



25
SERVINGS



SHELF LIFE
UP TO 10 YEARS

Product good for up to 10 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55°F and 70°F. Actual shelf life may vary based on individual storage conditions.

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Creamy Potato Soup Mix

Nutrition Facts	
Serving Size: 1/3 Cup (50g) Dry	
Servings Per Container: 25	
Amount Per Serving	
Calories 220 Calories from Fat 70	
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
Vitamin A 0%	Vitamin C 15%
Calcium 2%	Iron 4%
*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 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbs 4 • Protein 4	

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Contains oxygen absorber. Discard immediately upon opening.

SERVINGS	SOUP MIX	WATER
2	2/3 Cup	2 Cups
4	1 1/3 Cups	4 Cups
6	2 Cups	6 Cups

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Whisk soup mix into boiling water.
3. Simmer on low heat for 10 to 15 minutes, stirring frequently.

For thinner soup, increase water by 1/4 Cup.

INGREDIENTS: Diced dehydrated potatoes, creamer (palm oil, maltodextrin, sodium caseinate (a milk derivative), dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme), dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate, citric acid. freshness preserved with sodium bisulfite and BHA), corn starch, onions, chicken stock (corn syrup, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, parsley, silicon dioxide), sugar, natural flavoring, onion powder, whey, parsley flakes, turmeric, garlic powder, caramel color, dehydrated onion.

CONTAINS ALLERGENS: Wheat, milk and soy.