

Holiday Chicken Dumpling Soup (2_2017)

Nutrition Facts	
Serving Size 1 cup (227g/8oz)	
Amount Per Serving	
Calories 180	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1310mg	55%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 10g	
Vitamin A 35%	•
Vitamin C 0%	
Calcium 2%	•
Iron 10%	
* 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 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: WATER, CHEDDAR CHEESE SAUCE [WATER, SKIM MILK, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), SOYBEAN OIL, FOOD STARCH MODIFIED, ENZYMO MODIFIED CHEESE (CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), WATER, ENZYMES, CHEESE POWDER (CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), WHEY, BUTTERMILK, SALT, DISODIUM PHOSPHATE,)), CONTAINS LESS THAN 2% OF SODIUM PHOSPHATE, SALT, SALT, SODIUM CASEINATE, SODIUM CITRATE, ANNATTO AND OLEORESIN PAPRIKA (COLOR), NATURAL FLAVORS, AUTOLYZED YEAST EXTRACT, LACTIC ACID, CELLULOSE, VEGETABLE MONO DIGLYCERIDES, SPICE], BUTTER (PASTEURIZED CREAM, SALT), CELERY, BLEACHED WHEAT FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ONIONS, CARROTS, CHICKEN BASE [COOKED CHICKEN (CHICKEN MEAT, CHICKEN STOCK, CHICKEN FAT), SALT, SUGAR, SWEET DAIRY WHEY, HYDROLYZED CORN PROTEIN, HYDROGENATED SOYBEAN OIL, MODIFIED CORN STARCH, ONION POWDER, NATURAL FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, SOY LECITHIN, TURMERIC], NATURAL CHEESE FLAVORING [CHEDDAR CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), WATER, SODIUM PHOSPHATE, SODIUM CITRATE], SALT.

Contains: Milk, Wheat, Soy

Holiday Stationstores, Inc, 4567 American Blvd West, Bloomington, MN 55437

www.HolidayStationstores.com