

# JOE'S KITCHEN™

## AT SCREAMIN' RIDGE FARM™



# CURRIED VEGETABLE SOUP

**Vegan, Gluten Free**

**Ingredients:** Water, Carrot, Rutabega, Parsnip, Potato, Onion, Spinach,  
Coconut milk, Chick pea, Lime, Salt, Curry, Olive oil

*Allergens: contains tree nuts—coconut*

### 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 12 oz (340 g/12 oz)  
Serv. Per Cont.  
**Calories** 220  
Fat Cal. 130

| Amount/serving       | %DV*        | Amount/serving         | %DV*        |
|----------------------|-------------|------------------------|-------------|
| <b>Total Fat</b> 15g | <b>23 %</b> | <b>Total Carb.</b> 20g | <b>7 %</b>  |
| <b>Sat. Fat</b> 10g  | <b>49 %</b> | <b>Fiber</b> 6g        | <b>23 %</b> |
| <i>Trans Fat</i> 0g  |             | <b>Sugars</b> 5g       |             |
| <b>Cholest.</b> 0mg  | <b>0 %</b>  | <b>Protein</b> 4g      |             |
| <b>Sodium</b> 840mg  | <b>35 %</b> |                        |             |

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

Vitamin A 130 % • Vitamin C 35 % • Calcium 8 % • Iron 20 %