



32
SERVINGS



SHELF LIFE UP TO
10 YEARS

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

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

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Cream of Chicken Soup Mix

Nutrition Facts	
Serving Size: 1/3 Cup (46g dry) Servings Per Container: 32	
Amount Per Serving	
Calories 200	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 860mg	36%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 1g	
Vitamin A 15%	Vitamin C 4%
Calcium 2%	Iron 2%
*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 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 Carbs 4 Protein 4	

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SERVINGS	SOUP MIX	WATER
2	2/3 cup	2 1/4 cups
4	1 1/3 cups	4 1/2 cups
6	2 cups	6 1/2 cups

DIRECTIONS:

1. Whisk soup mix into boiling water.
2. Simmer on low heat for 12 to 15 minutes.
3. Stir frequently.

(For a thicker soup, lower water by 1/4 cup.)

INGREDIENTS: Creamer (maltodextrin, palm oil), modified food starch, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), chopped onion, chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide [anticaking agent]), celery slices, carrot dices, salt, onion powder, yeast extract, parsley flakes.

Contains allergens: Soy and milk.