



WESTERN WISCONSIN HEALTH

CONDENSED CREAM SOUP MIX **(GLUTEN FREE)**

- 2 C. non-fat dry milk powder
- 3/4 C. cornstarch
- 1/4 C. sodium-reduced, chicken- flavored bouillon granules
- 2 T. dried onion flakes
- 1 tsp. dried basil, crushed
- 1 tsp. whole thyme
- 1/2 tsp. pepper

Nutrition Facts

Serving Size (15g)
Servings Per Container

Amount Per Serving

Calories 50 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 10g **3%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 3g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 0%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Mix all ingredients and store in an airtight container. This will make 3 cups of dry mix. To substitute for one 10.75-ounce can of condensed soup, combine 1/3 cup dry mix with 1 1/4 cups water. Heat to boiling and cook and stir until thickened. This entire recipe mix is equivalent to 9 cans of condensed cream soup when mixed with water and will equal 3 cups of dry mix.

NUTRITION FACTS: Serving size: 1/3 cup of dry mix