

# JOE'S KITCHEN™

## AT SCREAMIN' RIDGE FARM™



# SPLIT PEA & HAM SOUP

**Gluten Free, Nitrate Free**

**Ingredients:** Water, Split peas, Cream, Onion, Carrot, Nitrate-free pork (pork, salt, brown sugar, smoke), Salt, Pepper, Thyme, Olive oil. **Allergens:** *Contains milk.*

### Vermont-Made From Local Farm Products

Super-fresh ingredients from nearby farms give our products flavor and energy. Eat great soup and join us in supporting small farms, local food producers, and the localvore movement.



[screaminridgefarm.com](http://screaminridgefarm.com)

### Nutrition Facts

Serv. Size 12 oz (340 g/12 oz)  
 Serv. Per Cont.  
**Calories** 380  
 Fat Cal. 120

Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 13g	<b>20 %</b>	<b>Total Carb.</b> 47g	<b>16 %</b>
Sat. Fat 6g	<b>30 %</b>	Fiber 19g	<b>75 %</b>
<i>Trans</i> Fat 0g		Sugars 8g	
<b>Cholest.</b> 35mg	<b>11 %</b>	<b>Protein</b> 20g	
<b>Sodium</b> 540mg	<b>22 %</b>		
Vitamin A 80 %	•	Vitamin C 8 %	•
		Calcium 6 %	•
		Iron 20 %	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.