

LADLE & LEAF

# SOUP FOR ANY SEASON

ORGANIC | GLOBAL | GLUTEN FREE

At Ladle & Leaf, we have been making soup from scratch for over twenty years with premium ingredients and a focus on quality. Each soup is a fresh, flavorful meal that will delight the body and soul.

[www.ladleandleaf.com](http://www.ladleandleaf.com)



EAT BETTER. LIVE BETTER. HEALTHY BETTER.



Nutrition Facts	
about 2 servings per container	
Serving Size	245g
Amount per serving	
<b>Calories</b>	<b>290</b>
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 11g	54%
Trans Fat 0g	
Cholesterol 65mg	21%
Sodium 740mg	32%
Total Carbohydrate 12g	5%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 11g</b>	
Vitamin D 0mcg	0%
Calcium 339mg	25%
Iron 50mg	280%
Potassium 250mg	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, Broccoli, Organic Cheddar Cheese (Pasteurized Organic Milk, Cheese Cultures, Sea Salt, Vegetable Enzymes), Onion, Milk, Cream, Rice Flour, Canola Oil, Garlic, Sea Salt, Sodium Citrate, Cultured Dextrose (Cultured Dextrose, Maltodextrin), Nisin (Salt, Nisin), Black Pepper, Turmeric, Annatto.



Nutrition Facts	
about 2 servings per container	
Serving Size	245g
Amount per serving	
<b>Calories</b>	<b>290</b>
% Daily Value*	
Total Fat 20g	26%
Saturated Fat: 11g	54%
Trans Fat: 0g	
Cholesterol 70mg	24%
Sodium 860mg	38%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	6%
Total Sugars 1g	
Includes 1g Added Sugars	2%
<b>Protein 6g</b>	
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1mg	6%
Potassium 410mg	10%

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INGREDIENTS: Water, Red Potatoes, Rice Flour, Cream, Celery, Onion, Clams, Milk, Clam Juice (Concentrated Sea Clam Juice, Water), Butter (Cream [Milk], Natural Flavors), Canola Oil, Sea Salt, Sugar, Cultured Dextrose (Cultured Dextrose, Maltodextrin), Nisin (Salt, Nisin), Seafood Seasoning, Thyme, Black Pepper



Nutrition Facts	
about 2 servings per container	
Serving Size	245g
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 770mg	33%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	5%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 10g</b>	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 320mg	8%

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INGREDIENTS: Chicken Broth, Chicken (Chicken Meat, Water, Salt), Carrot, Celery, Egg Noodles (Durum Flour (Wheat), Eggs, Egg Whites, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid), Onion, Sea Salt, Parsley, Cultured Dextrose (Cultured Dextrose, Maltodextrin), Dill, Nisin (Salt, Nisin), Black Pepper



Nutrition Facts	
about 2 servings per container	
Serving Size	245g
Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
Total Fat 9g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	25%
Total Carbohydrate 33g	12%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 3g Added Sugars	6%
<b>Protein 4g</b>	
Vitamin D 0mcg	0%
Calcium 37mg	4%
Iron 2mg	10%
Potassium 650mg	15%

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INGREDIENTS: Water, Organic Corn, Organic Red Potatoes, Organic Onion, Organic Red Bell Pepper, Organic Rice Flour, Organic Canola Oil, Organic Brown Sugar, Sea Salt, Organic Cultured Dextrose (Cultured Dextrose, Maltodextrin), Organic Garlic, Organic Cumin, Organic Paprika, Organic Chili Powder, Organic Black Pepper, Organic Chipotle Powder



Nutrition Facts	
about 2 servings per container	
Serving Size	245g
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat .5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 720mg	31%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	9%
Total Sugars 6g	
Includes 3g Added Sugars	6%
<b>Protein 9g</b>	
Vitamin D 0mcg	0%
Calcium 38mg	4%
Iron 1mg	6%
Potassium 390mg	8%

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INGREDIENTS: Chicken Broth, Chicken (Chicken Meat, Water, Salt), Carrot, Black Beans (Prepared Black Beans, Water, Sugar, Salt, Calcium Chloride, Ferrous Gluconate), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Sea Salt, Calcium Chloride, Citric Acid), Onion, Celery, Green Bell Pepper, Tomato Paste (Vine-Ripened Fresh Tomatoes and Naturally Derived Citric Acid), Corn Tortillas (Masa Flour (Stone Ground Masa Corn, Trace of Lime), Water), Corn, Brown Sugar, Lime Juice (Lime Juice From Concentrate [Water, Concentrated Lime Juice], Less than 2% of Lime Oil, Sodium Benzoate, Sodium Metabisulfite), Sea Salt, Canola Oil, Jalapeno Pepper, Ancho Chili, Cumin, Cultured Dextrose (Cultured Dextrose, Maltodextrin), Chili Powder, Cilantro, Nisin (Salt, Nisin), Coriander, Oregano



Nutrition Facts	
about 2 servings per container	
Serving Size	245g
Amount per serving	
<b>Calories</b>	<b>190</b>
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 7g	37%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 490mg	21%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	9%
Total Sugars 10g	
Includes 5g Added Sugars	10%
<b>Protein 3g</b>	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 1mg	6%
Potassium 270mg	6%

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INGREDIENTS: Organic Diced Tomatoes (Fresh Vine-Ripened Organic California Tomatoes, Calcium Chloride, Citric Acid), Water, Organic Cream, Organic Onion, Organic Tomato Paste (Organic Tomatoes, Citric Acid), Organic Rice Flour, Organic Milk, Organic Brown Sugar, Organic Garlic, Organic Butter (Certified Organic Pasteurized Cream, Cultures), Sea Salt, Organic Cultured Dextrose (Cultured Dextrose, Maltodextrin), Organic Black Pepper