



# Soup Nutsy®

PURVEYOR OF WORLD GOURMET SOUPS

**BLACK FOREST  
HAM & CHEDDAR**

## Nutrition Facts

Per half (148 g) serving

Amount	% Daily Value
<b>Calories</b> 310	
<b>Total Fat</b> 7 g	11 %
Saturated Fat 2.5 g + Trans Fat 0.1 g	13 %
<b>Cholesterol</b> 30 mg	
<b>Sodium</b> 950 mg	40 %
<b>Total Carbohydrate</b> 47 g	16 %
Dietary Fibre 3 g	14 %
Sugars 5 g	
<b>Protein</b> 13 g	
Vitamin A:	4 %
Vitamin C:	6 %
Calcium:	8 %
Iron:	35 %

Nutritional information has been calculated by a third-party software and is accurate based upon information and belief. However, no warranty, expressed or implied is intended.