



Nutritional & Ingredient Information

ALBONDIGAS (Mexican Inspired Meatball Soup) (703017)

INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Meatballs (beef, water, egg whites, bread crumbs [wheat flour], romano cheese [pasteurized cow's and sheep's milk, rennet, salt, cheese cultures, enzymes], dehydrated onion, dried cane sugar, salt, natural flavors), Red Onion, Carrots, Parboiled Long Grain Rice, Green Peppers, Celery, Tomato Puree (tomatoes, salt, citric acid), Butter (cream, salt), Garlic, Sea Salt, Cilantro, Cumin, Dried Oregano, Lime Juice Concentrate (100%), Chipotle Powder, Thyme, White Pepper. **Contains egg, milk, and wheat.**

Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
150	7g	3.5g	750mg	17g
Fiber:	Sugar:	Protein:	Iron:	Vit. D:
2g	3g	6g	10%	0%

ANGUS STEAK CHILI WITH BEANS (700277) - Certified Gluten Free, Dairy Free

INGREDIENTS: Angus Beef, Ground Tomatoes (tomatoes, salt, citric acid), Onions, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Small Red Beans, Green Bell Peppers, Garlic, Chili Powder (chili pepper, spices, salt, garlic powder), Canola Oil, Sea Salt, Cumin, Ancho Chile Powder, Oregano, Black Pepper, Cocoa Powder, Decaffeinated Coffee Extract, Cayenne Pepper.

Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
210	8g	2.5g	560mg	20g
Fiber:	Sugar:	Protein:	Iron:	Vit. D:
7g	7g	19g	20%	0%

BEEF BARLEY & VEGETABLE SOUP (700230)

INGREDIENTS: Water, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Angus Beef, Carrots, Onions, Barley, Celery, Green Beans, Peas, Mushrooms, Leeks, Red Bell Pepper, Beef Stock, Sea Salt, Butter (sweet cream, salt), Parsley, Garlic, Thyme, Black Pepper. **Contains milk.**

Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
110	3g	1.5g	670mg	13g
Fiber:	Sugar:	Protein:	Iron:	Vit. D:
3g	2g	8g	6%	0%

BROCCOLI CHEDDAR SOUP (700256) - Vegetarian, Certified Gluten Free

INGREDIENTS: Water, Cheddar Cheese (milk, cheese cultures, salt, enzymes), Broccoli, Light Cream (milk, cream), Butter (cream, salt), Onions, Rice Flour, Corn Starch, Olive Oil, Sea Salt, Garlic, Annatto Seed Powder, Bay Leaves, White Pepper, Nutmeg. **Contains milk.**

Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
310	25g	14g	760mg	13g
Fiber:	Sugar:	Protein:	Iron:	Vit. D:
0g	1g	10g	0%	0%

BUTTERNUT SQUASH & APPLE SOUP (700216) - Certified Gluten Free

INGREDIENTS: Butternut Squash, Water, Apple, Light Cream (milk, cream), Onions, Butter (cream, salt), Honey, Amontillado Sherry (grape wine [amontillado medium], alcohol), Corn Starch, Sea Salt, Dried Rosemary, Allspice, Cloves, Nutmeg, White Pepper. **Contains milk.**

Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
170	9g	6g	360mg	23g
Fiber:	Sugar:	Protein:	Iron:	Vit. D:
3g	10g	2g	6%	4%

CARROT GINGER SOUP (700261) - Vegan, Vegetarian, Certified Gluten Free, Dairy Free

INGREDIENTS: Carrots, Water, Orange Juice, Onions, Parboiled Long Grain Rice, Corn Oil, Ginger, Garlic, Sesame Oil, Organic Tamari Sauce (water, organic soybeans, salt), Sea Salt, White Pepper, Cayenne Pepper. **Contains sesame and soy.**

Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
120	4.5g	0.5g	310mg	19g
Fiber:	Sugar:	Protein:	Iron:	Vit. D:
4g	8g	2g	0%	0%

CHICKEN & DUMPLING (700233) - Dairy Free

INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat (dark and light meat), Dumplings (durum wheat flour, water, eggs, wheat gluten, salt), Carrots, Onions, Celery, Chicken Fat, Rice Flour, Sea Salt, Parsley, White Pepper, Nutmeg. **Contains egg and wheat.**

Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
240	11g	3.5g	700mg	20g
Fiber:	Sugar:	Protein:	Iron:	Vit. D:
1g	2g	13g	6%	0%

CHICKEN NOODLE SOUP (700208) - Dairy Free

INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Mafalda Pasta (semolina, eggs, egg whites), Chicken Meat, Celery, Carrots, Onions, Sea Salt, Chicken Fat, White Pepper, Bay Leaves, Cloves. **Contains egg and wheat.**

Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
90	2g	0.5g	660mg	11g
Fiber:	Sugar:	Protein:	Iron:	Vit. D:
2g	2g	8g	6%	0%

CHICKEN TORTILLA SOUP - Certified Gluten Free, Dairy Free

INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Chicken Meat, Corn, Onions, Green Peppers, Corn Tortilla Chips (whole grain corn masa flour, sunflower oil and/or safflower oil, sea salt), Green Chili Peppers, Sea Salt, Corn Oil, Cilantro, Cumin, Paprika (for flavor and color), Chili Powder (spices, sea salt, garlic powder), Pepper Sauce (distilled vinegar, red pepper, salt), Dried Oregano, Lime Oil, Cayenne Pepper.

Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
110	3.5g	0.5g	610mg	14g
Fiber:	Sugar:	Protein:	Iron:	Vit. D:
2g	3g	8g	6%	0%

CHICKEN VEGETABLE SOUP WITH RICE (700257) - Certified Gluten Free, Dairy Free

INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Carrots, Onions, Zucchini, Yellow Squash, Celery, Parboiled Long Grain Rice, Cauliflower, Broccoli, Green Beans, Golden Wax Beans, Corn, Peas, Asparagus, Parsnips, Water, Chicken Fat, Sea Salt, Rice Starch, Scallions, Basil, Parsley, White Pepper, Dried Thyme, Bay Leaves, Dried Tarragon.

Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
90	2.5g	0.5g	550mg	11g
Fiber:	Sugar:	Protein:	Iron:	Vit. D:
2g	2g	7g	6%	0%

CHIPOTLE SWEET POTATO SOUP (700264) - Vegan, Vegetarian, Certified Gluten Free, Dairy Free

INGREDIENTS: Sweet Potatoes, Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Onions, Water, Carrots, Olive Oil, Cilantro, Sea Salt, Sesame Oil, Rice Starch, Mustard Flour, Chipotle Powder, Dried Dill, White Pepper. **Contains sesame.**

Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
150	6g	1g	590mg	22g
Fiber:	Sugar:	Protein:	Iron:	Vit. D:
3g	8g	2g	6%	0%



Nutritional & Ingredient Information

COCONUT CURRY CHICKEN SOUP (700271) - Certified Gluten Free, Dairy Free INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark and light meat), Coconut Milk (coconut extract, water), Water, Brown Rice, Onions, Mushrooms, Red Bell Pepper, Green Bell Peppers, Bamboo Shoots (bamboo shoots, water), Rice Starch, Dried Lemon Grass, Ginger, Scallions, Chicken Fat, Garlic, Sea Salt, Curry Powder (turmeric, coriander, cumin, cayenne, ginger, cinnamon), Coriander, Sesame Oil, Cayenne Pepper, Mustard Flour, White Pepper, Lime Oil, Pepper Sauce (distilled vinegar, red pepper, salt). Contains sesame.	Cal: 190 Fiber: 2g	Total Fat: 8g Sugar: 2g	Sat. Fat: 5g Protein: 10g	Sodium: 390mg Iron: 8%	Total Carb: 20g Vit. D: 0%
CREAM OF CHICKEN WITH WILD RICE (700211) Certified Gluten Free INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat, Chicken Fat, Light Cream (milk, cream), Onions, Carrots, Celery, Rice Flour, Water, Mushrooms, Wild Rice, Sherry Wine (contains sulfites), Rice Starch, Parboiled Long Grain Rice, Sea Salt, Garlic, Thyme, White Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Bay Leaves. Contains Milk.	Cal: 270 Fiber: 1g	Total Fat: 19g Sugar: 2g	Sat. Fat: 6g Protein: 8g	Sodium: 790mg Iron: 6%	Total Carb: 18g Vit. D: 6%
HUNGARIAN MUSHROOM SOUP (700227) - Certified Gluten Free INGREDIENTS: Water, Mushrooms, Light Cream (milk, cream), Rice Flour, Onions, Carrots, Soybean Oil, Madeira Wine (contains sulfites), Beef Stock, Sour Cream (cultured light cream, nonfat milk, enzymes), Sea Salt, Butter (cream, salt), Rice Starch, Paprika (for color), Dried Dill, Cayenne Ground Pepper. Contains milk.	Cal: 230 Fiber: 2g	Total Fat: 16g Sugar: 4g	Sat. Fat: 6g Protein: 5g	Sodium: 630mg Iron: 6%	Total Carb: 18g Vit. D: 0%
ITALIAN STYLE WEDDING SOUP WITH MEATBALLS (700202) INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Meatballs (beef, water, egg whites, bread crumbs [wheat flour], romano cheese [pasteurized sheep's and cow's milk, rennet, salt, cheese cultures, enzymes], dehydrated onion, dried cane sugar, salt, natural flavors), Onions, Acini di Pepe Pasta (semolina [wheat], egg whites), Spinach, Escarole, Extra Virgin Olive Oil, Basil, Garlic, Sea Salt, Thyme, Canola Oil, Fennel Seed, Lemon Juice, Red Pepper Flakes, Black Pepper. Contains egg, milk, and wheat.	Cal: 130 Fiber: 1g	Total Fat: 8g Sugar: 2g	Sat. Fat: 3g Protein: 7g	Sodium: 530mg Iron: 10%	Total Carb: 10g Vit. D: 0%
LOADED POTATO (700276) - Certified Gluten Free INGREDIENTS: Potatoes, Water, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes), Uncured Bacon* (pork, sea salt, cane sugar), Light Cream (milk, cream), Leeks, Celery, Onions, Rice Starch, Beef Stock, Scallions, Sea Salt, Garlic, Bay Leaves, Nutmeg, Dried Marjoram, Cloves. *No nitrites or nitrates added except those naturally occurring in sea salt Contains milk.	Cal: 330 Fiber: 2g	Total Fat: 21g Sugar: 2g	Sat. Fat: 10g Protein: 12g	Sodium: 570mg Iron: 6%	Total Carb: 19g Vit. D: 0%
LOBSTER BISQUE (700221) - Certified Gluten Free INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Light Cream (milk, cream), Butter (cream, salt), Rice Flour, Water, Lobster Stock (lobster, salt), Lobster Meat (lobster meat, water, salt), Tomato Puree (tomatoes, salt, citric acid), Sugar, Sherry Wine (contains sulfites), Rice Starch, Sea Salt, Clam Concentrate (clam, salt), White Pepper. Contains fish, milk, and shellfish.	Cal: 260 Fiber: 1g	Total Fat: 18g Sugar: 6g	Sat. Fat: 11g Protein: 6g	Sodium: 890mg Iron: 6%	Total Carb: 19g Vit. D: 6%
MINESTRONE (700229) - Vegetarian, Dairy Free INGREDIENTS: Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Ground Tomatoes (tomatoes, sea salt, citric acid), Onions, Zucchini, Great Northern Beans, Savoy Cabbage, Garbanzo Beans, Carrots, Celery, White Wine (contains sulfites), Ditalini Pasta (semolina, egg whites), Basil, Canola Oil, Sea Salt, Garlic, Sugar, Extra Virgin Olive Oil, Dried Basil, Fennel Seed, Bay Leaves, Red Pepper Flakes. Contains egg and wheat.	Cal: 80 Fiber: 3g	Total Fat: 2g Sugar: 5g	Sat. Fat: 0g Protein: 3g	Sodium: 430mg Iron: 6%	Total Carb: 14g Vit. D: 0%
MOROCCAN INSPIRED LENTIL SOUP (700199) - Vegan, Vegetarian, Dairy Free INGREDIENTS: Water, Lentils, Onions, Carrots, Turnips, Celery, Tomato Paste (tomatoes), Olive Oil, Extra Virgin Olive Oil, Rice Flour, Soybean Oil, Balsamic Vinegar (wine vinegar, grape must), Garlic, Sea Salt, Paprika (for color), Parsley, Dried Marjoram, Black Pepper, Cumin, Nutmeg, Dried Basil, Bay Leaves, Cloves.	Cal: 200 Fiber: 8g	Total Fat: 9g Sugar: 4g	Sat. Fat: 1.5g Protein: 8g	Sodium: 480mg Iron: 15%	Total Carb: 24g Vit. D: 0%
NEW ENGLAND CLAM CHOWDER (700274) - Certified Gluten Free INGREDIENTS: Light Cream (milk, cream), Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Potatoes, Sea Clams (sea clams, water), Chopped Cockle (clam meat), Onions, Rice Flour, Soybean Oil, Clam Concentrate (clam, salt), Butter (cream, salt), Sea Salt, Celery, Salt Pork (pork, salt), Fish Sauce (anchovy, sea salt), Black Pepper, Worcestershire Sauce (distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Garlic, Clam Broth (dehydrated clam broth, maltodextrin). Contains fish, milk, shellfish.	Cal: 350 Fiber: 2g	Total Fat: 23g Sugar: 5g	Sat. Fat: 13g Protein: 11g	Sodium: 850mg Iron: 20%	Total Carb: 23g Vit. D: 15%
ORGANIC SPLIT PEA WITH KALE SOUP (700960) - Vegan, Vegetarian, Certified Gluten Free, Dairy Free INGREDIENTS: Organic Peas, Water, Organic Kale, Organic Onions, Organic Celery, Organic Carrots, Organic Rosemary, Organic Canola Oil, Sea Salt, Organic Bay Leaves, Organic Black Pepper.	Cal: 80 Fiber: 0g	Total Fat: 1.5g Sugar: 2g	Sat. Fat: 0g Protein: 5g	Sodium: 340mg Iron: 6%	Total Carb: 13g Vit. D: 0%
REDUCED SODIUM CHICKEN NOODLE SOUP (701099) - Dairy Free INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat, Mafalda Pasta (semolina, eggs, egg whites), Celery, Carrots, Onions, Chicken Fat, Sea Salt, Bay Leaves, Cloves. Contains Egg and wheat.	Cal: 100 Fiber: 2g	Total Fat: 3.5g Sugar: 2g	Sat. Fat: 1g Protein: 8g	Sodium: 350mg Iron: 6%	Total Carb: 10g Vit. D: 0%



Nutritional & Ingredient Information

ROASTED RED PEPPER & GOUDA (702726) • Vegetarian, Certified Gluten Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Roasted Red Peppers, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Gouda (pasteurized cow's milk, salt, cheese culture, microbial rennet), Fire Roasted Tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), Heavy Cream, Onions, Tomato Paste (tomatoes), Whole Milk (milk, vitamin D3), Sugar, Corn Starch, Sea Salt, Canola Oil, Roasted Garlic, Butter (cream, salt), Smoked Paprika, Black Pepper, Dried Basil. Contains milk.	210	13g	7g	1260mg	19g
	Fiber:	Sugar:	Protein:	Iron:	Vit. D:
	2g	10g	7g	6%	0%
SHRIMP & SAUSAGE GUMBO (700194) • Dairy Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Water, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Celery, Green Peppers, Onions, Okra, Smoked Andouille Sausage (pork, seasoning [sea salt, spices, brown sugar, native potato starch, paprika, garlic, natural cure (blend of celery powder, sea salt)], water), Shrimp, Parboiled Long Grain Rice, Wheat Flour, Pork Fat, Tomato Puree (tomatoes, salt, citric acid), Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Clam Concentrate (clam, salt), Paprika (for color), Gumbo File, Dried Thyme, Black Pepper, Bay Leaves, Cayenne Ground Pepper, Red Pepper Flakes, Cloves. Contains Shellfish, Wheat.	140	5g	1.5g	790mg	17g
	Fiber:	Sugar:	Protein:	Iron:	Vit. D:
	2g	3g	6g	6%	0%
THREE BEAN CHILI (700260) • Vegan, Vegetarian, Certified Gluten Free, Dairy Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Tomatoes (tomatoes, salt, citric acid), Onions, Small Red Beans, Black Beans, Pinto Beans, Water, Organic Corn, Green Peppers, Green Chili Peppers, Red Bell Pepper, Yellow Peppers, Garlic, Cilantro, Corn Oil, Ancho Chili Powder, Paprika (for color), Sea Salt, Cumin, Chili Powder (spices, sea salt, garlic powder), Black Pepper, Dried Oregano, Pepper Sauce (distilled vinegar, red pepper, salt).	140	2.5g	0g	520mg	28g
	Fiber:	Sugar:	Protein:	Iron:	Vit. D:
	7g	7g	7g	10%	0%
TOMATO BISQUE (700231) • Vegetarian, Certified Gluten Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Ground Tomatoes in Puree (tomatoes, tomato puree, salt, citric acid), Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, May also contain Mustard. ilk, cream), Heavy Cream (cream, fat free milk), Carrots, Onions, Tomato Paste (tomatoes), Water, Basil, Soybean Oil, Corn Starch, Garlic, Sea Salt, Dried Basil, Bay Leaves. Contains milk.	150	10g	6g	560mg	14g
	Fiber:	Sugar:	Protein:	Iron:	Vit. D:
	3g	8g	3g	6%	6%
TOMATO WITH GARDEN VEGETABLES (700263) • Vegan, Vegetarian, Certified Gluten Free, Dairy Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Ground Tomatoes (tomatoes, salt, citric acid), Water, Yellow Squash, Zucchini, Onions, Carrots, Golden Wax Beans, Green Beans, Celery, Rice Flour, Corn Oil, Olive Oil, Scallions, Sea Salt, Extra Virgin Olive Oil, Garlic, Fennel Seed, Dried Basil, Bay Leaves, Dried Oregano, Mustard Flour, White Pepper.	100	4g	0.5g	490mg	14g
	Fiber:	Sugar:	Protein:	Iron:	Vit. D:
	4g	6g	3g	10%	0%
TURKEY CHILI WITH BEANS (700268) • Certified Gluten Free, Dairy Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Ground Tomatoes (tomatoes, sea salt, citric acid), Turkey Thigh Meat, Onions, Small Red Beans, Green Peppers, Green Chili Peppers, Water, Tomato Paste (tomatoes), Garlic, Chicken Fat, Ancho Chile Powder, Paprika (for flavor and color), Sea Salt, Cumin, Chili Powder (spices, sea salt, garlic powder), Black Pepper, Dried Oregano, Paprika (for color), Pepper Sauce (distilled vinegar, red pepper, salt).	210	4.5g	1.5g	520mg	22g
	Fiber:	Sugar:	Protein:	Iron:	Vit. D:
	7g	8g	23g	20%	0%
WHITE CHICKEN CHILI WITH CILANTRO (700278) • Certified Gluten Free	Cal:	Total Fat:	Sat. Fat:	Sodium:	Total Carb:
INGREDIENTS: Chicken (dark and light meat), Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), White Navy Beans, Onions, Sour Cream (cultured light cream, nonfat milk, enzymes), Celery, Green Peppers, Chicken Fat, Rice Flour, Sea Salt, Garlic, Cumin, Cilantro, Pepper Sauce (distilled vinegar, red pepper, salt), Cocoa Powder, Ancho Chile Powder, Cayenne Pepper, Thyme, Dried Oregano, White Pepper. Contains milk.	300	14g	5g	640mg	24g
	Fiber:	Sugar:	Protein:	Iron:	Vit. D:
	4g	3g	20g	15%	2%