



CHEESY CHEDDAR BROCCOLI SOUP MIX

(232 g box)

Nutrition Facts / Valeur nutritive

Serving Size 1/6 package (39g) / Pour 1/6 paquet (39g)
Servings per container 6 / Portions approx. par contenant 6

Amount Per Serving
Teneur

Calories / Calories 150

		% Daily Value % valeur quotidienne
Total Fat / Lipides	3.5 g	5 %
Saturated / saturés	1 g	5 %
+ Trans / trans	0 g	
Cholesterol / Cholestérol	5 mg	2 %
Sodium / Sodium	1030 mg	43 %
Total Carbohydrate / Glucides	26g	9 %
Dietary Fibre / Fibres	0 g	4 %
Sugars / Sucres	5 g	
Protein / Protéines	3 g	
Vitamin A / Vitamine A		2 %
Vitamin C / Vitamine C		10 %
Calcium / Calcium		8 %
Iron / Fer		4 %

* 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

GLUTEN FREE

INGREDIENTS: MALTODEXTRIN, CORNSTARCH, POTATO FLOUR, CREAMER [SUNFLOWER OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO & DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, CONTAINS 2% OR LESS OF TRICALCIUM PHOSPHATE, SOY LECITHIN], MODIFIED FOOD STARCH, CHEESE POWDER [CHEDDAR CHEESE (MILK, SALT, CHEESE CULTURES, ENZYMES), WHEY, BUTTERMILK, SALT, DISODIUM PHOSPHATE, ARTIFICIAL COLOR INCLUDING YELLOW 5 & 6], WHEY, SALT, HYDROLYZED CORN PROTEIN CONCENTRATE, SUGAR, LESS THAN 2% OF DEHYDRATED ONION, DRIED BROCCOLI, ONION POWDER, NATURAL FLAVOURS, SPICES, OLEORESIN TURMERIC, SILICON DIOXIDE (ANTICAKING).

ALLERGENS: MILK, SOY.

INGRÉDIENTS: MALTODEXTRINE, AMIDON DE MAÏS, FARINE DE POMME DE TERRE, COLORANT À CAFÉ [HUILE DE TOURNESOL, SIROP DE GLUCOSE DÉSHYDRATÉ, CASÉINATE DE SODIUM, MONO ET DIGLYCÉRIDES, DIGLYCÉRIDES, PHOSPHATE DIPOTASSIQUE, CONTIENT 2 % OU MOINS DE PHOSPHATE TRICALCIQUE, LÉCITHINE DE SOYA], AMIDON ALIMENTAIRE MODIFIÉ, FROMAGE EN POWDRE [CHEDDAR (LAIT, SEL, FROMAGES DE CULTURE, ENZYMES), LACTOSÉRUM, BABEURRE, SEL, PHOSPHATE DIXODIQUE, COLORANT ARTIFICIELLEMENT COMPRIS JAUNE TARTRIQUE ET ORANGE], LACTOSÉRUM, SEL, PROTEINS DE MAÏS HYDROLYSÉES, EXTRAIT DE LEVURE, CONCENTRE PROTÉIQUE DE LACTOSÉRUM, SUCRE, MOINS DE 2 % D' OIGNON DÉSHYDRATÉ, BROCCOLI SÉCHÉ, POUDRE D'OIGNON, ARÔMES NATURELS, ÉPICES, CURCUMA OLÉORÉSINEUX, DIOCYDE DE SILICIOM (ANTIMOTTANT).

GLUTEN FREE ALLERGÈNES : LE LAIT, LE SOYA.

Suggestions for CHEESY CHEDDAR BROCCOLI SOUP MIX



- Just add six cups of water and simmer. For a creamy taste, substitute 3 cups of water with 3 cups of milk.
- Add cauliflower and broccoli to the soup as it is cooking.
- Add cubes of ham or crumbled cooked bacon.
- Serve over your favourite cooked pasta, add cooked chicken.
- Add grated cheese and serve your guests this delicious soup in a bread bowl.
- For a comforting meal serve with our **Harvest Beer Bread**.
- Cheesy Scalloped Potatoes: Prepare soup as directed. Place 8-10 sliced potatoes in a greased baking dish. Pour soup over potatoes, cover with foil and bake at 350°F for 50 minutes. Remove foil and top with ¾ cup grated cheese, return to oven for 10 minutes.
- Cheesy Broccoli Ham Bake: Grease a 9"x13" casserole dish. Preheat oven to 350°F. In a large bowl mix together soup mix, 3 cups water, 2 Tbsp. melted butter and 2 ¾ cups instant rice. Pour into casserole dish. Top with 1 cup diced ham and 1 cup shredded cheddar cheese. Cover and bake 30 minutes. Let stand 5 minutes before serving.

We strive to ensure this information is accurate to the best of our knowledge. Because product formations may change, we recommend that you always read individual labels carefully.