

CHICKEN NOODLE SOUP



NET WT.
10.5 oz (298g)

Nutrition Facts

Serving Size 1/2 cup (about 82g)
Servings Per Container 8

Amount Per Serving

Calories 200 **Calories from Fat** 130

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 40mg **2%**

Total Carbohydrate 17g **6%**

Dietary Fiber 1g **4%**

Sugars 14g

Protein 3g

Vitamin A 10% • Vitamin C 0%

Calcium 10% • Iron 6%

*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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

OUR MISSION

Our Mission is to make you feel at home and loved with our soups. If you ever need the warmth of a hug, crack open a can of hugs, and we will take care of you.

♥ HUGS TEAM

Ingredients: chicken broth, egg noodles, chicken, olive oil, garlic, green onion, carrots, parsley, bay leaf, salt, and pepper and lots of love

Directions

Mix soup with 1 can of water

Microwave

Step 1) In a covered microwave safe bowl, Microwave on high for 2 1/2 to 3 mins

Step 2) Let stand for 1 min

Step 3) Remove from microwave and stir

Stove

Step 1) Pour soup into a small pot

Step 2) Simmer on medium heat for 5-6 minutes

Step 3) Remove from heat and serve

Enjoy ♥

YOU ARE SO LOVED



THANK YOU FOR FUELING YOUR BODY