

#6476 Red Potato & Broccoli Chowder (Gluten Free)

Ingredients: Half & Half (milk and cream), potatoes, water, broccoli, onions, butter (**pasteurized cream, salt**), potato flour [**dehydrated potatoes (potatoes)**], garlic, salt, modified food starch, spices.

This product contains: milk

Nutrition Facts	
Serving Size: 1 cup / 227g	
Servings Per Container: 1.5	
Amount Per Serving	
Calories 210	Calories From Fat 110
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 690mg	29%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 6g	
Vitamin A 8%	Vitamin C 50%
Calcium 15%	Iron 4%
* 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