

JOE'S KITCHEN™

AT SCREAMIN' RIDGE FARM™



FOUR BEAN SOUP

Vegan, Gluten Free

Ingredients: Tomato, Onion, Kidney beans, Chick peas, Pinto beans, Lentils, Peppers, Salt, Black pepper, Garlic, Cumin, Vinegar

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.



screamindiridgefarm.com

Nutrition Facts

Serv. Size 12 oz (340g)
 Serv. Per Cont.
Calories 390
 Fat Cal. 70

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 8g	13%	Total Carb. 61g	20%
Sat. Fat 1g	4%	Fiber 18g	71%
<i>Trans</i> Fat 0g		Sugars 7g	
Cholest. 0mg	0%	Protein 20g	
Sodium 1030mg	43%		
Vitamin A 10% • Vitamin C 30% • Calcium 10% • Iron 35%			

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