SPAGHETTIOs Meatballs

Campbell's

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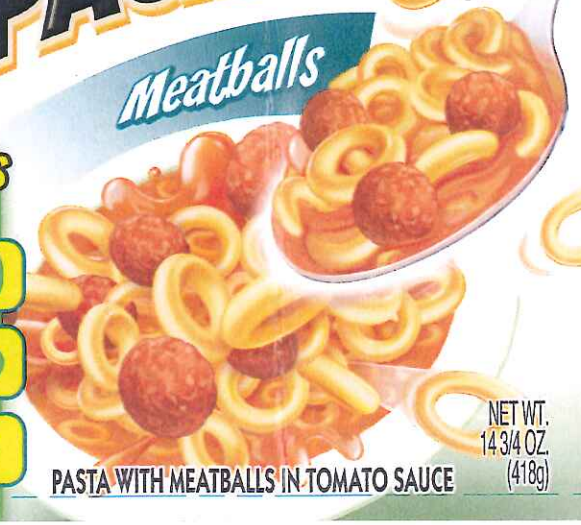

PASTA WITH MEATBALLS IN TOMATO SAUCE

NET WT. 14 3/4 OZ. (418g)

Nutrition Facts

Serv. Size 1 cup (252g)
Servings about 2

Calories 210
Fat Cal. 50

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 6g	9%	**Potassium** 630mg	18%
Sat. Fat 2.5g	13%	**Total Carb.** 30g	10%
Trans Fat 0g		Fiber 4g	16%
Cholest. 20mg	7%	Sugars 8g	
Sodium 600mg	25%	**Protein** 10g	13%

Vitamin A 10% • Vitamin C 0% • Calcium 2% • Iron 10% • Thiamin 10% • Riboflavin 10% • Niacin 15% • Folate 15%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

† 1 serving of canned pasta = 1/2 cup of vegetables. The 2010 Dietary Guidelines for Americans recommend 2 1/2 cups of a variety of vegetables for a 2,000 calorie diet.

Healthy Kids Entrée

Uh-Oh, Healthy SpaghettiO's?

The fun, delicious O's you love are healthy and not afraid to show it. It's an entrée you can feel good about and a tasty part of a healthy lifestyle.

- 10 GRAMS OF PROTEIN PER SERVING — 10
- 20% OF DAILY VEGETABLES† —
- 0 GRAMS TRANS FAT PER SERVING — 0

READY IN 3 MINUTES!

MICROWAVE: *Microwave ovens vary. Time given is approximate.* Heat, covered, in microwavable bowl on **HIGH 1 1/2 to 2 minutes**. Careful, leave in microwave 1 minute, then stir.

STOVE: Heat, stirring occasionally.

INGREDIENTS: WATER, TOMATO PUREE (WATER, TOMATO PASTE), MEATBALLS (PORK, BEEF, WATER, BREAD CRUMBS [ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEXTROSE, SALT, YEAST, SOYBEAN OIL], SOY PROTEIN CONCENTRATE, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, BEEF FLAVOR (BEEF STOCK, FLAVORING, SALT), FLAVORING), ENRICHED PASTA (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF: CARROT JUICE CONCENTRATE, SALT, ENZYME MODIFIED CHEDDAR CHEESE (CHEDDAR CHEESE [CULTURED MILK, SALT, ENZYMES, CALCIUM CHLORIDE], WATER, DISODIUM PHOSPHATE, ENZYMES), POTASSIUM CHLORIDE, VEGETABLE OIL, CITRIC ACID, YEAST EXTRACT, ENZYME MODIFIED BUTTER, RECONSTITUTED SKIM MILK, FLAVORING, ASCORBIC ACID, MALIC ACID, SUCCINIC ACID.

Campbell's
CAMPBELL SOUP COMPANY
CAMDEN, NJ, U.S.A. 08103-1701

Promptly refrigerate unused pasta in separate container.
Recommend use by date on can end. Satisfaction guaranteed.
If you have questions or comments, please call 1-800-PASTA-02.
Please have code and date information from container.
Visit our website at: www.campbellsoup.com

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No preservatives or artificial flavors

Nutrition Facts

Serving Size 1 cup (240mL)
Servings Per Container about 2

Amount Per Serving	
Calories 10	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 860mg	36%
Total Carbohydrate 1g	0%
Sugars 1g	
Protein 1g	

Not a significant source of Dietary Fiber, Vitamin A, Vitamin C, Calcium and Iron.

* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CHICKEN STOCK, CONTAINS LESS THAN 2% OF: SEA SALT, SALT, SUGAR, NATURAL FLAVORING, DEHYDRATED ONIONS, YEAST EXTRACT, CHICKEN FAT, CARROTS, CELERY, ONIONS.

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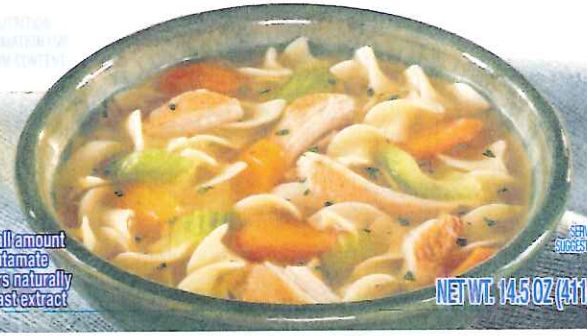
SWANSON

100% Natural

Chicken Broth

99% FAT FREE • NO MSG Added†



†Small amount of glutamate occurs naturally in yeast extract

SERVING SUGGESTION

NET WT. 14.5 OZ (411g)

The Secret is Swanson®

Roasted Chicken with Caramelized Onion Soup

Prep: 10 min. Cook: 30 min. Makes: 6 servings

- 2 tsp. vegetable oil
- 2 medium onions, halved and thinly sliced
- 8 cups Swanson® Chicken Broth (Regular, Natural Goodness® or Certified Organic)
- 1/8 tsp. ground black pepper
- 2 medium carrots, sliced
- 2 stalks celery, sliced
- 3/4 cup **uncooked** trumpet-shaped pasta (campanelle)
- 2 cups shredded roasted chicken

1. Heat oil in 10" skillet over medium-high heat. Add onions and cook until they begin to brown, stirring occasionally. Reduce heat to medium. Cook until onions are tender and caramelized, stirring occasionally. Remove skillet from heat.
2. Heat broth, black pepper, carrots and celery in 4-qt. saucepan over medium-high heat to a boil. Stir pasta and chicken in saucepan. Reduce heat to medium. Cook 10 min. or until pasta is tender. Stir in onions and serve immediately.

Use *Swanson* Broth

Add Flavor to soups, rice, potatoes, vegetables and stuffing

Moisten Leftovers before reheating

Also try *Swanson* Stock

to enhance the rich flavors of your favorite meat dishes, sauces and gravies.

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Swanson is committed to providing products of quality and value. If you have questions or comments, please call 1-800-44-BROTH. Please have code and date information from container.

Do not dilute.

Recommend use by date on can end. Promptly refrigerate unused broth in separate container.

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