Nutrition Facts

Serving size	1 container	
Calories	Per 1 cup **110**	Per container **220**
	% DV*	% DV*
Total Fat	2.5g **3%**	4.5g **6%**
Saturated Fat	0g **0%**	0.5g **3%**
Trans Fat	0g	0g
Cholesterol	5mg **2%**	10mg **3%**
Sodium	610mg **27%**	1170mg **51%**
Total Carb.	17g **6%**	33g **12%**
Dietary Fiber	4g **15%**	8g **28%**
Total Sugars	5g	10g
Incl. Added Sugars	1g **2%**	2g **4%**
Protein	6g	12g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	44mg 4%	84mg 6%
Iron	2mg 10%	3mg 20%
Potassium	352mg 8%	672mg 15%

* 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.

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INGREDIENTS: WATER, BLACK BEANS, WHITE MEAT CHICKEN RAISED WITHOUT ANTIBIOTICS, FIRE ROASTED TOMATOES, ROASTED CORN, ONIONS, CORN, TOMATO JUICE, ROASTED GREEN CHILES, TORTILLA CHIPS (STONE-GROUND CORN, SUNFLOWER OIL, SALT), CONTAINS 2% OR LESS OF: ROASTED POBLANO PEPPERS, LIME JUICE, WHITE CORN MASA, GARLIC, CILANTRO, CORN STARCH, SALT, SUGAR, CHILI PEPPERS, POTATO FLOUR, DEHYDRATED ONIONS, CHICKEN BROTH & CHICKEN, YEAST EXTRACT, EXTRACTIVES OF PAPRIKA AND TURMERIC, DEHYDRATED GARLIC, NATURAL LIME FLAVOR, CITRIC ACID, NISIN PREPARATION, CORIANDER AND CUMIN.

Manufactured For: Panera Bread, St. Louis, MO 63127
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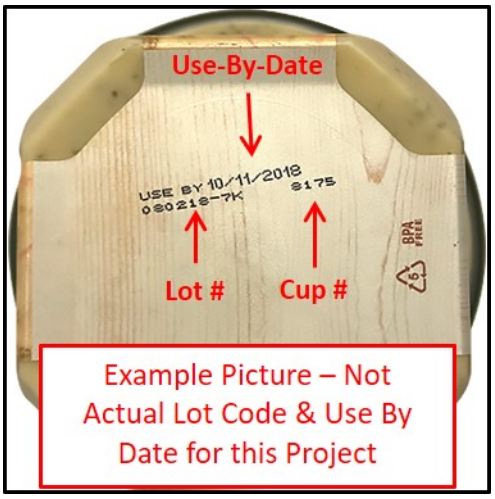
HEATING INSTRUCTIONS

STOVE TOP: REMOVE LID & FILM. POUR SOUP INTO SAUCE PAN. HEAT THORDUGHLY (165°F). DO NOT BOIL.

MICROWAVE: REMOVE LID & FILM. PLACE CUP ON MICROWAVE-SAFE PLATE, COVER LOOSELY. HEAT ON HIGH 3-4 MINUTES (TIMES MAY VARY) UNTIL HOT (165°F), STIR HALFWAY THROUGH. LET STAND 1 MINUTE IN MICROWAVE. CAREFULLY REMOVE BY THE PLATE.

CAUTION! SOUP & CONTAINER WILL BE VERY HOT.

Gluten Free

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