving.

Nutrition Facts

8 Servings Per Container
Serving Size 1/3 Cup (54g) Dry
 (about 1 Cup prepared)

Amount per Serving	
Calories	240
% Daily Value	
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 850mg	37%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 478mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

V2.4

INGREDIENTS: potatoes, creamer (palm oil, maltodextrin, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide [flow agent]), modified food starch, dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate, citric acid, sodium bisulfite and BHA [to preserve freshness]), chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, onion powder, sugar, yeast extract, chives, whey, black pepper, parsley, garlic powder.

Contains: Milk, Soy.

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4-01008PT



NET WT. 15.3 oz (435g)
 Makes 8 Servings