

Beef Barley

| Nutrition Facts | | Valeur nutritive | |
|---|--|------------------|------|
| Per 1/8 pkg (dry) (26 g) Par 1/8 paquet (sec) (26 g) | | | |
| Calories 90 | | % Daily Value* | |
| Fat / Lipides 0.0 g | | | 1 % |
| Saturated / saturés 0 g | | | 0 % |
| + Trans / trans 0 g | | | 0 % |
| Carbohydrate / Glucides 19 g | | | |
| Fibre / Fibres 3 g | | | 11 % |
| Sugars / Sucres 1 g | | | 1 % |
| Protein / Protéines 3 g | | | |
| Cholesterol / Cholestérol 0 mg | | | 0 % |
| Sodium 340 mg | | | 15 % |
| Potassium 125 mg | | | 4 % |
| Calcium 30 mg | | | 2 % |
| Iron / Fer 1 mg | | | 6 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Pearl barley, Yellow split peas, Dehydrated vegetables (carrot, potato, onion, leek, red and green bell peppers, celery, cabbage), sulfite, No MSG beef base (Salt, dextrose, maltodextrin, corn starch, wheat, onion, hydrogenated vegetable fat, caramel color, yeast extract, vegetable oil (canola), garlic, lemon juice, sodium citrate, spice extract, sulfite), Dehydrated onion, Parsley, Black pepper, Cumin

Contains: Wheat, Sulfites, Barley
Contient: Orge perlé, Pois cassés
Ingredients: Orge perlé, Pois cassés, légumes déshydratés (carotte, pomme de terre, oignon, poireau, poivrons rouges et verts, céleri, chou), sulfite, Base de bœuf sans MSG (sel, dextrose, maltodextrine, amidon de maïs, blé, oignon, graisse végétale hydrogénée, colorant caramel, extrait de levure, huile végétale (canola), ail, jus de citron, citrate de sodium, extrait d'épices, sulfite), Oignon déshydraté, Persil, Poivre noir, Cumin
Contient: Blé, Sulfites, Orge

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Chickpea Curry

| Nutrition Facts | | Valeur nutritive | |
|---|--|------------------|------|
| Per 1/8 pkg (dry) (26 g) Par 1/8 paquet (sec) (26 g) | | | |
| Calories 90 | | % Daily Value* | |
| Fat / Lipides 1.5 g | | | 2 % |
| Saturated / saturés 0 g | | | 0 % |
| + Trans / trans 0 g | | | 0 % |
| Carbohydrate / Glucides 17 g | | | |
| Fibre / Fibres 4 g | | | 14 % |
| Sugars / Sucres 5 g | | | 5 % |
| Protein / Protéines 4 g | | | |
| Cholesterol / Cholestérol 0 mg | | | 0 % |
| Sodium 75 mg | | | 3 % |
| Potassium 250 mg | | | 7 % |
| Calcium 40 mg | | | 3 % |
| Iron / Fer 1.5 mg | | | 8 % |

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*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Chickpeas, Dehydrated carrots, Curry powder (turmeric, coriander, fenugreek, salt, cayenne pepper, garlic, caraway, celery seeds, cloves), Garam Masala (coriander, cinnamon, black pepper, fenugreek, mustard seeds, allspice, cloves, cayenne pepper), Dehydrated onion, Dehydrated garlic, Ground ginger, Cumin

Contains: Mustard
Ingredients: Pois chiches, Carottes déshydratées, Curry en poudre (curcuma, coriandre, fenugrec, sel, piment de Cayenne, ail, carvi, graines de céleri, clous de girofle), Garam Masala (coriandre, cannelle, poivre noir, fenugrec, graines de moutarde, quatre-épices, clous de girofle, poivre de Cayenne), Oignon déshydraté, Ail déshydraté, Gingembre moulu, Cumin
Contient: Moutarde

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Gluten-friendly

Beet Borscht

| Nutrition Facts | | Valeur nutritive | |
|---|--|------------------|-----|
| Per 1/8 package (18 g) Par 1/8 paquet (18 g) | | | |
| Calories 60 | | % Daily Value* | |
| Fat / Lipides 0 g | | | 0 % |
| Saturated / saturés 0 g | | | 0 % |
| + Trans / trans 0 g | | | 0 % |
| Carbohydrate / Glucides 14 g | | | |
| Fibre / Fibres 2 g | | | 7 % |
| Sugars / Sucres 4 g | | | 4 % |
| Protein / Protéines 2 g | | | |
| Cholesterol / Cholestérol 0 mg | | | 0 % |
| Sodium 35 mg | | | 2 % |
| Potassium 300 mg | | | 9 % |
| Calcium 50 mg | | | 4 % |
| Iron / Fer 0.75 mg | | | 4 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Dehydrated carrots, Dehydrated cabbage, Vegetable base (dehydrated vegetables (carrot, potato, onion, leeks, red and green bell peppers, celery, cabbage), sulfite), Dehydrated potato flakes (sulfite), Beet powder (red beet, silicon dioxide), Dehydrated onion, Lemon peel, Dill weed

Contains: Sulfites
Ingredients: Carottes déshydratées, Chou déshydraté, Base végétale (légumes déshydratés (carotte, pomme de terre, oignon, poireaux, poivrons rouges et verts, céleri, chou), sulfite), Flocons de pommes de terre déshydratés (sulfite), Poudre de betterave (betterave rouge, dioxyde de silicium), Oignon déshydraté, Zeste de citron, Aneth
Contient: Sulfites

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Gluten-friendly

Chuck Wagon Chili

| Nutrition Facts | | Valeur nutritive | |
|--|--|------------------|------|
| Per 1/8 cup (23 g) 1/8 tasse (23 g) | | | |
| Calories 70 | | % Daily Value* | |
| Fat / Lipides 0 g | | | 0 % |
| Saturated / saturés 0 g | | | 0 % |
| + Trans / trans 0 g | | | 0 % |
| Carbohydrate / Glucides 15 g | | | |
| Fibre / Fibres 4 g | | | 14 % |
| Sugars / Sucres 2 g | | | 2 % |
| Protein / Protéines 4 g | | | |
| Cholesterol / Cholestérol 0 mg | | | 0 % |
| Sodium 360 mg | | | 16 % |
| Potassium 250 mg | | | 7 % |
| Calcium 30 mg | | | 2 % |
| Iron / Fer 1.5 mg | | | 8 % |

*5% or less is a little, 15% or more is a lot
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Ingredients: Pinto beans, Red kidney beans, No MSG beef base (Salt, dextrose, maltodextrin, corn starch, wheat, onion, hydrogenated vegetable fat, caramel color, yeast extract, vegetable oil (canola), garlic, lemon juice, sodium citrate, spice extract, sulfite), Dehydrated onion, Red bell pepper, Green bell pepper, Chili powder (chili peppers, paprika, cumin, salt, oregano, dehydrated garlic, coriander, cloves), Cumin

Contains: Wheat
Ingredients: Haricots Pinto, Haricots rouges, Base de bœuf sans MSG (Sel, dextrose, maltodextrine, amidon de maïs, blé, oignon, graisse végétale hydrogénée, colorant caramel, extrait de levure, huile végétale (canola), ail, jus de citron, citrate de sodium, extrait d'épice, sulfite), Oignon déshydraté, Poivron rouge, Poivron vert, Poudre de chili (piments, paprika, cumin, sel, origan, ail déshydraté, coriandre, clous de girofle), Cumin
Contient: Blé

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Butternut Squash Soup

| Nutrition Facts | | Valeur nutritive | |
|--|--|------------------|------|
| Per per 1/8 cup (19 g) Par 1/8 tasse (19 g) | | | |
| Calories 50 | | % Daily Value* | |
| Fat / Lipides 0 g | | | 0 % |
| Saturated / saturés 0 g | | | 0 % |
| + Trans / trans 0 g | | | 0 % |
| Carbohydrate / Glucides 13 g | | | |
| Fibre / Fibres 2 g | | | 7 % |
| Sugars / Sucres 8 g | | | 6 % |
| Protein / Protéines 1 g | | | |
| Cholesterol / Cholestérol 0 mg | | | 0 % |
| Sodium 540 mg | | | 23 % |
| Potassium 300 mg | | | 9 % |
| Calcium 40 mg | | | 3 % |
| Iron / Fer 0.75 mg | | | 4 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Dehydrated carrots, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Instant potatoes flakes (citric acid), Dehydrated onion, Roasted garlic and peppers seasoning (dehydrated vegetables (red bell pepper, garlic, roasted garlic, onion, carrot, tomato, green bell pepper), salt, sugar, sodium acetate, acetic acid, high oleic sunflower oil, natural flavor, ascorbic acid, calcium silicate), Cinnamon, Ground ginger

Contains: Wheat
Ingredients: Carottes déshydratées, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Flocons de pommes de terre instantanées (acide citrique), Oignon déshydraté, Roasted garlic and peppers seasoning (dehydrated vegetables (red bell pepper, garlic, roasted garlic, onion, carrot, tomato, green bell pepper), salt, sugar, sodium acetate, acetic acid, high oleic sunflower oil, natural flavor, ascorbic acid, calcium silicate), Cannelle, Gingembre moulu
Contient: Blé

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Creamy Alfredo Lasagna

| Nutrition Facts | | Valeur nutritive | |
|---|--|------------------|------|
| Per Per 1/8 pkg (dry) (25 g) Par 1/8 paquet (sec) (25 g) | | | |
| Calories 80 | | % Daily Value* | |
| Fat / Lipides 0 g | | | 0 % |
| Saturated / saturés 0 g | | | 0 % |
| + Trans / trans 0 g | | | 0 % |
| Carbohydrate / Glucides 18 g | | | |
| Fibre / Fibres 1 g | | | 4 % |
| Sugars / Sucres 2 g | | | 2 % |
| Protein / Protéines 3 g | | | |
| Cholesterol / Cholestérol 0 mg | | | 0 % |
| Sodium 380 mg | | | 17 % |
| Potassium 40 mg | | | 1 % |
| Calcium 30 mg | | | 2 % |
| Iron / Fer 1 mg | | | 6 % |

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Ingredients: Semolina (from Canadian amber durum wheat, niacin, ferrous sulphate (iron), thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Skim milk powder, Cornstarch, Dehydrated onion, Black pepper, Oregano, Italian Seasoning (Majoram, Thyme, Rosemary, Savory, Sage, Oregano, Basil), Basil, Dehydrated garlic

Contains: Milk, Wheat
Ingredients: Semoule de blé dur ambre canadien, niacine, sulfate ferreux (fer), mononitrate de thiamine (vitamine B1), riboflavine (vitamine B2), acide folique, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Lait écrémé en poudre, Féculé de maïs, Oignon déshydraté, Poivre noir, Oigan, Assaisonnement Italien (Marjolaine, Thym, Romarin, Sarriette, Sauge, Origan, Basilic), Basilic, Ail déshydraté
Contient: Lait, Blé

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Chicken Noodle

| Nutrition Facts | | Valeur nutritive | |
|--|--|------------------|------|
| Per 1/8 cup (19 g) 1/8 tasse (19 g) | | | |
| Calories 60 | | % Daily Value* | |
| Fat / Lipides 0 g | | | 0 % |
| Saturated / saturés 0 g | | | 0 % |
| + Trans / trans 0 g | | | 0 % |
| Carbohydrate / Glucides 13 g | | | |
| Fibre / Fibres 1 g | | | 4 % |
| Sugars / Sucres 1 g | | | 1 % |
| Protein / Protéines 2 g | | | |
| Cholesterol / Cholestérol 0 mg | | | 0 % |
| Sodium 430 mg | | | 19 % |
| Potassium 10 mg | | | 0 % |
| Calcium 20 mg | | | 2 % |
| Iron / Fer 0.75 mg | | | 4 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Pasta (Durum wheat semolina, niacin, ferrous sulphate (iron), thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Dehydrated vegetables (carrot, potato, onion, leek, red and green bell peppers, celery, cabbage), sulfite, Parsley, Black pepper, Dehydrated chives

Contains: Wheat, Sulfites
Ingredients: Pâtes (semoule de blé dur, niacine, sulfate ferreux (fer), mononitrate de thiamine (vitamine B1), riboflavine (vitamine B2), acide folique, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Légumes déshydratés (carotte, pomme de terre, oignon, poireau, poivrons rouges et verts, céleri, chou), sulfite, Persil, Poivre noir, Ciboulette déshydratée
Contient: Blé, Sulfites

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Creamy Veggie Lentil

| Nutrition Facts Valeur nutritive | |
|---|----------------|
| Per 1/8 pkg (20 g) Par 1/8 paquet (20 g) | |
| Calories 60 | % Daily Value* |
| % valeur quotidienne* | |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | |
| Carbohydrate / Glucides 13 g | |
| Fibre / Fibres 2 g | 7 % |
| Sugars / Sucres 1 g | 1 % |
| Protein / Protéines 3 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 450 mg | 20 % |
| Potassium 100 mg | 3 % |
| Calcium 30 mg | 2 % |
| Iron / Fer 1.25 mg | 7 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Red split lentils, Dehydrated vegetables (carrot, potato, onion, leek, red and green bell peppers, celery, cabbage), sulfite, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Dehydrated onion, Dehydrated garlic, Thyme
Contains: Wheat, Sulfites
Ingredients: Lentilles rouges cassées, Légumes déshydratés (carotte, pomme de terre, oignon, poireau, poivrons rouges et verts, céleri, chou), sulfite, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Oignon déshydraté, Ail déshydraté, Thym
Contient: Blé, Sulfites

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Coconut Chicken Curry

| Nutrition Facts Valeur nutritive | |
|---|----------------|
| Per 1/8 pkg (dry) (26 g) Par 1/8 paquet (sec) (26 g) | |
| Calories 100 | % Daily Value* |
| % valeur quotidienne* | |
| Fat / Lipides 3.5 g | 6 % |
| Saturated / saturés 3.0 g | 15 % |
| + Trans / trans 0 g | |
| Carbohydrate / Glucides 17 g | |
| Fibre / Fibres 4 g | 14 % |
| Sugars / Sucres 9 g | 9 % |
| Protein / Protéines 2 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 310 mg | 13 % |
| Potassium 400 mg | 12 % |
| Calcium 40 mg | 3 % |
| Iron / Fer 1 mg | 6 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Dehydrated carrots, Sweetened coconut (icing sugar, Water, Polyethylene glycol, Salt, Sulfites), Unsweetened coconut, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Curry powder (turmeric, coriander, fenugreek, salt, cayenne pepper, garlic, caraway, celery seeds, cloves), Garam Masala (coriander, cinnamon, black pepper, fenugreek, mustard seeds, allspice, cloves, cayenne pepper), Dehydrated onion, Red bell pepper, Green bell pepper, Dehydrated garlic
Contains: Wheat, Mustard, Sulfites
Ingredients: Carottes déshydratées, Noix de coco sucrée (Sucre glace, Eau, Polyéthylène glycol, Sel, Sulfites), Noix de coco non sucrée, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Curry en poudre (curcuma, coriandre, fenugrec, sel, piment de Cayenne, ail, carvi, graines de celeri, clous de girofle), Garam Masala (coriandre, cannelle, poivre noir, fenugrec, graines de moutarde, quatre-épices, clous de girofle, poivre de Cayenne), Oignon déshydraté, Poivron rouge, Poivron vert, Ail déshydraté
Contient: Blé, Moutarde, Sulfites

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French Canadian Split Pea

| Nutrition Facts Valeur nutritive | |
|--|----------------|
| Per 1/8 cup (30 g) 1/8 tasse (30 g) | |
| Calories 100 | % Daily Value* |
| % valeur quotidienne* | |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | |
| Carbohydrate / Glucides 20 g | |
| Fibre / Fibres 4 g | 14 % |
| Sugars / Sucres 1 g | 1 % |
| Protein / Protéines 5 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 460 mg | 20 % |
| Potassium 250 mg | 7 % |
| Calcium 30 mg | 2 % |
| Iron / Fer 1.5 mg | 8 % |

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*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Yellow split peas, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Dehydrated onion, Savory, Thyme, Black pepper, Bay leaf
Contains: Wheat
Ingredients: Pois cassés jaunes, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Oignon déshydraté, Sarriette, Thym, Poivre noir, Feuille de laurier
Contient: Blé

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Coconut Thai Lentil Soup

| Nutrition Facts Valeur nutritive | |
|---|----------------|
| Per 1/8 pkg (dry) (25 g) Par 1/8 paquet (sec) (25 g) | |
| Calories 110 | % Daily Value* |
| % valeur quotidienne* | |
| Fat / Lipides 4.5 g | 6 % |
| Saturated / saturés 3.5 g | 18 % |
| + Trans / trans 0 g | |
| Carbohydrate / Glucides 13 g | |
| Fibre / Fibres 4 g | 14 % |
| Sugars / Sucres 1 g | 1 % |
| Protein / Protéines 5 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 125 mg | 5 % |
| Potassium 150 mg | 4 % |
| Calcium 10 mg | 1 % |
| Iron / Fer 1.5 mg | 8 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Red split lentils, Unsweetened coconut, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Garam Masala (coriander, cinnamon, black pepper, fenugreek, mustard seeds, allspice, cloves, cayenne pepper), Dehydrated onion, Ground ginger, Lemongrass, Cinnamon, Paprika, Curry powder (turmeric, coriander, fenugreek, salt, cayenne pepper, garlic, caraway, celery seeds, cloves), Dehydrated garlic, Chili powder (chili peppers, paprika, cumin, salt, oregano, dehydrated garlic, coriander, cloves)
Contains: Wheat, Mustard
Ingredients: Lentilles rouges cassées, Noix de coco non sucrée, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Garam Masala (coriandre, cannelle, poivre noir, fenugrec, graines de moutarde, quatre-épices, clous de girofle, poivre de Cayenne), Oignon déshydraté, Gingembre moulu, Citronnelle, Cannelle, Paprika, Curry en poudre (curcuma, coriandre, fenugrec, sel, piment de Cayenne, ail, carvi, graines de celeri, clous de girofle), Ail déshydraté, Poudre de chili (piments, paprika, cumin, sel, origan, ail déshydraté, coriandre, clous de girofle)
Contient: Blé, Moutarde

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Hearty Pasta

| Nutrition Facts Valeur nutritive | |
|---|----------------|
| Per 1/8 pkg (dry) (20 g) Par 1/8 paquet (sec) (20 g) | |
| Calories 70 | % Daily Value* |
| % valeur quotidienne* | |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | |
| Carbohydrate / Glucides 13 g | |
| Fibre / Fibres 2 g | 7 % |
| Sugars / Sucres 1 g | 1 % |
| Protein / Protéines 3 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 420 mg | 18 % |
| Potassium 100 mg | 3 % |
| Calcium 10 mg | 1 % |
| Iron / Fer 1 mg | 6 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Pasta (Durum wheat semolina, niacin, ferrous sulphate (iron), thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), Green split peas, Red split lentils, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Dehydrated onion, Basil
Contains: Wheat
Ingredients: Pâtes (semoule de blé dur, niacine, sulfate ferreux (fer), mononitrate de thiamine (vitamine B1), riboflavine (vitamine B2), acide folique), Pois verts cassés, Lentilles rouges cassées, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Oignon déshydraté, Basilic
Contient: Blé

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Dill Pickle Soup

| Nutrition Facts Valeur nutritive | |
|--|----------------|
| Per 1/8 cup (20 g) 1/8 tasse (20 g) | |
| Calories 60 | % Daily Value* |
| % valeur quotidienne* | |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | |
| Carbohydrate / Glucides 14 g | |
| Fibre / Fibres 2 g | 7 % |
| Sugars / Sucres 4 g | 4 % |
| Protein / Protéines 1 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 470 mg | 20 % |
| Potassium 175 mg | 5 % |
| Calcium 50 mg | 4 % |
| Iron / Fer 1 mg | 6 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Instant potatoes flakes (citric acid), Dehydrated carrots, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Dehydrated onion, Dill weed, Black pepper, Dehydrated garlic
Contains: Wheat
Ingredients: Flocons de pommes de terre instantanées (acide citrique), Carottes déshydratées, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Oignon déshydraté, Aneth, Poivre noir, Ail déshydraté
Contient: Blé

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Lazy Lasagna

| Nutrition Facts | |
|---------------------------------------|------------------------------|
| Valeur nutritive | |
| Per 1/8 pkg (dry) (27 g) | |
| Par 1/8 paquet (sec) (27 g) | |
| Calories 90 | % Daily Value* |
| Fat / Lipides 0.5 g | % valeur quotidienne* |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 19 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 1 g | 1 % |
| Protein / Protéines 3 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 370 mg | 16 % |
| Potassium 10 mg | 0 % |
| Calcium 10 mg | 1 % |
| Iron / Fer 1 mg | 6 % |

Ingredients: Semolina from Canadian amber durum wheat, niacin, ferrous sulphate (iron), thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid, No MSG beef base (salt, dextrose, maltodextrin, corn starch, wheat, onion, hydrogenated vegetable fat, caramel color, yeast extract, vegetable oil (canola), garlic, lemon juice, sodium citrate, spice extract, sulfites), Dehydrated onion, Taco seasoning (salt, chilies, paprika, spices (cumin, oregano, thyme, cayenne pepper, black pepper), garlic, dehydrated onion, wheat flour, vegetable oil (canola), silicone dioxide, caramel color, parsley, sulfite), Basil, Black Pepper, Oregano, Italian Seasoning (Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, Basil), Dehydrated garlic

Contains: Wheat, Sulfités
Ingredients: Semoule de blé dur ambré canadien, niacine, sulfate ferreux (fer), mononitrate de thiamine (vitamine B1), riboflavine (vitamine B2), acide folique, Base de bœuf sans MSG (sel, dextrose, maltodextrine, amidon de maïs, blé, oignon, graisse végétale hydrogénée, colorant caramel, extrait de levure, huile végétale (canola), ail, jus de citron, citrate de sodium, extrait d'épices, sulfite), Oignon déshydraté, Assaisonnement pour tacos (sel, piments, paprika, épices (cumin, origan, thym, poivre de Cayenne, poivre noir), ail, oignon déshydraté, farine de blé, huile végétale (canola), dioxyde de silicium, colorant caramel, persil, sulfite), Basilic, Poivre noir, Origan, Assaisonnement Italien (Marjolaine, Thym, Romarin, Saugue, Saugue, Origan, Basilic), Ail déshydraté
Contient: Blé, Sulfités

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Egg Roll Soup

| Nutrition Facts | |
|---------------------------------------|------------------------------|
| Valeur nutritive | |
| Per 1/8 cup (18 g) | |
| Par 1/8 tasse (18 g) | |
| Calories 50 | % Daily Value* |
| Fat / Lipides 0 g | % valeur quotidienne* |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 11 g | |
| Fibre / Fibres 2 g | 7 % |
| Sugars / Sucres 2 g | 2 % |
| Protein / Protéines 1 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 420 mg | 18 % |
| Potassium 250 mg | 7 % |
| Calcium 75 mg | 6 % |
| Iron / Fer 0.75 mg | 4 % |

*5% or less is a little, 15% or more is a lot
 *5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Dehydrated cabbage, Dehydrated carrots, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Dehydrated onion, Ground ginger, Dehydrated garlic

Contains: Wheat
Ingredients: Chou déshydraté, Carottes déshydratées, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Oignon déshydraté, Gingembre moulu, Ail déshydraté
Contient: Blé

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Lemon Rosemary Chicken

| Nutrition Facts | |
|---------------------------------------|------------------------------|
| Valeur nutritive | |
| Per 1/8 cup (25 g) | |
| 1/8 tasse (25 g) | |
| Calories 80 | % Daily Value* |
| Fat / Lipides 0 g | % valeur quotidienne* |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 10 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 1 g | 1 % |
| Protein / Protéines 2 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 480 mg | 21 % |
| Potassium 20 mg | 1 % |
| Calcium 20 mg | 2 % |
| Iron / Fer 1 mg | 6 % |

*5% or less is a little, 15% or more is a lot
 *5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Pasta (Durum wheat semolina, thiamine mononitrate, riboflavin, niacin, folic acid, ferrous sulphate), Long grain white rice, Dehydrated vegetables (carrot, potato, onion, leek, red and green bell peppers, celery, cabbage), sulfite, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Dehydrated onion, Lemon & Herb Seasoning (salt, sugar, citric acid, spices and herbs (including basil), dehydrated onion, sesame seed, natural flavor, high oleic sunflower oil, dehydrated lemon peel, dehydrated garlic, modified corn starch, ascorbic acid, calcium stearate, calcium silicate), Dehydrated garlic, Spices, dried parsley, Rosemary

Contains: Wheat, Sésame, Sulfités
Ingredients: Pâtes (semoule de blé dur, mononitrate de thiamine, riboflavine, niacine, acide folique, sulfate ferreux), Riz blanc à grains longs, Légumes déshydratés (carotte, pomme de terre, oignon, poireau, poivrons rouges et verts, céleri, chou), sulfite, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Oignon déshydraté, Assaisonnement au citron et aux fines herbes (sel, sucre, acide citrique, épices et herbes (y compris le basilic), oignon déshydraté, grain de sésame, arôme naturel, huile de tournesol à haute teneur oléique, écorce de citron déshydratée, ail déshydraté, amidon de maïs modifié, acide ascorbique, stéarate de calcium, silicate de calcium), Ail déshydraté, Épices, persil séché, Romarin
Contient: Blé, Sésame, Sulfités

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Loaded Baked Potato

| Nutrition Facts | |
|---------------------------------------|------------------------------|
| Valeur nutritive | |
| Per 1/8 pkg (dry) (16 g) | |
| Par 1/8 paquet (sec) (16 g) | |
| Calories 50 | % Daily Value* |
| Fat / Lipides 0 g | % valeur quotidienne* |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 11 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 4 g | 4 % |
| Protein / Protéines 2 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 490 mg | 21 % |
| Potassium 125 mg | 4 % |
| Calcium 75 mg | 6 % |
| Iron / Fer 0.5 mg | 3 % |

*5% or less is a little, 15% or more is a lot
 *5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Instant potatoes flakes (citric acid), Dehydrated carrots, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Skim milk powder, Dehydrated vegetables (carrot, potato, onion, leek, red and green bell peppers, celery, cabbage), sulfite, Dehydrated onion, Cornstarch, Dehydrated chives, Black pepper, Parsley, Dehydrated garlic

Contains: Milk, Wheat, Sulfités
Ingredients: Flocons de pommes de terre instantanées (acide citrique), Carottes déshydratées, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Lait écrémé en poudre, Légumes déshydratés (carotte, pomme de terre, oignon, poireau, poivrons rouges et verts, céleri, chou), sulfite, Oignon déshydraté, Féculé de maïs, Ciboulette déshydratée, Poivre noir, Persil, Ail déshydraté
Contient: Lait, Blé, Sulfités

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Zuppa Toscana

| Nutrition Facts | |
|---------------------------------------|------------------------------|
| Valeur nutritive | |
| Per 1/8 package (18 g) | |
| Par 1/8 paquet (18 g) | |
| Calories 60 | % Daily Value* |
| Fat / Lipides 0 g | % valeur quotidienne* |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 13 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 1 g | 1 % |
| Protein / Protéines 1 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 430 mg | 19 % |
| Potassium 150 mg | 4 % |
| Calcium 10 mg | 1 % |
| Iron / Fer 0.5 mg | 3 % |

*5% or less is a little, 15% or more is a lot
 *5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Dehydrated potato flakes (sulfite), No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Dehydrated onion, Dehydrated garlic, Black pepper, Red chili peppers

Contains: Wheat, Sulfités
Ingredients: Flocons de pommes de terre déshydratés (sulfite), Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Oignon déshydraté, Ail déshydraté, Poivre noir, Piments rouges
Contient: Blé, Sulfités

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Taco Bean Soup

| Nutrition Facts | |
|---------------------------------------|------------------------------|
| Valeur nutritive | |
| Per 1/8 pkg (dry) (32 g) | |
| Par 1/8 paquet (sec) (32 g) | |
| Calories 100 | % Daily Value* |
| Fat / Lipides 0.5 g | % valeur quotidienne* |
| Saturated / saturés 0 g | 1 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 19 g | |
| Fibre / Fibres 6 g | 21 % |
| Sugars / Sucres 1 g | 1 % |
| Protein / Protéines 6 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 340 mg | 15 % |
| Potassium 300 mg | 9 % |
| Calcium 40 mg | 3 % |
| Iron / Fer 2.25 mg | 13 % |

*5% or less is a little, 15% or more is a lot
 *5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Red split lentils, Green lentils, Taco seasoning (salt, chilies, paprika, spices (cumin, oregano, thyme, cayenne pepper, black pepper), garlic, dehydrated onion, wheat flour, vegetable oil (canola), silicone dioxide, caramel color, parsley, sulfite), Dehydrated vegetables (carrot, potato, onion, leek, red and green bell peppers, celery, cabbage), sulfite, Black turtle beans, Green split peas, Yellow split peas, Navy beans, Black-eyed beans, Pinto beans, Red kidney beans, Parsley, Dehydrated garlic

Contains: Wheat, Sulfités
Ingredients: Lentilles rouges cassées, Lentilles vertes, Assaisonnement pour tacos (sel, piments, paprika, épices (cumin, origan, thym, poivre de Cayenne, poivre noir), ail, oignon déshydraté, farine de blé, huile végétale (canola), dioxyde de silicium, colorant caramel, persil, sulfite), Légumes déshydratés (carotte, pomme de terre, oignon, poireau, poivrons rouges et verts, céleri, chou), sulfite, Haricots tortues noirs, Pois verts cassés, Pois cassés jaunes, Haricots blancs, Haricots aux yeux noirs, Haricots Pinto, Haricots rouges, Persil, Ail déshydraté
Contient: Blé, Sulfités

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Tomato Basil

| Nutrition Facts Valeur nutritive | |
|--|------------------------------|
| Per 1/8 pkg (dry) (26 g) Par 1/8 paquet (sec) (26 g) | |
| Calories 90 | % Daily Value* |
| Fat / Lipides 0 g | % valeur quotidienne* |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 19 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 1 g | 1 % |
| Protein / Protéines 3 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 430 mg | 19 % |
| Potassium 20 mg | 1 % |
| Calcium 20 mg | 2 % |
| Iron / Fer 1.25 mg | 7 % |
| *5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup | |
| Ingredients: Pasta (Durum wheat semolina, thiamine mononitrate, riboflavin, niacin, folic acid, ferrous sulphate), Dehydrated vegetables (carrot, potato, onion, leek, red and green bell peppers, celery, cabbage), sulfite, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Dehydrated onion, Tomato powder (tomato, silicon dioxide), Basil | |
| Contains: Wheat, Sulfites | |
| Ingredients: Pâtes (semoule de blé dur, mononitrate de thiamine, riboflavine, niacine, acide folique, sulfate ferreux), Légumes déshydratés (carotte, pomme de terre, oignon, poireau, poivrons rouges et verts, céleri, chou), sulfite, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Oignon déshydraté, Poudre de tomate (tomate, dioxyde de silicium), Basilic | |
| Contient: Blé, Sulfites | |

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Wild Rice & Lentils (Vegetable Base)

| Nutrition Facts Valeur nutritive | |
|---|-----------------------|
| Per 1/8 pkg (dry) (31 g) Par 1/8 paquet (sec) (31 g) | |
| Calories 110 | % Daily Value* |
| Fat / Lipides 0.5 g | 1 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 22 g | |
| Fibre / Fibres 3 g | 11 % |
| Sugars / Sucres 0 g | 0 % |
| Protein / Protéines 4 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 5 mg | 0 % |
| Potassium 75 mg | 2 % |
| Calcium 20 mg | 2 % |
| Iron / Fer 1.5 mg | 8 % |
| *5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup | |
| Ingredients: Calrose brown rice, Green lentils, Red split lentils, Riceberry rice, Vegetable base (dehydrated vegetables (carrot, potato, onion, leeks, red and green bell peppers, celery, cabbage), sulfite), Long grain red cargo rice, Parsley, Basil, Poultry seasoning (thyme, sage, marjoram, rosemary, black pepper, nutmeg) | |
| Contains: Sulfites | |
| Ingredients: Riz brun Calrose, Lentilles vertes, Lentilles rouges cassées, Riz Riceberry, Base végétale (légumes déshydratés (carotte, pomme de terre, oignon, poireaux, poivrons rouges et verts, céleri, chou), sulfite), Riz cargo rouge à grains longs, Persil, Basilic, Assaisonnement pour volaille (thym, sauge, marjolaine, romarin, poivre noir, muscade) | |
| Contient: Sulfites | |

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Curry Rice

| Nutrition Facts Valeur nutritive | |
|---|------------------------------|
| Per 1/8 package (33 g) 1/6 paquet (33 g) | |
| Calories 110 | % Daily Value* |
| Fat / Lipides 0 g | % valeur quotidienne* |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 25 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 0 g | 0 % |
| Protein / Protéines 2 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 190 mg | 8 % |
| Potassium 50 mg | 1 % |
| Calcium 20 mg | 2 % |
| Iron / Fer 0.5 mg | 3 % |
| *5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup | |
| Ingredients: Long grain white rice, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Curry powder (turmeric, coriander, fenugreek, salt, cayenne pepper, garlic, caraway, celery seeds, cloves), Garam Masala (coriander, cinnamon, black pepper, fenugreek, mustard seeds, allspice, cloves, cayenne pepper), Parsley, Dehydrated garlic | |
| Contains: Wheat, Mustard | |
| Ingredients: Riz blanc à grains longs, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Curry en poudre (curcuma, coriandre, fenugrec, sel, piment de Cayenne, ail, carvi, graines de céleri, clous de girofle), Garam Masala (coriandre, cannelle, poivre noir, fenugrec, graines de moutarde, quatre-épices, clous de girofle, poivre de Cayenne), Persil, Ail déshydraté | |
| Contient: Blé, Moutarde | |

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Garlic Herb Rice

| Nutrition Facts Valeur nutritive | |
|--|------------------------------|
| Per 1/6 package (34 g) 1/6 paquet (34 g) | |
| Calories 110 | % Daily Value* |
| Fat / Lipides 0 g | % valeur quotidienne* |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 26 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 1 g | 1 % |
| Protein / Protéines 2 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 350 mg | 15 % |
| Potassium 50 mg | 1 % |
| Calcium 20 mg | 2 % |
| Iron / Fer 0.5 mg | 3 % |
| *5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup | |
| Ingredients: Long grain white rice, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Dehydrated onion, Parsley, Dehydrated garlic, Basil, Oregano, Thyme | |
| Contains: Wheat | |
| Ingredients: Riz blanc à grains longs, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Oignon déshydraté, Persil, Ail déshydraté, Basilic, Origan, Thym | |
| Contient: Blé | |

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Ginger Beef Rice

| Nutrition Facts | | Valeur nutritive | |
|--|--|------------------------------|------|
| Per 1/6 package (34 g) | | | |
| 1/6 paquet (34 g) | | | |
| Calories 110 | | % Daily Value* | |
| | | % valeur quotidienne* | |
| Fat / Lipides 0 g | | | 0 % |
| Saturated / saturés 0 g | | | 0 % |
| + Trans / trans 0 g | | | 0 % |
| Carbohydrate / Glucides 26 g | | | |
| Fibre / Fibres 1 g | | | 4 % |
| Sugars / Sucres 1 g | | | 1 % |
| Protein / Protéines 2 g | | | |
| Cholesterol / Cholestérol 0 mg | | | 0 % |
| Sodium 290 mg | | | 13 % |
| Potassium 50 mg | | | 1 % |
| Calcium 10 mg | | | 1 % |
| Iron / Fer 0.4 mg | | | 2 % |
| *5% or less is a little, 15% or more is a lot | | | |
| *5% ou moins c'est peu, 15% ou plus c'est beaucoup | | | |

Ingredients: Long grain white rice, No MSG beef base (Salt, dextrose, maltodextrin, corn starch, wheat, onion, hydrogenated vegetable fat, caramel color, yeast extract, vegetable oil (canola), garlic, lemon juice, sodium citrate, spice extract, sulfite), Dehydrated onion, Dehydrated garlic, Ground ginger, Red chili peppers

Contains: Wheat, Sulfites

Ingredients: Riz blanc à grains longs, Base de bœuf sans MSG (Sel, dextrose, maltodextrine, amidon de maïs, blé, oignon, graisse végétale hydrogénée, colorant caramel, extrait de levure, huile végétale (canola), ail, jus de citron, citrate de sodium, extrait d'épice, sulfite), Oignon déshydraté, Ail déshydraté, Gingembre moulu, Piments rouges

Contient: Blé, Sulfites

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Mexican Red Rice

| Nutrition Facts | | Valeur nutritive | |
|--|--|------------------------------|------|
| Per 1/6 package (33 g) | | | |
| 1/6 paquet (33 g) | | | |
| Calories 110 | | % Daily Value* | |
| | | % valeur quotidienne* | |
| Fat / Lipides 0 g | | | 0 % |
| Saturated / saturés 0 g | | | 0 % |
| + Trans / trans 0 g | | | 0 % |
| Carbohydrate / Glucides 26 g | | | |
| Fibre / Fibres 1 g | | | 4 % |
| Sugars / Sucres 0 g | | | 0 % |
| Protein / Protéines 2 g | | | |
| Cholesterol / Cholestérol 0 mg | | | 0 % |
| Sodium 350 mg | | | 15 % |
| Potassium 40 mg | | | 1 % |
| Calcium 10 mg | | | 1 % |
| Iron / Fer 0.4 mg | | | 2 % |
| *5% or less is a little, 15% or more is a lot | | | |
| *5% ou moins c'est peu, 15% ou plus c'est beaucoup | | | |

Ingredients: Long grain white rice, No MSG chicken base (salt, maltodextrin, sugar, corn starch, hydrogenated vegetable fat, spices, wheat flour, dehydrated onion and garlic, parsley, spices extract), Chili powder (chili peppers, paprika, cumin, salt, oregano, dehydrated garlic, coriander, cloves), Garlic powder, Cumin

Contains: Wheat

Ingredients: Riz blanc à grains longs, Base de poulet sans MSG (sel, maltodextrine, sucre, amidon de maïs, graisse végétale hydrogénée, épices, farine de blé, oignon et ail déshydratés, persil, extrait d'épices), Poudre de chili (piments, paprika, cumin, sel, oignon, ail déshydraté, coriandre, clous de girofle), Ail en poudre, Cumin

Contient: Blé

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Cinnamon Raisin Bread

| Nutrition Facts | |
|---------------------------------------|------------------------------|
| Valeur nutritive | |
| Per 1 slice (1/2") (27 g) | |
| Par 1 tranche (1/2") (27 g) | |
| Calories 100 | % Daily Value* |
| | % valeur quotidienne* |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 21 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 7 g | 7 % |
| Protein / Protéines 3 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 180 mg | 8 % |
| Potassium 75 mg | 2 % |
| Calcium 10 mg | 1 % |
| Iron / Fer 1 mg | 6 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: All purpose flour, Raisins (sunflower oil), Sugar, Cinnamon, Salt, Baking powder
Contains: Wheat
Ingredients: Farine tout usage, Raisins secs (huile de tournesol), Sucre, Cannelle, Sel, Levure chimique
Contient: Blé

SOUPIN' IT UP
 PO Box 65207 North Hill
 Calgary, AB, T2N 4T6
 soupintup@hotmail.com
 www.soupintup.ca

Cheese & Chive Beer Bread

| Nutrition Facts | |
|---------------------------------------|------------------------------|
| Valeur nutritive | |
| Per 1 slice (1/2") (25 g) | |
| Par 1 tranche (1/2") (25 g) | |
| Calories 90 | % Daily Value* |
| | % valeur quotidienne* |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 19 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 4 g | 4 % |
| Protein / Protéines 3 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 160 mg | 7 % |
| Potassium 30 mg | 1 % |
| Calcium 10 mg | 1 % |
| Iron / Fer 1 mg | 6 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: All purpose flour, Sugar, Baking powder, Dehydrated chives, Salt, Parsley
Contains: Wheat
Ingredients: Farine tout usage, Sucre, Levure chimique, Ciboulette déshydratée, Sel, Persil
Contient: Blé

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Dill Pickle Beer Bread

| Nutrition Facts | |
|---------------------------------------|------------------------------|
| Valeur nutritive | |
| Per 1 slice (1/2") (25 g) | |
| Par 1 tranche (1/2") (25 g) | |
| Calories 90 | % Daily Value* |
| | % valeur quotidienne* |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 19 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 4 g | 4 % |
| Protein / Protéines 3 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 240 mg | 10 % |
| Potassium 90 mg | 1 % |
| Calcium 10 mg | 1 % |
| Iron / Fer 1 mg | 6 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: All purpose flour, Sugar, Dill pickle seasoning (salt, dehydrated garlic, dehydrated onion, spices and herbs (including dill seed), citric acid, yeast extract, malic acid, sodium acetate, acetic acid, natural flavor (including pickle), high oleic sunflower oil, ascorbic acid, turmeric extractives, calcium stearate, calcium silicate), Baking powder, Salt, Dill weed
Contains: Wheat
Ingredients: Farine tout usage, Sucre, Assaisonnement pour cornichons à l'aneth (sel, ail déshydraté, oignon déshydraté, épices et herbes (y compris les graines d'aneth), acide citrique, extrait de levure, acide malique, acétate de sodium, acide acétique, arôme naturel (y compris cornichon), huile de tournesol à haute teneur en acide oléique, acide ascorbique, extraits de curcuma, stéarate de calcium, silicate de calcium), Levure chimique, Sel, Aneth
Contient: Blé

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High in / Élevé en Sodium
 Health Canada / Santé Canada

Everything Bagel Beer Bread

| Nutrition Facts | |
|---------------------------------------|------------------------------|
| Valeur nutritive | |
| Per 1 slice (1/2") (25 g) | |
| Par 1 tranche (1/2") (25 g) | |
| Calories 90 | % Daily Value* |
| | % valeur quotidienne* |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 18 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 4 g | 4 % |
| Protein / Protéines 3 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 210 mg | 9 % |
| Potassium 75 mg | 2 % |
| Calcium 10 mg | 1 % |
| Iron / Fer 1 mg | 6 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: All purpose flour, Sugar, Everything Bagel Seasoning (dehydrated garlic, white and black sesame seed, dehydrated onion, sea salt, poppy seed, high oleic sunflower oil), Salt, Baking powder
Contains: Wheat, Sesame
Ingredients: Farine tout usage, Sucre, Assaisonnement pour bagel (ail déshydraté, graines de sésame blanches et noires, oignon déshydraté, sel de mer, graines de pavot, huile de tournesol à haute teneur en acide oléique), Sel, Levure chimique
Contient: Blé, Sésame

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Greek Beer Bread

| Nutrition Facts | |
|---------------------------------------|------------------------------|
| Valeur nutritive | |
| Per 1 slice (1/2") (25 g) | |
| Par 1 tranche (1/2") (25 g) | |
| Calories 90 | % Daily Value* |
| | % valeur quotidienne* |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 19 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 4 g | 4 % |
| Protein / Protéines 3 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 200 mg | 9 % |
| Potassium 20 mg | 1 % |
| Calcium 10 mg | 1 % |
| Iron / Fer 1.5 mg | 8 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: All purpose flour, Sugar, Dehydrated Vegetables (onion, red bell pepper, garlic, sun dried tomato (sulphites)), Salt, Sugar, Spices and herbs, High oleic sunflower oil, Citric acid, Sodium acetate, Acetic acid, Natural flavor, Modified corn starch, Ascorbic acid, Calcium silicate, Baking powder, Salt, Parsley, Black pepper
Contains: Wheat, Sulfités
Ingredients: Farine tout usage, Sucre, Légumes déshydratés (ail, tomates séchées, oignon, poivron rouge), sel, sucre, épices (origan, basilic, poivron rouge), acide citrique, arôme naturel (citron), Levure chimique, Sel, Persil, Poivre noir
Contient: Blé, Sulfités

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Italian Beer Bread

| Nutrition Facts | |
|---------------------------------------|------------------------------|
| Valeur nutritive | |
| Per 1 slice (1/2") (25 g) | |
| Par 1 tranche (1/2") (25 g) | |
| Calories 90 | % Daily Value* |
| | % valeur quotidienne* |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 19 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 4 g | 4 % |
| Protein / Protéines 3 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 230 mg | 10 % |
| Potassium 20 mg | 1 % |
| Calcium 10 mg | 1 % |
| Iron / Fer 0.75 mg | 4 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: All purpose flour, Sugar, Italiano seasoning (dehydrated vegetables (red and green bell pepper, onion, garlic), oregano, basil), sugar, salt, spices and herbs (including oregano and basil), high oleic sunflower oil), Baking powder, Salt, Parsley
Contains: Wheat
Ingredients: Farine tout usage, Sucre, Assaisonnement Italieno (légumes déshydratés (poivron rouge et vert, oignon, ail), origan, basilic), sucre, sel, épices et herbes (dont origan et basilic), huile de tournesol riche en acide oléique), Levure chimique, Sel, Persil
Contient: Blé

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High in / Élevé en Sodium
 Health Canada / Santé Canada

Jalapeno Cheddar Beer Bread

| Nutrition Facts | |
|---------------------------------------|------------------------------|
| Valeur nutritive | |
| Per 1 slice (1/2") (24 g) | |
| Par 1 tranche (1/2") (24 g) | |
| Calories 90 | % Daily Value* |
| | % valeur quotidienne* |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 19 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 4 g | 4 % |
| Protein / Protéines 3 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 160 mg | 7 % |
| Potassium 20 mg | 1 % |
| Calcium 10 mg | 1 % |
| Iron / Fer 0.75 mg | 4 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: All purpose flour, Sugar, Baking powder, Jalapeno pepper, Salt
Contains: Wheat
Ingredients: Farine tout usage, Sucre, Levure chimique, Piment Jalapeno, Sel
Contient: Blé

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Onion & Garlic Beer Bread

| Nutrition Facts | |
|---------------------------------------|------------------------------|
| Valeur nutritive | |
| Per 1 slice (1/2") (25 g) | |
| Par 1 tranche (1/2") (25 g) | |
| Calories 90 | % Daily Value* |
| | % valeur quotidienne* |
| Fat / Lipides 0 g | 0 % |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 19 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 4 g | 4 % |
| Protein / Protéines 3 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 180 mg | 8 % |
| Potassium 30 mg | 1 % |
| Calcium 10 mg | 1 % |
| Iron / Fer 1 mg | 6 % |

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: All purpose flour, Sugar, Dehydrated onion, Baking powder, Garlic plus seasoning (Corn meal, Dehydrated garlic, Sugar, Salt, Spices and herbs, Dehydrated red bell pepper, Natural flavor, High oleic sunflower oil, Citric acid, Ascorbic acid, Calcium silicate), Salt
Contains: Wheat
Ingredients: Farine tout usage, Sucre, Oignon déshydraté, Levure chimique, (Semoule de maïs, Ail déshydraté, Sucre, Sel, Épices et fines herbes, Poivron rouge déshydraté, Arôme naturel, Huile de tournesol riche en acide oléique, Acide citrique, Acide ascorbique, Silicate de calcium), Sel
Contient: Blé

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Roasted Garlic & Peppers Beer Bread

| Nutrition Facts | |
|--|------------------------------|
| Valeur nutritive | |
| Per 1 slice (1/2") (25 g) | |
| Par 1 tranche (1/2") (25 g) | |
| Calories 90 | % Daily Value* |
| Fat / Lipides 0 g | % valeur quotidienne* |
| Saturated / saturés 0 g | 0 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 19 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 4 g | 4 % |
| Protein / Protéines 3 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 230 mg | 10 % |
| Potassium 30 mg | 1 % |
| Calcium 10 mg | 1 % |
| Iron / Fer 0.75 mg | 4 % |
| *5% or less is a little, 15% or more is a lot | |
| *5% ou moins c'est peu, 15% ou plus c'est beaucoup | |

Ingredients: All purpose flour, Sugar, Dehydrated Vegetables (Red and Green Bell Peppers, Roasted Garlic, Onion), Salt, Sugar, Spices, Baking powder, Salt, Red bell pepper, Green bell pepper, Parsley

Contains: Wheat

Ingédients: Farine tout usage, Sucre, Légumes déshydratés (poivrons rouges et verts, ail rôti, oignon), sel, sucre, épices, Levure chimique, Sel, Poivron rouge, Poivron vert, Persil

Contient: Blé

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Sweet Cornbread

| Nutrition Facts | |
|--|------------------------------|
| Valeur nutritive | |
| Per 1 slice (1/2") (29 g) | |
| Par 1 tranche (1/2") (29 g) | |
| Calories 110 | % Daily Value* |
| Fat / Lipides 0.5 g | % valeur quotidienne* |
| Saturated / saturés 0 g | 1 % |
| + Trans / trans 0 g | 0 % |
| Carbohydrate / Glucides 23 g | |
| Fibre / Fibres 1 g | 4 % |
| Sugars / Sucres 7 g | 7 % |
| Protein / Protéines 3 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 85 mg | 4 % |
| Potassium 20 mg | 1 % |
| Calcium 10 mg | 1 % |
| Iron / Fer 0.75 mg | 4 % |
| *5% or less is a little, 15% or more is a lot | |
| *5% ou moins c'est peu, 15% ou plus c'est beaucoup | |

Ingredients: All purpose flour, Sugar, Yellow cornmeal, Salt, Baking powder

Contains: Wheat

Ingédients: Farine tout usage, Sucre, Semoule de maïs jaune, Sel, Levure chimique

Contient: Blé

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