

# JOE'S KITCHEN™

## AT SCREAMIN' RIDGE FARM™



# ASPARAGUS SOUP

*Gluten Free, Vegetarian*

**Ingredients:** Water, Asparagus, Potato, Cream, Thyme, Lemon, Salt, Black pepper.  
**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.



[screamindiridgefarm.com](http://screamindiridgefarm.com)

### Nutrition Facts

Serv. Size 12 oz (340 g/12 oz)  
 Serv. Per Cont.  
**Calories** 180  
 Fat Cal. 80

Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 9g	<b>14%</b>	<b>Total Carb.</b> 24g	<b>8%</b>
Sat. Fat 4g	<b>20%</b>	Fiber 3g	<b>12%</b>
<i>Trans</i> Fat 0g		Sugars 3g	
<b>Cholest.</b> 25mg	<b>8%</b>	<b>Protein</b> 3g	
<b>Sodium</b> 720mg	<b>30%</b>		
Vitamin A 10%	•	Vitamin C 20%	•
		Calcium 4%	•
		Iron 8%	

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