

ALF - Corn Chowder Soup Mix

Nutrition Facts

Serving Size 42.50g (dry mix)

Serving Per Container 4

Amount Per Serving - Prepared

Calories 117 Calories from Fat 0

% Daily Value *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 692g **29%**

Total Carbohydrate 27g **9%**

Dietary Fiber 2g **8%**

Sugars 9g

Protein 6g

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.