

# Nutrition Facts

1 serving per container

**Serving size**

**(300g)**

**Amount Per Serving**

**Calories**

**230**

**% Daily Value\***

**Total Fat** 10g **13%**

Saturated Fat 6g **30%**

*Trans* Fat 0g

**Cholesterol** 45mg **15%**

**Sodium** 1030mg **45%**

**Total Carbohydrate** 23g **8%**

Dietary Fiber 5g **18%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

**Protein** 12g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 2.2mg 10%

Potassium 590mg 10%

Vitamin A 2250mcg 250%

Vitamin C 21mg 25%

Vitamin E 1.3mg 8%

Thiamin 0.2mg 15%

Riboflavin 0.2mg 20%

Vitamin B6 0.4mg 20%

Vitamin B12 0.1mcg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, ONION, CHICKEN, CARROTS, RADISH, SPINACH, SQUASH, VEGETABLE STOCK, MISO, WHOLE GRAIN WHEAT FLOUR, LOTUS ROOT, BUTTER (CREAM, SALT), SALT, VEGETABLE OIL