

Egg Drop Soup

Nutrition Facts	
Serving Size 8 ounces (97g)	
Servings Per Container 1	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	1%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat .5g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Potassium 35mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	
Sugars 0g	
Protein 1g	
Vitamin A 8% • Vitamin C 2% Calcium 0% • Iron 0% Thiamin 0% • Riboflavin 2% Niacin 0% • Vitamin B6 0% Folacin 0% • Vitamin B12 2% Phosphorus 0% • Zinc 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	* Carbohydrate 4 * Protein 4