

# JOE'S KITCHEN™

## AT SCREAMIN' RIDGE FARM™



# PobLANO QUINOA SOUP

***Vegan, Gluten Free***

**Ingredients:** Water, Poblano pepper, Quinoa, Onion, Peppers, Corn, Garlic, Celery, Lime, Cumin, Cilantro, Salt, Black pepper

### **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** 90

Fat Cal. 45

Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 5g	<b>8%</b>	<b>Total Carb.</b> 12g	<b>4%</b>
Sat. Fat 0g	0%	Fiber 2g	8%
<i>Trans</i> Fat 0g		Sugars 4g	
<b>Cholest.</b> 0mg	0%	<b>Protein</b> 2g	
<b>Sodium</b> 850mg	<b>35%</b>		

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

Vitamin A 8% • Vitamin C 80% • Calcium 4% • Iron 4%