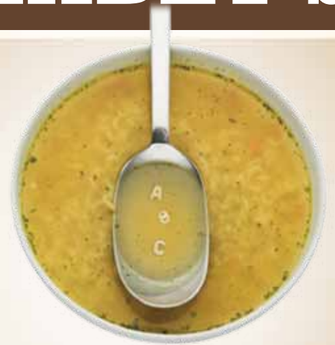
Harveston FARMS™

ALPHABET SOUP



NET WT 5 LBS 8.0 OZ (2.49 kg)

DIRECTIONS:

Servings	*Soup Mix*	*Water*
2	3/4 cup	4 cups
4	1 1/2 cups	8 cups
6	2 1/4 cups	12 cups

1. Rinse soup mix.
2. Add to boiling seasoned stock made from chicken, beef, ham or other meat. Textured vegetable protein (meat substitute) or vegetarian stock can be added, if desired.
3. Cover and simmer about 90 minutes or until tender.
4. Season as desired and serve.

INGREDIENTS: ABC pasta (durum semolina, water), long grain white rice, green split peas, pearl barley, lentils, yellow split peas, onion.

Contains allergen: Wheat.

SHELF LIFE: Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 25 years • Opened to 1 year

Please note: heat, moisture, oxygen and light will deteriorate this product if not stored properly.

Shelf life estimates are based on industry studies from sources deemed reputable. Since Harveston Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

AFTER OPENING: Reseal unused contents with plastic resealable lid. Refrigerate reconstituted items in an airtight container.

An oxygen absorbing packet is enclosed to preserve freshness. Please remove and discard when opening can.

This package is sold by weight, not volume. Some settling may have occurred due to shipping, handling or variation in product density.

Processed in a plant that handles wheat, eggs, dairy, soy, peanut and tree nuts.

Date opened_____

DH45-0811

Nutrition Facts

Serving Size 1/3 cup mix (57g)
Servings Per Container 43

Amount Per Serving	
Calories 170	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 8g	**31%**
Sugars 2g	
Protein 8g	

Vitamin A	2%	• Vitamin C	0%
Calcium	2%	• Iron	20%

*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
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram: Fat 9 Carbs 4 Protein 4

Harveston FARMS™

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www.harvestonfarms.com