

JOE'S KITCHEN™

AT SCREAMIN' RIDGE FARM™



MINISTRONE SOUP

Vegan, Gluten Free

Ingredients: Water, Soldier Beans, Tomato, Onion, Carrot, Zucchini, Garlic, Basil, Lemon, Salt, Pepper, Fennel seed, Chili flakes

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

Serv. Size 8 oz (227 g/8 oz)
 Serv. Per Cont. 3
Calories 70
 Fat Cal. 20

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 2g	3%	Total Carb. 10g	3%
Sat. Fat 0g	0%	Fiber 3g	14%
Trans Fat 0g		Sugars 2g	
Cholest. 0mg	0%	Protein 3g	
Sodium 550mg	23%		
Vitamin A 50%	•	Vitamin C 15%	•
		Calcium 4%	•
		Iron 6%	

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