

Mushroom and Brie Bisque Soup

Nutrition Facts			
Serving Size 6 ounces (272g)			
Servings Per Container 1			
Amount Per Serving			
Calories 230		Calories from Fat	
		% Daily Value*	
Total Fat	14g		22%
Saturated Fat	9g		44%
Trans Fat	.5g		
Polyunsaturated Fat			
Monounsaturated Fat			
Cholesterol	45mg		15%
Sodium	980mg		41%
Potassium			
Total Carbohydrate	20g		7%
Dietary Fiber	2g		9%
Sugars	4g		
Protein 8g			
Vitamin A 10%	•	Vitamin C 8%	
Calcium 15%	•	Iron 4%	
Thiamin	•	Riboflavin	
Niacin	•	Vitamin B6	
Folacin	•	Vitamin B12	
Phosphorus	•	Zinc	
*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