

Nutrition Facts			
Serving size: 1 (397g)			
Servings Per Container 1			
Amount Per Serving			
Calories	267	Cal. from Fat	101
% Daily Value*			
Total Fat	11g		15%
Saturated Fat	6g		30%
Trans Fats	0g		
Cholesterol	26mg		8%
Sodium	1714mg		70%
Total Carbohydrate	28g		8%
Dietary Fiber	2g		8%
Sugars	0g		
Protein	15g		
Vitamin A	4%	Vitamin C	4%
Calcium	30%	Iron	10%
* Percent Daily Values is 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	Carbohydrate	4
		Protein	4

French Onion Soup. 12 oz