

ALF - Crm of Asparagus Soup Mix

Nutrition Facts

Serving Size 42.50g (dry mix)

Serving Per Container 4

Amount Per Serving - Prepared

Calories 132 Calories from Fat 0

% Daily Value *

Total Fat 0g **0%**

Saturated Fat 6g **27%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 657g 26%

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 3g

Vitamin A 2% Vitamin C 0%

Calcium 0% Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.