

# Nutritional Information

## Dakota Territory Beef Barley Stew Mix:

<b>Nutrition Facts</b>				
about 15 servings per container				
Serving size about 3 tbsp dry mix (27g)				
Calories	3 tbsp dry mix	1 cup prepared		
	<b>80</b>	<b>200</b>		
	% Daily Value*		% Daily Value*	
Total Fat	0g	0%	5g	6%
Saturated Fat	0g	0%	2.5g	13%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	40mg	13%
Sodium	15mg	1%	820mg	36%
Total Carbohydrate	19g	7%	23g	8%
Dietary Fiber	6g	21%	7g	25%
Total Sugars	2g		4g	
Added Sugars	0g	0%	0g	0%
<b>Protein</b>	<b>5g</b>		<b>20g</b>	
Vitamin D	1mcg	6%	1mcg	6%
Calcium	19mg	2%	49mg	4%
Iron	2mg	10%	3mg	15%
Potassium	295mg	6%	718mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Lima Bean, Green Lentil, Barley, Carrot, Leek, Shitake Mushroom, Paprika, Bay Leaf, Parsley, Thyme.

**Allergen Info:** May contain wheat.

**Net wt 14 oz**

## Little Italy Wedding Soup Mix:

<b>Nutrition Facts</b>				
Serving size about 2 tbsp dry mix (19g)				
Calories	2 tbsp dry mix	1 cup prepared		
	<b>70</b>	<b>160</b>		
	% Daily Value*		% Daily Value*	
Total Fat	0g	0%	3g	4%
Saturated Fat	0g	0%	0.5g	3%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	15mg	5%
Sodium	25mg	1%	880mg	38%
Total Carbohydrate	14g	5%	22g	8%
Dietary Fiber	1g	4%	2g	7%
Total Sugars	2g		3g	
Added Sugars	0g	0%	0g	0%
<b>Protein</b>	<b>2g</b>		<b>12g</b>	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	17mg	2%	34mg	2%
Iron	3mg	15%	3mg	15%
Potassium	101mg	2%	597mg	15%

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**Ingredients:**

Acini Di Pepe Pasta (Semolina, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Panko (Unbleached Wheat Flour, Organic Cane Sugar, Yeast, Sea Salt), Onion, Carrot, Celery, Parsley, Garlic, Peppercorn (Black, Green, White), Allspice, Oregano, Bay Leaf, Rosemary, Nutmeg.

**Allergen Info:** Contains wheat.

**Net wt 9 oz**

## Pennsylvania Woodlands Mushroom Barley Soup Mix:

<b>Nutrition Facts</b>			
about 6 servings per container			
<b>Serving size</b>		about 1/4 cup dry mix (19g)	
	1/4 cup mix	1 cup prepared	
<b>Calories</b>	<b>60</b>	<b>110</b>	
	% Daily Value*	% Daily Value*	
<b>Total Fat</b>	0g	0%	4.5g 6%
<b>Saturated Fat</b>	0g	0%	2.5g 13%
<b>Trans Fat</b>	0g		0g
<b>Cholesterol</b>	0mg	0%	10mg 3%
<b>Sodium</b>	10mg	0%	970mg 42%
<b>Total Carbohydrate</b>	14g	5%	16g 6%
<b>Dietary Fiber</b>	3g	11%	3g 11%
<b>Total Sugars</b>	3g		4g
<b>Added Sugars</b>	0g	0%	0g 0%
<b>Protein</b>	2g		4g
<b>Vitamin D</b>	4mcg	20%	4mcg 20%
<b>Calcium</b>	22mg	2%	33mg 2%
<b>Iron</b>	4mg	20%	5mg 30%
<b>Potassium</b>	202mg	4%	380mg 8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Barley, Shiitake Mushroom, Onion, Carrot, Bell Pepper, Parsley, Nutmeg, Mustard and Thyme.

**Allergen Info:** May contain wheat.

**Net wt 4 oz**