SINCE 1908
BUSH'S
BEST
GRILLIN' BEANS
SOUTHERN PIT BARBECUE
Slow Cooked Beans in a Rich Barbecue Sauce for an Authentic Grilled Flavor
QUICK & DELICIOUS •RECIPES•
NET WT 22 OZ (1 LB 6 OZ) 624 g

# Nutrition Facts

Serving Size: 1/2 cup (130g)
Servings Per Container: About 5

**Amount Per Serving**

**Calories 170** Calories from Fat 5

| | % Daily Value* |
|---|---|
| **Total Fat** 0.5g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 550mg | 23% |
| **Potassium** 330mg | 9% |
| **Total Carbohydrate** 35g | 12% |
| Dietary Fiber 6g | 24% |
| Sugars 16g | |
| **Protein** 6g | |

Vitamin A 0% • Vitamin C 0%
Calcium 6% • Iron 4%

*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 | 2,400mg | 2,400mg |
| Potassium | Less than | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

GLUTEN FREE

INGREDIENTS: PREPARED WHITE BEANS, WATER, SUGAR, TOMATO PUREE (TOMATO PASTE, WATER), BROWN SUGAR, ONION, BELL PEPPER, SALT, MODIFIED CORN STARCH, MOLASSES, VINEGAR, NATURAL FLAVOR, CARAMEL COLOR, CITRIC ACID, SPICES, MUSTARD SEED, NATURAL SMOKE FLAVOR.

Great Value
Golden Sweet
Whole Kernel
Corn
Picked and Packed Same Day
serving suggestion
NET WT 15 OZ (425g)
GREAT FOR YOU

Nutrition Facts
about 3.5 servings per container
Serving size 1/2 cup (125g)
Amount per serving
Calories 45
% Daily Value*
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 200mg 9%
Total Carbohydrate 9g 3%
Dietary Fiber 1g 4%
Total Sugars 2g
Includes 0g Added Sugars 0%
Protein 1g
Vit. D 0mcg 0% • Calcium 14mg 2%
Iron 0mg 0% • Potas. 125mg 2%
INGREDIENTS: CORN, WATER,
SALT.
DISTRIBUTED BY:
Wal-Mart Stores, Inc.,
Bentonville, AR 72716
Best if used by date on
After opening, store in a
container and refrigerate.
0 78742

Libby's®
valPure
Sweet Peas
Farm Fresh Goodness!
NET WT 15 OZ (425g)

Nutrition Facts
about 3.5 servings per container
Serving size 1/2 cup (125g)
Amount per serving
Calories 60
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 300mg 13%
Total Carbohydrate 11g 4%
Dietary Fiber 3g 11%
Total Sugars 5g
Includes 2g Added Sugars 4%
Protein 3g
Vitamin D 0mcg 0% • Calcium 17mg 2%
Iron 1mg 6% • Potassium 133mg 2%
* 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.

Knorr®
Caldo CON SABOR de Pollo
con otro sabor natural
CHICKEN FLAVOR BOUILLON
with other natural flavor
15
CALORIES
CALORÍAS
PER / POR
1/2 CUBE / CUBO
8 CUBOS/CUBES
PESO NETO / NET WT 3.1 OZ (88g)

## Nutrition Facts/Datos de Nutrición

16 servings per container/raciónes por envase

| | |
|---|---|
| **Serving size** | **1/2 cube (6g) (makes 1 cup prepared)** |
| **Tamaño por ración** | **1/2 cubo (6g) (sirve para preparar 1 taza)** |
| **Amount per serving/Cantidad por ración** | |
| **Calories/Calorías** | **15** |
| | **% Daily Value / % Valor Diario** |
| **Total Fat/Grasa Total** 1.5g | **2%** |
| Saturated Fat/Grasa Sat. 1g | **5%** |
| **Sodium/Sodio** 1030mg | **45%** |
| **Total Carbohydrate/Carbohidrato Total** <1g | **1%** |
| **Protein/Proteínas** 0g | |

Not a significant source of trans fat, cholest., fiber, total sugars, added sugars, vit. D, calcium, iron, and potas. / No es una fuente importante de grasa trans, colest., fibre, azúcares totales, azúcares añadidos, vit. D, calcio, hierro y potas.

**INGREDIENTS:** SALT, MONOSODIUM GLUTAMATE, PALM OIL, CORN STARCH, HYDROGENATED PALM OIL, SUGAR, XANTHAN GUM, CHICKEN FAT, NATURAL FLAVOR, WATER, TURMERIC (COLOR), DISODIUM GUANYLATE, DISODIUM INOSINATE, MALTODEXTRIN, DEHYDRATED PARSLEY, SPICES, CARAMEL COLOR, TBHQ (USED TO PROTECT QUALITY).

**INGREDIENTES:** SAL, GLUTAMATO MONOSÓDICO, ACEITE DE PALMA, ALMIDÓN DE MAÍZ, ACEITE HIDROGENADO DE PALMA, AZÚCAR, GOMA XANTANA, GRASA DE POLLO, SABORIZANTE NATURAL, AGUA, CÚRCUMA (COLOR), GUANILATO DISÓDICO, INOSINATO DISÓDICO, MALTODEXTRINA, PEREJIL DESHIDRATADO, ESPECIAS, COLOR CARAMELO, TBHQ (USADO PARA PROTEGER LA CALIDAD).


ENGLEWOOD CLIFFS, NJ 07632 USA
PRODUCT OF MEXICO/PRODUCTO DE MEXICO

**PRODUCED WITH GENETIC ENGINEERING**
**Questions? Visit learnaboutmyfood.com**

Unilever

*¡Para Sugerencias o Comentarios! Llame sin costo al **1-866-KNORR-01***
*Questions or comments? Please call Toll Free **1-866-KNORR-01***

BROTH · BROTH · BROTH
Kroger
CHICKEN
BROTH
99% FAT FREE
SEE NUTRITION INFORMATION
FOR SODIUM CONTENT
SERVING
SUGGESTION
non
BPA
LINER*
NET WT 14 OZ (396g)

Nutrition Facts
Serving size 1 can (396mL)
Amount per serving
Calories 15
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 1380mg 60%
Total Carbohydrate 1g 0%
Dietary Fiber 0g 0%
Total Sugars 1g
Includes 1g Added Sugars 2%
Protein 2g
Vitamin D 0mcg 0% • Calcium 10mg 0%
Iron 0mg 0% • Potassium 33mg 0%
*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.
INGREDIENTS: CHICKEN STOCK, CONTAINS 2% OR LESS OF: SEA SALT, SALT, SUGAR, NATURAL FLAVORING, DEHYDRATED ONION, YEAST EXTRACT, CHICKEN FAT, CARROT JUICE CONCENTRATE, CELERY, ONION.
DISTRIBUTED BY THE KROGER CO., CINCINNATI, OHIO 45202

Kroger
Kroger
California
FRENCH
STYLE DRESSING
Dress and Sauce
87-2353
NO ARTIFICIAL FLAVORS
16 FL OZ (1 PT) 473mL

California
FRENCH
STYLE DRESSING
Nutrition Facts
about 16 servings per container
Serving size 2 Tbsp (30g)
Calories per serving 80
Amount/serving % DV
Total Fat 5g 6%
Sat. Fat 1g 5%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 340mg 15%
Amount/serving % DV
Total Carb. 8g 3%
Fiber 0g 0%
Total Sugars 7g
Incl. 7g Added Sugars 14%
Protein 0g
Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%
INGREDIENTS: TOMATO PUREE (WATER, TOMATO PASTE CONCENTRATE), HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, CORN-CIDER VINEGAR, SUGAR, SALT, CONTAINS 2% OR LESS OF: WATER, MODIFIED CORN STARCH, DRIED ONION, XANTHAN GUM, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), NATURAL FLAVOR, CARAMEL COLOR, RED 40.
DISTRIBUTED BY THE KROGER CO., CINCINNATI, OHIO 45202

Kroger
Kroger
Zesty
ITALIAN
DRESSING
Dress and Marinade
87-1671
16 FL OZ (1 PT) 473mL

*Zesty*

# ITALIAN

## DRESSING

**Nutrition Facts**

about 16 servings per container

**Serving size** **2 Tbsp (30g)**

**Calories** per serving **80**

| Amount/serving | % DV | Amount/serving | % DV |
|---|---|---|---|
| **Total Fat** 7g | **9%** | **Total Carb.** 4g | **1%** |
| Sat. Fat 1g | **5%** | Fiber 0g | **0%** |
| Trans Fat 0g | | Total Sugars 3g | |
| **Cholesterol** 0mg | **0%** | Incl. 3g Added Sugars | **6%** |
| **Sodium** 330mg | **14%** | **Protein** 0g | |

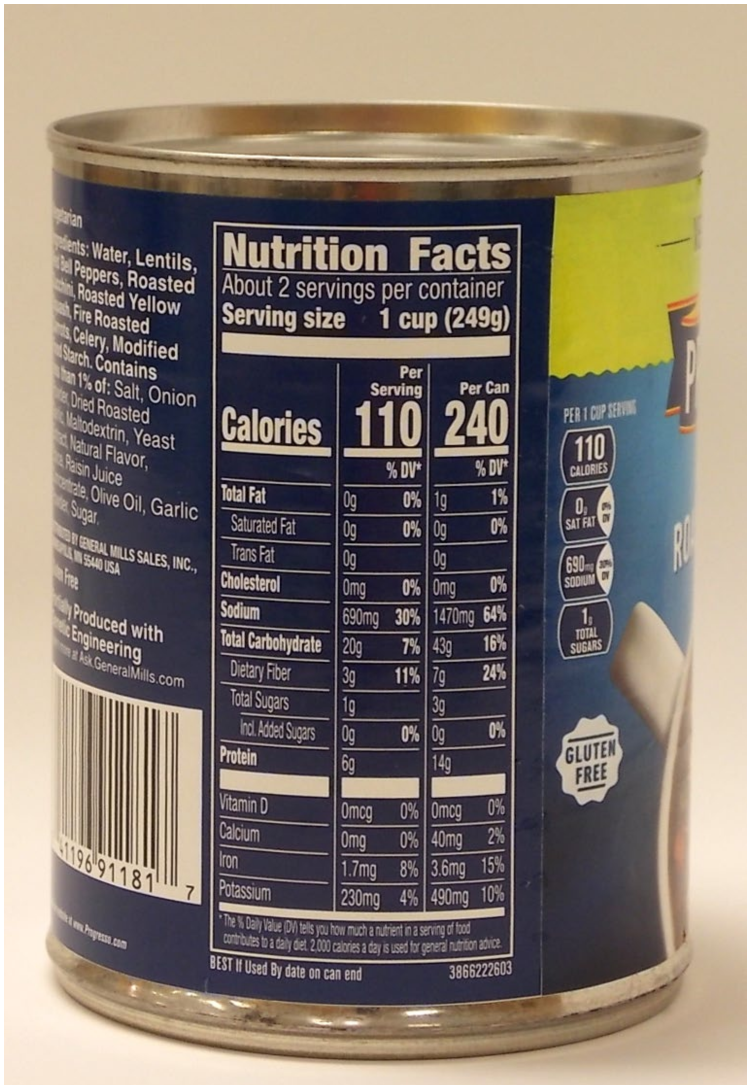
Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%

**INGREDIENTS:** WATER, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, SALT, CONTAINS 2% OR LESS OF: DRIED GARLIC, DRIED ONION, DRIED RED BELL PEPPERS, AUTOLYZED YEAST EXTRACT, XANTHAN GUM, SPICE, LEMON JUICE CONCENTRATE, ANNATTO AND CARAMEL (FOR COLOR), CALCIUM DISODIUM EDTA (TO PRESERVE FRESHNESS).

HEINZ
ESTD 1869
TOMATO
KETCHUP
57 VARIETIES
20
NET WT 32 OZ
(2 LB) 907g

HEINZ
For over 150 years, only HEINZ has made the thick, rich ketchup America loves from only the best red-ripe tomatoes. Nothing else tastes like HEINZ.
Nutrition Facts
About 53 servings per container
Serving size 1 Tbsp (17g)
Calories per serving 20
Amount/serving % DV
Total Fat 0g 0%
Sat. Fat 0g 0%
Trans Fat 0g
Cholest. 0mg 0%
Sodium 180mg 8%
Amount/serving % DV
Total Carb. 5g 2%
Fiber 0g 0%
Total Sugars 4g
Incl. 4g Added Sugars 7%
Protein 0g
Vit. D 0% • Calcium 0% • Iron 0% • Potas. 0%
INGREDIENTS: TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING.
MANUFACTURED BY
KRAFT HEINZ FOODS COMPANY
PITTSBURGH, PA 15222
GLUTEN-FREE
HEINZ.COM
Questions or comments?
CALL 1-800-255-5750
For best results, refrigerate after opening. Shake well before first use.
Best if used by date on cap
0 13000 00605 7

VEGETABLE CLASSICS
PROGRESSO
SOUP
LENTIL WITH
ROASTED VEGETABLES
NO COLORS FROM ARTIFICIAL SOURCES
NO ARTIFICIAL FLAVORS
GLUTEN FREE
NET WT. 19 OZ (1 LB 3 OZ) 538g


Water, Lentils,
Bell Peppers, Roasted
Roasted Yellow
Fire Roasted
Celery, Modified
Starch, Contains
Salt, Onion
Dried Roasted
Maltodextrin, Yeast
Natural Flavor,
Raisin Juice
Olive Oil, Garlic
Sugar.
GENERAL MILLS SALES, INC.,
Produced with
Engineering
Ask.GeneralMills.com
Nutrition Facts
About 2 servings per container
Serving size 1 cup (249g)
Per Serving
Per Can
Calories 110 240
% DV*
Total Fat 0g 0% 1g 1%
Saturated Fat 0g 0% 0g 0%
Trans Fat 0g 0g
Cholesterol 0mg 0% 0mg 0%
Sodium 690mg 30% 1470mg 64%
Total Carbohydrate 20g 7% 43g 16%
Dietary Fiber 3g 11% 7g 24%
Total Sugars 1g 3g
Incl. Added Sugars 0g 0% 0g 0%
Protein 6g 14g
Vitamin D 0mcg 0% 0mcg 0%
Calcium 0mg 0% 40mg 2%
Iron 1.7mg 8% 3.6mg 15%
Potassium 230mg 4% 490mg 10%
* 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.
BEST If Used By date on can end
3866222603
PER 1 CUP SERVING
110 CALORIES
0g SAT FAT 0% DV
690mg SODIUM 30% DV
1g TOTAL SUGARS
GLUTEN FREE

VALUE SIZE
Kraft
macaroni & CHEESE
DINNER
ENLARGED TO SHOW DETAIL
The Taste You Love
NO Artificial Flavors
NO Artificial Preservatives
NO Artificial Dyes
smmmile, it's the cheesiest
MACARONI & CHEESE DINNER
NET WT 14.5 OZ (411g)
PER 1/6 BOX (UNPREPARED)
260 CALORIES
1.5g SAT FAT
560mg SODIUM
8g TOTAL SUGARS
original flavor

# Nutrition Facts

About 3 servings per container

**Serving size**
**2.5 oz (70g/ about 1/3 box)**
**(Makes about 1 cup)**

| | Per 2.5 oz dry mix | | Per 1 cup prepared* | |
|---|---|---|---|---|
| **Calories** | **250** | | **350** | |
| | | **% DV**** | | **% DV**** |
| **Total Fat** | 2g | **2%** | 11g | **15%** |
| Saturated Fat | 1g | **4%** | 4g | **19%** |
| *Trans* Fat | 0g | | 0g | |
| **Cholesterol** | 5mg | **2%** | 10mg | **3%** |
| **Sodium** | 560mg | **24%** | 710mg | **31%** |
| **Total Carb.** | 49g | **18%** | 50g | **18%** |
| Dietary Fiber | 2g | **8%** | 2g | **8%** |
| Total Sugars | 9g | | 10g | |
| Incl. Added Sugars | 0g | **0%** | 0g | **0%** |
| **Protein** | 9g | | 10g | |
| Vitamin D | 0mcg | 0% | 0mcg | 0% |
| Calcium | 110mg | 8% | 130mg | 10% |
| Iron | 2.5mg | 15% | 2.5mg | 15% |
| Potassium | 330mg | 8% | 370mg | 8% |

* As prepared using margarine with 0g trans fat and 2% reduced fat milk.

** 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.

**INGREDIENTS:** ENRICHED MACARONI (WHEAT FLOUR, DURUM FLOUR, NIACIN, FERROUS SULFATE [IRON], THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CHEESE SAUCE MIX (WHEY, MILKFAT, SALT, MILK PROTEIN CONCENTRATE, SODIUM TRIPHOSPHATE, CONTAINS LESS THAN 2% OF TAPIOCA FLOUR, CITRIC ACID, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, WITH PAPRIKA, TURMERIC, AND ANNATTO ADDED FOR COLOR, ENZYMES, CHEESE CULTURE).

**CONTAINS: WHEAT, MILK.**

Marie Callender's
Honey Roasted Turkey Breast
Turkey Breast in a Sweet Gravy served with Creamy Mashed Potatoes and Vegetables
KEEP FROZEN; MUST BE COOKED THOROUGHLY
19g of Protein
No Artificial Flavors | No Artificial Colors
NET WT 13 OZ (369g)
260 Calories
3.5g Sat. Fat
1040mg Sodium
6g Total Sugars

## Nutrition Facts

**Serving size 1 Meal (369g)**

**Amount per serving**

**Calories 260**

| | % Daily Value* |
|---|---|
| **Total Fat** 6g | **8%** |
| Saturated Fat 3.5g | **18%** |
| Trans Fat 0g | |
| **Cholesterol** 45mg | **15%** |
| **Sodium** 1040mg | **45%** |
| **Total Carbohydrate** 31g | **11%** |
| Dietary Fiber 5g | **18%** |
| Total Sugars 6g | |
| Includes 5g Added Sugars | **10%** |
| **Protein** 19g | **24%** |
| Vitamin D 0mcg | 0% |
| Calcium 30mg | 2% |
| Iron 0.7mg | 4% |
| Potassium 750mg | 15% |

*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.

INGREDIENTS: MASHED POTATOES (REHYDRATED POTATO FLAKES AND GRANULES [WATER, POTATOES, MONO- AND DIGLYCERIDES, CITRIC ACID, DISODIUM DIHYDROGEN PYROPHOSPHATE, BHT, SODIUM BISULFITE], BUTTER [CREAM, SALT], CREAM, SALT, FLAVORING), SWEET GRAVY (WATER, BROWN SUGAR, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: CHICKEN FLAVOR [CHICKEN BROTH, SALT, CHICKEN FAT], CHICKEN GLACE [CHICKEN BROTH, COOKED CHICKEN, CHICKEN FAT, SALT, FLAVORINGS], BUTTER [CREAM, SALT], ONIONS, SALT, CHARDONNAY WINE, CANOLA OIL, GARLIC, SPICE), HONEY ROASTED TURKEY (TURKEY BREAST TENDERLOIN, WATER, HONEY, ISOLATED SOY PROTEIN PRODUCT [ISOLATED SOY PROTEIN, MODIFIED POTATO STARCH, CORN STARCH, CARRAGEENAN, SOY LECITHIN], OLIVE OIL, CHICKEN FLAVOR [MALTODEXTRIN, CHICKEN BROTH, SALT, FLAVORS], SALT, POTASSIUM CHLORIDE, POTASSIUM AND SODIUM PHOSPHATES, SEASONING [SPICE EXTRACTIVES WITH POLYSORBATE 80, CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES, PROPYLENE GLYCOL, FLAVORS, SOY LECITHIN]), CARROTS, BROCCOLI, WATER. CONTAINS: MILK, SOY.

Kroger
A FULL SERVING OF VEGETABLES
PER 1/2 CUP SERVING†
MARINARA
PASTA SAUCE
NET WT 24 OZ
(1 LB 8 OZ) 680g

8

SERVING SUGGESTION
NET WT 24 OZ
(1 LB 8 OZ) 680g
Nutrition Facts
about 5 servings per container
Serving size 1/2 cup (128g)
Amount per serving
Calories 80
% Daily Value*
Total Fat 2g 3%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 570mg 25%
Total Carbohydrate 14g 5%
Dietary Fiber 3g 11%
Total Sugars 9g
Includes 3g Added Sugars 6%
Protein 2g
Vitamin D 0mcg 0% • Calcium 40mg 2%
Iron 0.8mg 6% • Potassium 580mg 10%
* The % Daily Value 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.
INGREDIENTS: TOMATO PUREE
TOMATO PASTE), DICED TOMATOES
TOMATO JUICE, SUGAR, SOYBEAN
SALT, DRIED ONIONS, DRIED GARLIC,
SPICES, CITRIC ACID, ROMANO
(CULTURED PART-SKIM MILK, SALT,
ENZYMES).
CONTAINS: MILK.
DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202
REFRIGERATE AFTER OPENING.
HEAT CONTENTS, POUR OVER
SPAGHETTI OR YOUR FAVORITE PASTA.
†EACH 1/2 CUP SERVING OF PASTA
PROVIDES THE EQUIVALENT OF 1/2 CUP
OF VEGETABLES. THE 2015 DIETARY
GUIDELINES FOR AMERICANS
RECOMMEND 2 1/2 CUPS OF
VEGETABLES PER DAY
FOR A 2,000 CALORIE DIET.

INGREDIENTS: TOMATO PUREE (WATER, TOMATO PASTE), DICED TOMATOES IN TOMATO JUICE, SUGAR, SOYBEAN OIL, SALT, DRIED ONIONS, DRIED GARLIC, SPICES, CITRIC ACID, ROMANO CHEESE (CULTURED PART-SKIM MILK, SALT, ENZYMES).
CONTAINS: MILK.

Kroger
FRESH PACK
ZESTY
KOSHER DILL
SPEARS
NO
Artificial Flavors or Preservatives
NO
Synthetic Dyes
NO
High Fructose Corn Syrup
24 FL OZ (1 PT 8 FL OZ) 710mL
Vegan • Gluten Free
Nutrition Facts
Calories

FRESH PACK
NO
Vegan • Gluten Free
Nutrition Facts
about 17 servings
Serving size 1 oz. (28g/ about ¾ spear)
Calories per serving 0
Amount/serving
% Daily Value
Total Fat 0g 0%
Sodium 220mg 10%
Total Carb. 1g 0%
Protein 0g
Calcium 20mg 2% • Potas. 30mg 0%
INGREDIENTS: FRESH CUCUMBERS, WATER, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, DEHYDRATED GARLIC, CALCIUM CHLORIDE, DEHYDRATED RED BELL PEPPERS, SPICE, NATURAL DILL FLAVOR, NATURAL FLAVORS, GUM ARABIC, TURMERIC EXTRACT (COLOR).
DISTRIBUTED BY THE KROGER CO., CINCINNATI, OHIO 45202
QUALITY GUARANTEE • 800-632-6900 • WWW.KROGER.COM

Ramen
Noodle Soup
Chicken Flavor
COOKS IN 3 MINUTES
SERVING SUGGESTION
NET WT. 3 OZ (85g)

8

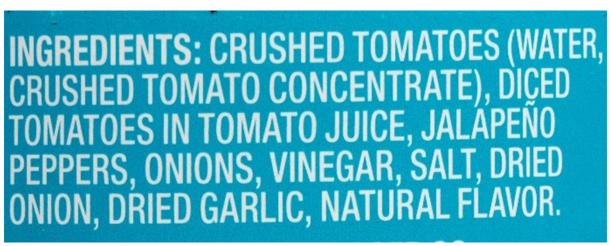
Maruchan Ramen
020724 05:04 6TE 537
BEST BY: (MMDDYY)
Nutrition Facts
2 servings per container
Serving size
½ noodle block with
½ flavoring packet (43g)
Calories
190 per serving
370 per container
Per serving % DV*
Per container % DV*
Total Fat 7g 9% 14g 18%
Saturated Fat 3.5g 18% 7g 35%
Trans Fat 0g 0g
Cholesterol 0mg 0% 0mg 0%
Sodium 760mg 33% 1,520mg 66%
Vitamin D 0mcg 0% 0mcg 0%
Calcium 0mg 0% 0mg 0%
Total Carb. 27g 10% 54g 20%
Dietary Fiber 1g 4% 2g 7%
Total Sugars 1g 2g
Incl. Added Sugars <1g 1% 1g 2%
Protein 4g 8g
Iron 1.3mg 8% 2.6mg 15%
Potassium 0mg 0% 0mg 0%
*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.
RAMEN NOODLE INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA, COTTONSEED, PALM) PRESERVED BY TBHQ, CONTAINS LESS THAN 1% OF: SALT, POTASSIUM CARBONATE, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), SODIUM CARBONATE, SODIUM HEXAMETAPHOSPHATE, SODIUM TRIPOLYPHOSPHATE, MONOSODIUM PHOSPHATE.
SOUP BASE INGREDIENTS: SALT, SUGAR, CONTAINS LESS THAN 1% OF: MONOSODIUM GLUTAMATE, MALTODEXTRIN, SPICES (CELERY SEED), HYDROLYZED CORN PROTEIN, HYDROLYZED WHEAT PROTEIN, HYDROLYZED SOY PROTEIN, TURMERIC, NATURAL FLAVORS, DEHYDRATED VEGETABLES (CHIVE, GARLIC, ONION), DISODIUM GUANYLATE, DISODIUM INOSINATE, YEAST EXTRACT, VEGETABLE OIL (PALM), LACTOSE, POWDERED COOKED CHICKEN.
CONTAINS WHEAT, SOY, AND MILK INGREDIENTS. MANUFACTURED IN A FACILITY THAT ALSO PROCESSES CRUSTACEAN SHELLFISH AND SESAME PRODUCTS. CONTAINS A BIOENGINEERED FOOD INGREDIENT.
Maruchan, INC.
IRVINE, CA 92618 MADE IN U.S.A.
YOU MAY REDUCE THE AMOUNT OF SODIUM BY SIMPLY USING LESS OF THE FLAVOR PACKET.
PLEASE STORE IN A DRY PLACE AWAY FROM HEAT AND DIRECT SUNLIGHT.
WHEN CONTACTING US, PLEASE INCLUDE THE PRINTED LOT CODE INFORMATION.
0 41789 00211 3
www.maruchan.com © 2022 Maruchan, Inc. / V1
DO NOT PURCHASE OR USE IF THE PACKAGING IS OPEN, TORN, OR DAMAGED.
2. Turn off heat, add contents of flavor packet, stir well for 1 minute until flavoring is fully dissolved. Makes two 8 oz servings.
3. Product is very hot. Allow to cool, serve and enjoy.
CAUTION: PRODUCT IS EXTREMELY HOT. HANDLE CAREFULLY TO AVOID SPILLS AND SEVERE BURNS. AFTER PREPARATION, TEMPERATURE SHOULD BE MONITORED FOR CHILDREN UNDER 15 YEARS OLD. PRODUCT SHOULD BE CONSUMED AT A TABLE WITH ADULT SUPERVISION.
Chicken Flavor

Kroger
Refried Beans
Traditional

Nutrition Facts
about 3.5 servings per container
Serving size 1/2 cup (130g)
Amount per serving
Calories 140
% Daily Value*
Total Fat 2.5g 3%
Sat. Fat 1g 5%
Sodium 320mg 14%
Total Carb. 22g 8%
Fiber 5g 18%
Total Sugars 1g
Protein 7g
Vit. D 0mcg 0% • Calcium 40mg 4%
Iron 2mg 10% • Potas. 480mg 10%
Not a significant source of trans fat, cholest., added sugars.
* The % Daily Value 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.
INGREDIENTS: COOKED PINTO BEANS, WATER, LARD AND HYDROGENATED LARD, SALT, VINEGAR, SPICES, GARLIC POWDER, ONION POWDER, CHILI PEPPER.
DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202

Kroger
MEDIUM
Traditional
SALSA
NET WT 16 OZ (1 LB) 453g

Nutrition Facts
about 15 servings per container
Serving size 2 Tbsp (31g)
Amount per serving
Calories 15
% Daily Value*
Total Fat 0g 0%
Sodium 230mg 10%
Total Carbohydrate 3g 1%
Dietary Fiber 1g 4%
Total Sugars 1g
Includes 0g Added Sugars 0%
Protein 0g
Calcium 10mg 2% • Potassium 100mg 2%
Not a significant source of saturated fat, trans fat, cholesterol, vitamin D, iron.
* The % Daily Value 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.
CINCINNATI, OHIO 45202
SHAKE WELL BEFORE USING.
SERVING SUGGESTION


INGREDIENTS: CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), DICED TOMATOES IN TOMATO JUICE, JALAPEÑO PEPPERS, ONIONS, VINEGAR, SALT, DRIED ONION, DRIED GARLIC, NATURAL FLAVOR.

Campbell's
CHUNKY
SOUP THAT EATS LIKE A MEAL
13g PROTEIN PER CAN
STEAK AND POTATO
PER 1 CUP
120 CALORIES
SAT FAT
SODIUM
TOTAL SUGARS

Nutrition Facts
About 2 servings per container
Serving size 1 cup (240mL)
Per serving Per container
Calories 120 250
% DV* % DV*
Total Fat 3g 4% 6g 8%
Saturated Fat 1g 5% 2g 10%
Trans Fat 0g 0g
Cholesterol 10mg 3% 25mg 8%
Sodium 870mg 38% 1900mg 83%
Total Carbohydrate 17g 6% 37g 13%
Dietary Fiber 1g 4% 3g 11%
Total Sugars 1g 2g
Incl. Added Sugars 0g 0% 0g 0%
Protein 6g 11% 13g 25%
Vitamin D 0mcg 0% 0mcg 0%
Calcium 10mg 0% 30mg 2%
Iron 0.7mg 4% 1.5mg 8%
Potassium 300mg 6% 640mg 15%
* 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.
SOUP
COOKED WITH CARE IN THE USA
Questions or Comments?
Call us at 1-800-257-8443.
chunky.com

3
SERVINGS OF
VEGETABLES†
V8
Original
100% VEGETABLE JUICE
FROM CONCENTRATE WITH ADDED INGREDIENTS
NET 12 FL. OZ. (354mL)

100% VEGETABLE JUICE

# Nutrition Facts

| | |
|---|---|
| Serving size | 1 bottle |
| Amount per serving | |
| **Calories** | **60** |
| | % Daily Value* |
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 960mg | 42% |
| **Total Carbohydrate** 13g | 5% |
| Dietary Fiber 3g | 11% |
| Total Sugars 10g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 3g | |

| | | | |
|---|---|---|---|
| Vitamin D 0mcg | 0% | Calcium 50mg | 4% |
| Iron 1mg | 6% | Potassium 700mg | 15% |
| Vitamin A 270mcg | 30% | Vitamin C 110mg | 120% |

* 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.

**INGREDIENTS:** VEGETABLE JUICE (WATER AND CONCENTRATED JUICES OF TOMATOES, CARROTS, CELERY, BEETS, PARSLEY, LETTUCE, WATERCRESS, SPINACH), SALT, VITAMIN C (ASCORBIC ACID), NATURAL FLAVORING, BETA CAROTENE, CITRIC ACID.

DISTRIBUTED BY:
CAMPBELL SOUP COMPANY
CAMDEN, NJ, U.S.A. 08103-1701