

## Mediterranean Chicken, Spinach & Couscous Soup

Number of Servings: 1 (180.88 g per serving)

Ingredient	Comments
SNC Chicken Base	Contains wheat, soy
Water, tap, municipal	
Diced Chicken Meat	
Carrots, fresh, chpd	
Onion, yellow, fresh, chpd	
Celery, fresh, diced	
Spice, tumeric, ground	
Spice, pepper, black	
Couscous, giant pearl, tstd, all natural, dry	
Spinach, fresh, leaf	

Nutrition Facts	
Serving Size (181g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 50</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 620mg</b>	<b>26%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein 4g</b>	
Vitamin A 45%	Vitamin C 6%
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
Saturated 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 • Carbohydrate 4 • Protein 4	

### Notes:

Contains wheat, soy

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