



## St. Joseph School

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Holy Spirit



Catholic Schools

October 3, 2017

Dear Parents,

I'm excited to announce that once again, the Junior High Band will be doing their Mixing Spoon fundraiser. The money raised will go towards subsidizing their annual music retreat to the Southern Alberta Bible Camp from November 14-16, 2017.

In case some families would like to buy these jars for themselves or as gifts but do not know a junior high band student, I have attached an order form with the nutritional information for each product. Forms are due back to the office on Tuesday, October 23. If you would like more information, check out <http://www.themixingspoon.ca/products> or feel free to contact me at the school or at [karen.christie@holyspirit.ab.ca](mailto:karen.christie@holyspirit.ab.ca).

Thank you!

Regards,



Karen Christie

GROWING

*Holy Spirit Three Year Faith Plan – G.I.F.T.*

*We are 'Growing In Faith Together'.*

*Year Two: Faith that is Growing in Spirit . . . I love God and God loves me!*

*I am the way, and the truth, and the life. (John 14:6)*





We fix it...  
...you mix it!



**ONLY \$10.00/JAR**

**THANK YOU  
FOR YOUR SUPPORT!!!**

**MAKES AN EXCELLENT GIFT!!!**

**OR ADD A LITTLE CONVENIENCE TO YOUR OWN CUPBOARD!!!**

Grab a Jar from the Shelf ....	And Just Add...
A) <b>Chewy Brownie Mix</b> Our signature recipe!	Butter, Eggs, Water, Vanilla Yields 9 x 13 Pan
B) <b>Grandma's Oatmeal Raisin Cookie Mix</b> A wholesome snack just like the one's grandma used to make!	Butter, Egg, Vanilla Yields 2-3 Dozen
C) <b>Chippers Cookie Mix</b> Loads of chocolate flavoured chips make this recipe a favorite!	Butter, Eggs, Vanilla Yields 2-3 Dozen
D) <b>Ginger Crinkle Cookie Mix</b> Just like the spicy snaps Grandma used to serve!	Oil, Egg, Molasses Yields 2-3 Dozen
E) <b>Cranberry Chip Cookie Mix</b> New and improved! Cranberries aren't just for holidays anymore!	Butter, Egg Yields 2-3 Dozen
F) <b>Classic Sugar Cookie Mix</b> These tasty morsels are great for all occasions!	Butter, Egg, Milk, Vanilla Yields 2-3 Dozen
G) <b>Pasta Salad Mix</b> As a side dish or a main course this salad has excellent flavour!	Oil, Lemon Juice, Vinegar Yields 4-6 Servings
H) <b>Lemon Poppy Seed Scone Mix</b> Loaded with lemon flavour!	Margarine, Eggs, Milk Yields 16 Servings
I) <b>Raspberry Burst Scone Mix</b> Little bursts of raspberry flavour are divine!	Margarine, Eggs, Milk Yields 16 Servings
J) <b>Blissful Blueberry Muffin Mix</b> Fresh out of the oven you can't beat them!	Applesauce, Butter, Eggs, Milk Yields 12 Muffins
K) <b>Beefy Macaroni Soup Mix</b> With or without the ground beef this is a wholesome soup!	Ground Beef, Stewed Tomatoes Yields About 15 Servings
L) <b>Minestrone Soup Mix</b> A personal favorite	Frozen Vegetables, Crushed Tomatoes Yields About 12 Servings
M) <b>Noodle Soup Mix</b> A fantastic way to use up leftover chicken or turkey. Fast and delicious!	Frozen Vegetables, Cooked Chicken or Turkey Yields About 10 Servings
N) <b>Potato Medley Soup Mix</b> With or without ham this is a tasty soup!	Milk/Cream, Cooked Ham Yields About 8 Servings
O) <b>Western Chili Mix</b> Wow! Is this ever tasty! Four types of beans!	Ground Beef, Salsa, Tomato Sauce Yields About 12 Servings



**Nutrition Facts****Valeur nutritive**

Per 1/12 jar (50 g) / par 1/12 pot (50 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 190</b>	
<b>Fat / Lipides 2 g</b>	3 %
Saturated / saturés 1 g	
+ Trans / trans 0 g	5 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 270 mg</b>	11%
<b>Carbohydrate / Glucides 40 g</b>	13%
Fibre / Fibres 1 g	4 %
Sugars / Sucres 20 g	
<b>Protein / Protéines 4 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	26%

**Blissful Blueberry Muffin Mix**  
**Blissful Blueberry Mélange à Muffins**

Ingredients: Enriched flour, sugar, Blueberry flakes (sugar, vegetable oil (palm, palm kernel), wheat flour, malic acid, sodium citrate, artificial flavors, blue 2 lake, red 40 lake, blue 1 lake, soy lecithin), baking powder, salt, cinnamon.

Ingrédients : Farine enrichie, sucre, flocons bleuets (sucre, huile végétale (huile palme, palmiste), la farine blé, l'acide malique, citrate sodium, arôme artificiel, bleu 2 lake, red 40 lake, bleu 1 lake, lécithine soya), poudre à pâte, sel, cannelle.

Contains: Wheat, corn, soy.  
May contain: Milk, sulphites, FD&C Yellow #5 & #6, MSG or glutamates, seeds.  
Contient: Blé, soya, maïs.  
Peut contenir: Lait, sulfites, FD&C jaune #5 & #6, MSG ou glutamates, graines.

Packaged by The Mixing Spoon.  
Box 767 Elnora, AB T0M 0Y0  
(403) 773-3777  
www.themixingspoon.ca

**Nutrition Facts****Valeur nutritive**

Per 1/33 jar (30 g) / par 1/33 pot (30 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 90</b>	
<b>Fat / Lipides 1 g</b>	2 %
Saturated / saturés 1 g	
+ Trans / trans 0 g	6 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 120 mg</b>	5 %
<b>Carbohydrate / Glucides 19 g</b>	6 %
Fibre / Fibres 1 g	2 %
Sugars / Sucres 11 g	
<b>Protein / Protéines 1 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	8 %

**Chipper Cookie Mix**  
**Mélange à Biscuit aux Pepites**

Ingredients: Golden yellow sugar, enriched flour, chocolate flavoured chips (sugar, hydrogenated palm kernel oil, cocoa powder, soya lecithin), corn starch, sodium bicarbonate, salt.

Ingrédients: Cassonade dorée, farine enrichie, brisures à la saveur de chocolat (sucre, huile de palmiste hydrogénée, poudre de cacao, lécithine de soya), féculé de maïs, bicarbonate de soude, sel.

Contains: Wheat, soy.  
May contain: Milk, nuts.  
Contient: Blé, soya.  
Peut contenir: Lait, noix.

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**Nutrition Facts****Valeur nutritive**

Per 1/15 jar (250 ml) / par 1/15 pot (250 ml)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 130</b>	
<b>Fat / Lipides 1 g</b>	2 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	2 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 870 mg</b>	38 %
<b>Carbohydrate / Glucides 25 g</b>	8 %
Fibre / Fibres 2 g	9 %
Sugars / Sucres 2 g	
<b>Protein / Protéines 5 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	10 %

**Beefy Macaroni Soup Mix**  
**Mélange à Soupe au Boeuf et Macaroni**

Ingredients: Macaroni (contains durum semolina, thiamine mononitrate, riboflavin, niacin, folic acid, ferrous sulfate), barley, lentils, beef base (contains salt, dextrose, corn syrup solids, palm oil, hydrolyzed plant proteins (soya), corn starch, yeast extract (soy), dehydrated onion, colour, silicon dioxide, spices, spice extracts, disodium inosinate, disodium guanylate), dried onion.

Ingrédients: Macaroni (contient semoule de blé durum, mononitrate de thiamine, riboflavine, niacin, acide folique, sulfate ferreux), orge, lentilles, base au boeuf (contient sel, dextrose, extrait sec de sirop de maïs, huile de palme, protéines végétales hydrolysées (soya), amidon de maïs, extrait de levure (soya), oignon déshydraté, colorant, bioxyde de silice, épices, extraits d'épice, inosinate disodique, guanilate disodique), oignon séchés.

Contains: soy. May contain traces of nuts, eggs, milk ingredients, sulphites and tartrazine.  
Contient: soya. Peut contenir des traces de noix, oeuf, lait, sulfites, et tartrazine.

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**Nutrition Facts****Valeur nutritive**

Per 1/29 jar (30 g) / par 1/29 pot (30 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 90</b>	
<b>Fat / Lipides 1 g</b>	2 %
Saturated / saturés 1 g	
+ Trans / trans 0 g	4 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 85 mg</b>	4 %
<b>Carbohydrate / Glucides 19 g</b>	6 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 11 g	
<b>Protein / Protéines 2 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	8 %

**Cranberry Chip Cookie Mix**  
**Mélange à Biscuit aux Pepites de Canneberge**

Ingredients: Enriched flour, golden yellow sugar, rolled oats, chocolate flavoured chips (contains sugar, hydrogenated palm kernel oil, cocoa powder, soya lecithin), dried cranberries (contains cranberries, sugar, sunflower oil), sodium bicarbonate, salt.

Ingrédients: Farine enrichie, cassonade dorée, flocons d'avoine, brisures à la saveur de chocolat (contient sucre, huile de palmiste hydrogénée, poudre de cacao, lécithine de soya), canneberges séchées (contient canneberges, sucre, huile de tournesol), bicarbonate de soude, sel.

Contains: Wheat.  
May contain: Milk, nuts.  
Contient: Blé.  
Peut contenir: Lait, noix.

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**Nutrition Facts****Valeur nutritive**

Per 1/12 jar (250 ml) / par 1/12 pot (250 ml)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 180</b>	
<b>Fat / Lipides 1 g</b>	1 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 460 mg</b>	19 %
<b>Carbohydrate / Glucides 34 g</b>	11 %
Fibre / Fibres 11 g	44 %
Sugars / Sucres 4 g	
<b>Protein / Protéines 11 g</b>	
Vitamin A / Vitamine A	10%
Vitamin C / Vitamine C	8 %
Calcium / Calcium	8 %
Iron / Fer	24 %

**Western Chili Mix**  
**Mélange à Chili**

Ingredients: Beans, dried onion, salt, spice mixture.

Ingrédients: Haricots, oignon séchés, sel, mélange d'épice.

May contain: Wheat, nuts, milk, egg, sulphites, mustard, soy.  
Peut contenir: blé ou de noix, lait, oeuf, sulfites, moutarde, soya.

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**Nutrition Facts****Valeur nutritive**

Per 1/28 jar (30 g) / par 1/28 pot (30 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 80</b>	
<b>Fat / Lipides 0 g</b>	0 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 155 mg</b>	6 %
<b>Carbohydrate / Glucides 19 g</b>	6 %
Fibre / Fibres 0 g	2 %
Sugars / Sucres 10 g	
<b>Protein / Protéines 2 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	12 %

**Ginger Crinkle Cookie Mix**  
**Mélange à Biscuit au Gingembre**

Ingredients: Enriched flour, sugar, spice mixture, salt, sodium bicarbonate.

Ingrédients: Farine enrichie, sucre, mélange d'épice, sel, bicarbonate de soude.

Contains: Wheat.  
May contain: Milk, nuts.  
Contient: Blé.  
Peut contenir: Lait, noix.

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**Nutrition Facts****Valeur nutritive**

Per 1/20 jar (52 g) / par 1/20 pot (52 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 130</b>	
<b>Fat / Lipides 2 g</b>	3 %
Saturated / saturés 2 g	
+ Trans / trans 0 g	9 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 35 mg</b>	2 %
<b>Carbohydrate / Glucides 30 g</b>	10 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 21 g	
<b>Protein / Protéines 2 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	15 %

**Chewy Brownie Mix**  
**Mélange à Brownie**

Ingredients: Sugar, enriched flour, chocolate flavoured chips (sugar, hydrogenated palm kernel oil, cocoa powder, soya lecithin), cocoa powder, baking powder, salt.

Ingrédients: Sucre, farine enrichie, brisures à la saveur de chocolat (sucre, huile de palmiste hydrogénée, poudre de cacao, lécithine de soya), poudre de cacao, poudre à pâte, sel.

Contains: Wheat, soy.  
May contain: Milk, nuts.  
Contient: Blé, soya.  
Peut contenir: Lait, noix.

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### Nutrition Facts

#### Valeur nutritive

Per 1/30 jar (30 g) / par 1/30 pot (30 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 80</b>	
<b>Fat / Lipides 4 g</b>	1 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 65 mg</b>	3 %
<b>Carbohydrate / Glucides 18 g</b>	6 %
Fibre / Fibres 1 g	3 %
Sugars / Sucres 9 g	
<b>Protein / Protéines 2 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	8 %

### Grandma's Oatmeal Raisin Cookie Mix

Grand-mère de Mélange à Biscuit au Raisin Sec et Farine d'Avoine

Ingredients: Enriched flour, golden yellow sugar, raisins, (vegetable oil), rolled oats, sodium bicarbonate, spice mixture, salt.

Ingrédients: Farine enrichie, cassonade dorée, raisins, (huile végétale, flocons d'avoine, bicarbonate de soude, mélange d'épice, sel.

Contains: Wheat.  
May contain: Milk, nuts.  
Contient: Blé.  
Peut contenir: Lait, noix.

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### Nutrition Facts

#### Valeur nutritive

Per 1/10 jar (250 ml) / par 1/10 pot (250 ml)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 130</b>	
<b>Fat / Lipides 1 g</b>	2 %
Saturated / saturés 0 g + Trans / trans 0 g	2 %
<b>Cholesterol / Cholestérol 15 mg</b>	
<b>Sodium / Sodium 730 mg</b>	30 %
<b>Carbohydrate / Glucides 24 g</b>	8 %
Fibre / Fibres 2 g	9 %
Sugars / Sucres 2 g	
<b>Protein / Protéines 6 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	2 %
Iron / Fer	10 %

### Noodle Soup Mix Mélange à Soupe aux Nouilles

Ingredients: Egg noodles (durum wheat semolina, dried egg yolk, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine, mononitrate), lentils, chicken soup base (corn syrup solids, salt, dextrose, corn starch, chicken fat, onion powder, autolyzed yeast extract (soy), garlic powder, spices, spice extracts, colour, disodium inosinate, disodium guanylate, silicon dioxide), dried onion, spice mixture

Ingrédients: Nouilles aux œufs (semoule blé durum, poudre de jaune d'œuf, niacine, acide folique, sulfate ferreux (fer), riboflavine, thiamine, monitrate), lentilles, base au poulet (extraits sec sirop maïs, sel, dextrose, amidon maïs, gras poulet, poudre d'oignon, extrait levure autolysée (soja), poudre d'ail, épices, extraits d'épices, colorant, inosinate disodique, guanylate disodique, bioxyde de silice, oignon séchés, mélange d'épice.

Contains: Egg, wheat, soy  
May contain: Milk, nuts, sulphites and onion.  
Contient: Œuf, blé, soja  
Peut contenir: Sulfites, moutarde, lait, noix.

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### Nutrition Facts

#### Valeur nutritive

Per 1/16 jar (33g) / par 1/16 pot (33g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 150</b>	
<b>Fat / Lipides 2 g</b>	2 %
Saturated / saturés 1 g + Trans / trans 0 g	4 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 165 mg</b>	7 %
<b>Carbohydrate / Glucides 29 g</b>	10 %
Fibre / Fibres 1 g	3 %
Sugars / Sucres 9 g	
<b>Protein / Protéines 4 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	8 %
Iron / Fer	20 %

### Lemon Poppy Seed Scone Mix Mélange à Scone de Citron et Graine de Pavot

Ingredients: Enriched flour, sugar, lemon flakes (contains sugar, vegetable oil (palm, palm kernel), wheat flour, lemon juice powder (corn syrup solids, lemon juice with lemon oil) natural and artificial flavours, citric acid, soya lecithin, yellow 5 lake), poppy seed, baking powder, salt.

Ingrédients: Farine enrichie, sucre, flocons citron (sucre, huile végétale (palme, palmeiste), farine, blé, poudre jus citron (maïs des solides sirop, jus citron avec, l'huile citron), arômes naturels et artificiels, acide citrique, lécithine soya, jaune 5 lac), graines pavot, poudre à pâte, sel.

Contains: Wheat, soy.  
May contain: Milk, nuts, sulphites.  
Contient: Blé, soja  
Peut contenir: Soya, noix, lait, sulfites.

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### Nutrition Facts

#### Valeur nutritive

Per 1/10 jar (37g) / par 1/10 pot (37g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 100</b>	
<b>Fat / Lipides 0 g</b>	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 320 mg</b>	13 %
<b>Carbohydrate / Glucides 20 g</b>	7 %
Fibre / Fibres 1 g	5 %
Sugars / Sucres 2 g	
<b>Protein / Protéines 3 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	8 %

### Pasta Salad Mélange à Salade de Pâtes

Ingredients: Vegetable fusiili (durum wheat semolina, dehydrated spinach, tomato powder, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine, mononitrate), sugar, salt, spice mixture (mustard).

Ingrédients: Fusilli de légumine (semolla de blé durum, déshydraté d'épinards, poudre tomate, niacine, acide folique, ferreux, sulfate (fer), riboflavine, mononitrate, thiamine), sucre, sel, mélange d'épice (moutarde).

Contains: Mustard, wheat  
May contain: Sesame seed, milk, egg or sulphites.  
Contient: Moutarde, blé  
Peut contenir: Graines sésame, lait, œuf, sulfites.

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### Nutrition Facts

#### Valeur nutritive

Per 1/16 jar (33g) / par 1/16 pot (33g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 140</b>	
<b>Fat / Lipides 2 g</b>	2 %
Saturated / saturés 1 g + Trans / trans 0 g	4 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 170 mg</b>	7 %
<b>Carbohydrate / Glucides 29 g</b>	10 %
Fibre / Fibres 1 g	3 %
Sugars / Sucres 10 g	
<b>Protein / Protéines 3 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	20 %

### Raspberry Burst Scone Mix Mélange à Scone de Framboises

Ingredients: Enriched flour, sugar, raspberry flakes (sugar, vegetable oil (palm, palm kernel), wheat flour, malic acid, tricalcium phosphate, sodium citrate, artificial flavors, soy lecithin, red cabbage juice, red 40 lake, blue 5 lake), baking powder, salt.

Ingrédients: Farine enrichie, sucre, framboises artificiel (sucre, huile végétale (palme, huile palme), farine, l'acide malique, phosphate tricalcique citrate sodium, saveur artificiel, lécithine soya, jus chou rouge, rouge 40 lac, bleu 2 lac), poudre en pate, sel.

Contains: Wheat, soy.  
May contain: sulphites, milk, nuts.  
Contient: Blé, soja  
Peut contenir: Sulfites, lait, noix.

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### Nutrition Facts

#### Valeur nutritive

Per 1/10 jar (22 g) / par 1/10 pot (22 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 80</b>	
<b>Fat / Lipides 1 g</b>	1 %
Saturated / saturés 0 g + Trans / trans 0 g	1 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 700 mg</b>	29 %
<b>Carbohydrate / Glucides 16 g</b>	5 %
Fibre / Fibres 2 g	7 %
Sugars / Sucres 2 g	
<b>Protein / Protéines 2 g</b>	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	4 %
Iron / Fer	6 %

### Potato Medley Soup Mix Mélange à soupe Medley de pomme de terre

Ingredients: Dehydrated vegetables ( carrot, potato, onion, leek, red and green bell pepper, cabbage, celery), potato flakes/potatoes, vegetable mono-glutamate (palm and/or soy), sodium acid phosphates/sodium steady-2-lactate, BHA, vegetable soup base (salt, corn syrup solids, dehydrated vegetables (onion, carrot, potato, tomato, leek, red and green bell pepper, cabbage, celery, garlic, asparagus), sugar, potato starch, corn starch, palm oil, hydrolyzed plant proteins (corn), hydrolyzed plant proteins (soy), dextrose, yeast extract (soy), canola oil, spices, spice extracts, silicon dioxide, colour, disodium inosinate, disodium guanylate), dehydrated onion, spice mixture.

Ingrédients: Légumes déshydratés ( carotte, pomme de terre, oignon, poireau, poivre rouge et vert, chou, céleri), flocons pommes terre (Pommes de terre, légumine monoglutamate (Palm et/ou soja), pyrophosphate acide sodium steady lactate, BHA), soupe légumes base (sel, sirop glucose déshydraté, légumes déshydratés (oignon, carotte, pomme terre, tomate, poireau, poivre rouge et vert, chou, céleri, l'ail, les asperges), sucre, fécule pommes terre, fécule maïs, huile de palme, protéines hydrolysées (maïs), protéines hydrolysées (soja), dextrose, extrait levure (soja), huile canola, épices, extraits d'épices, dioxyde de silicium, colorant, inosinate disodique, disodium guanylate), oignon déshydraté, mélange d'épices.

Contains: Wheat, soy, sulphites.  
May contain: sesame seeds, milk, egg, mustard.  
Contient: Blé, soja, sulfites.  
Peut contenir: Graine sésame, lait, œuf, moutarde.

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The Mixing Spoon  
Box 767 Elnora, AB T0M 0Y0  
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### Nutrition Facts

#### Valeur nutritive

Per 1/15 jar (250 ml) / par 1/15 pot (250 ml)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 110</b>	
<b>Fat / Lipides 1 g</b>	1 %
Saturated / saturés 0 g + Trans / trans 0 g	2 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 840 mg</b>	35 %
<b>Carbohydrate / Glucides 21 g</b>	7 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
<b>Protein / Protéines 4 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	2 %
Iron / Fer	10 %

### Minestrone Soup Mix Mélange à Soupe Minestrone

Ingredients: Lentils, rice, rotini (durum wheat semolina, niacin, folic acid, ferrous sulfate (iron), riboflavin, thiamine mononitrate), barley, beef base (salt, dextrose, corn syrup solids, palm oil, hydrolyzed plant proteins (soy), corn starch, yeast extract (soy), dehydrated onion, colour, silicon dioxide, spices, spice extracts, disodium inosinate, disodium guanylate), dried onion, spice mixture.

Ingrédients: Lentilles, riz, tourelle (semoule blé dur, niacin, acide folique, sulfate ferreux (fer), riboflavine, thiamine monitrate), orge, base au boeuf (sel, dextrose, extrait sec de sirop de maïs, huile de palme, protéines végétales hydrolysées (soja), amidon de maïs, extrait de levure (soja), oignon déshydraté, colorant, bioxyde de silice, épices, extraits d'épices, inosinate disodique, guanylate disodique), oignon séchés, mélange d'épice.

Contains: Soy, wheat.  
May contain: Sulphites, mustard, nuts, egg, milk.  
Contient: Soya, blé.  
Peut contenir: Sulfites, moutarde, noix, œuf, lait.

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### Nutrition Facts

#### Valeur nutritive

Per 1/28 jar (19 g) / par 1/28 pot (19 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 70</b>	
<b>Fat / Lipides 0 g</b>	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 40 mg</b>	2 %
<b>Carbohydrate / Glucides 16 g</b>	5 %
Fibre / Fibres 0 g	1 %
Sugars / Sucres 9 g	
<b>Protein / Protéines 1 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	8 %

### Classic Sugar Cookie Mix Mélange de cookies de sucre classique

Ingredients: Cookie: Enriched flour, sugar, sodium bicarbonate, salt  
Glaze: Icing sugar

Ingrédients: Cookie: farine enrichie, sucre, bicarbonate de sodium, sel  
Glacis: Sucre glace

Contains: Wheat.  
Contient: Blé.

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