

CREAMY CHICKEN NOODLE SOUP

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Sip on a classic with our Creamy Chicken Noodle Soup! Crafted in the Thrive Life kitchen with our Italian Herb Blend, Basil, and Peppercorn, it's a whole new way to enjoy everyone's favorite soup.

COOKING DIRECTIONS

1. Open Package. REMOVE AND DISCARD OXYGEN ABSORBER.
2. Bring 4¼ cups of water to a boil.
3. Whisk in contents of package. Return to a boil.
4. Reduce heat and simmer uncovered for 7 minutes, stirring occasionally.
5. Let stand for 5 minutes. Season to taste.

THRIVE LIFE EXPRESS

There's no need to sacrifice the quality of your meals because of a shortage on time. Our Express meals combine nutritious freeze dried vegetables and tasty herbs and spices to bring your family a flavorful meal in a matter of minutes. So gather around, and taste the mouth-watering convenience of Thrive Life Express.

Nutrition Facts

4 servings per container  
**Serving size** 3/4 cup (49g)

**Amount per serving**  
**Calories** 210

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 740mg	<b>32%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1mg	6%
Potassium 166mg	4%

\*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:** EGG NOODLE PASTA (DURUM SEMOLINA, EGGS, [ENRICHED WITH IRON {FERROUS SULFATE}, AND B VITAMINS {NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID}], CREAM POWDER (CREAM, NONFAT DRY MILK, TOCOPHEROLS, AND ASCORBYL PALMITATE), CHICKEN FLAVOR SYSTEM (SALT, AUTOLYZED YEAST EXTRACT, DEXTROSE, SUGAR, MALTODEXTRIN, CHICKEN FLAVOR, CHICKEN FAT, SILICON DIOXIDE (ANTICAKING), GUAR GUM, CARROT POWDER, FLAVOR, ONION POWDER, XANTHAN GUM), FREEZE DRIED CHICKEN SLICES COOKED SEASONED WHITE MEAT\*, DEHYDRATED CARROTS, FOOD STARCH-MODIFIED, SOUR CREAM POWDER (CREAM, CULTURES & LACTIC ACID, CULTURED NONFAT MILK SOLIDS, AND CITRIC ACID), BUTTER POWDER (BUTTER [SWEET CREAM, SALT, ANNATTO COLOR], NONFAT MILK SOLIDS, SODIUM CASEINATE AND DISODIUM PHOSPHATE), ONION\*, WHITE WINE POWDER (GLUCOSE SYRUP, SOLID WHITE WINE), CELERY\*, ONION POWDER, GRANULATED GARLIC, PEPPERCORN BLEND (SPICES, RED AND GREEN DEHYDRATED BELL PEPPER, AND LESS THAN 2% SUNFLOWER OIL TO PREVENT CAKING), GREEN ONIONS\*, CHILI POWDER, ITALIAN SEASONING BLEND\* (OREGANO, BASIL, ROSEMARY, THYME, MARJORAM, SAGE, SAVORY), CITRIC ACID, BASIL\*, TURMERIC, ROSEMARY EXTRACT.

\*FREEZE DRIED

**CONTAINS: MILK, WHEAT, AND EGG.**

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