

JOE'S KITCHEN™

AT SCREAMIN' RIDGE FARM™



PORTUGUESE-STYLE STEW

A Classic with Chorizo Sausage & Clam
Gluten Free

Ingredients: Water, Potato, Chickpea, Tomato, Chorizo (pork, water, red wine vinegar (contains sulfites), salt), Peppers, Onion, Clam, Garlic, Cider vinegar, Black pepper, Salt, Olive oil, Saffron

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

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 cup (227 g/8 oz)		Total Fat 8g	12%	Total Carb. 28g	9%
Serv. Per Cont. 3		Sat. Fat 2.5g	11%	Fiber 7g	28%
Calories 220		<i>Trans</i> Fat 0g		Sugars 5g	
Fat Cal. 70		Cholest. 15mg	5%	Protein 12g	
		Sodium 640mg	26%		
		Vitamin A 8%	• Vitamin C 30%	• Calcium 6%	• Iron 15%

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