

# JOE'S KITCHEN™

## AT SCREAMIN' RIDGE FARM™



# CORN CHOWDER

**Gluten Free, Vegetarian**

**Ingredients:** Water, Corn, Onions, Potato, Celery Root, Cream, Olive oil, Parsley, Salt, Pepper, Lemon. **Allergens:** *Contains milk*

### 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 8 oz (227 g/8 oz)  
 Serv. Per Cont. 3  
**Calories** 190  
 Fat Cal. 100

Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 11g	<b>17%</b>	<b>Total Carb.</b> 21g	<b>7%</b>
Sat. Fat 5g	<b>25%</b>	Fiber 3g	<b>11%</b>
<i>Trans</i> Fat 0g		Sugars 4g	
<b>Cholest.</b> 30mg	<b>9%</b>	<b>Protein</b> 3g	
<b>Sodium</b> 620mg	<b>26%</b>		
Vitamin A 10% • Vitamin C 35% • Calcium 4% • Iron 6%			

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