

PRODUCT FACT SHEET

All Amy's products contain organic fruits & vegetables grown without pesticides. No meat, fish, poultry, eggs, preservatives or artificial flavors are ever used in any of our products.		Wheat Free	Gluten free. No oats, barley, wheat, or rye.
SOUPS		Organic Cream of Tomato Soup	x x
		Organic Lentil Soup	x x
		Organic Black Bean Vegetable Soup	x x
		Organic Vegetable Barley Soup	x
		Organic Vegetable Barley Soup	x
		Organic Lentil Vegetable Soup	x x
		Organic Chunky Tomato Bisque Soup	x x
		Organic Pasta & 3 Bean Soup	
		Organic Cream of Tomato - Light in Sodium	x x
		Organic Lentil Vegetable - Light in Sodium	x x
CHILIS		Organic Medium Chili	x x
		Organic Medium Chili with Vegetables	x x
		Organic Spicy Chili	x x
		Organic Black Bean Chili	x x
BEANS		Organic Vegetarian Baked Beans	x x
		Organic Traditional Refried Beans	x x
		Organic Refried Black Beans	x x
		Organic Refried Beans with Green Chiles	x x
PASTA SAUCE		Organic Tomato Basil Sauce	x x
		Organic Family Marinara Pasta Sauce	x x
		Organic Garlic Mushroom Pasta Sauce	x x
		Puttanesca Sauce	x x
		Wild Mushroom Pasta Sauce	x x
		Organic Low Sodium Marinara Sauce	x x
SALSAS		Organic Medium Salsa	x x
		Organic Mild Salsa	x x
		Organic Black Bean & Corn Salsa (2 Tbsp.)	x x
		FROZEN PRODUCTS	
POT PIES	20	Vegetable Pot Pie	
	21	Broccoli Pot Pie	
	22	Mexican Tamale Pie	x x
	23	Shepherd's Pie	x x
	26	Non Dairy Vegetable Pot Pie	
	27	Country Vegetable Pie	
ENTREES	30	Macaroni & Cheese	
	32	Vegetable Lasagna	
	33	Tofu Vegetable Lasagna	
	35	Cheese Lasagna	

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			Wheat Free	Gluten free. No oats, barley,
	41	Garden Vegetable Lasagna	x	x
	45	Rice Mac & Cheese	x	x
	80	Cheese Enchilada	x	x
	81	Black Bean Vegetable Enchilada	x	x
	91	Ravioli with Sauce		
	97	Pasta Primavera		
	180	Macaroni & Soy Cheeze		
PIZZAS	100	Rice Crust Cheese Pizza	x	x
	101	Cheese Pizza		
	102	Spinach Pizza		
	103	Roasted Vegetable Pizza		
	104	Pesto Pizza		
	105	Soy Cheeze Pizza		
	108	Veggie Combo Pizza		
	109	Mushroom and Olive Pizza		
		Cheese & Pesto Pizza with Whole Wheat Crust		
		3 Cheese Pizza with Cornmeal Crust		
WHOLE MEALS	50	Country Dinner Whole Meal		
	51	Black Bean Enchilada Whole Meal	x	x
	53	Veggie Loaf Whole Meal	x	
	57	Cheese Enchilada Whole Meal	x	x
	115	Chili & Cornbread Whole Meal		
INDIAN MEAL	58	Indian Mattar Paneer	x	x
	59	Indian Palak Paneer	x	x
	252	Indian Samosa Wrap		
ASIAN MEALS	130	Asian Noodle Stir-Fry	x	x
	132	Thai Stir-Fry	x	x
BREAKFAST MEALS	54	Tofu Scramble Breakfast	x	x
	56	Tofu Rancheros Breakfast	x	x
BOWLS	82	Santa Fe Enchilada Bowl	x	x
	160	Teriyaki Bowl	x	x
	161	Brown Rice & Vegetable Bowl	x	x
	162	Country Cheddar Bowl		
	163	Mexican Casserole Bowl	x	x
	164	Brown Rice Bowl with Black-Eyed Peas and Veggie	x	x

NUTRITION FACT SHEET

Category	Item	Serving Size	Servings per Container	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
SOUPS	Organic Cream of Tomato Soup	1 cup	about 2	100	20	2g	1.5g	0g	10mg	690mg	17g	4g	11g	2g	20%	15%	0%	8%
	Organic Lentil Soup	1 cup	about 2	150	40	4.5g	0.5g	0g	0mg	590mg	19g	9g	3g	8g	30%	10%	2%	15%
	No Chicken Noodle Soup	1 cup	about 2	90	25	3g	0g	0g	0mg	540mg	12g	2g	4g	5g	40%	10%	2%	4%
	Organic Black Bean Vegetable Soup	1 cup	about 2	130	10	1.5g	0g	0g	0mg	580mg	25g	5g	6g	6g	50%	10%	4%	8%
	Organic Split Pea Soup	1 cup	about 2	100	0	0g	0g	0g	0mg	570mg	19g	4g	4g	7g	25%	6%	2%	8%
	Organic Cream of Mushroom Soup	3/4 cup	about 2	140	80	9g	2g	0g	5mg	590mg	13g	2g	3g	3g	2%	8%	2%	6%
	Organic Minestrone Soup	1 cup	about 2	90	10	1.5g	0g	0g	0mg	540mg	17g	3g	5g	3g	30%	10%	2%	6%
	Organic Vegetable Barley Soup	1 cup	about 2	70	10	1g	0g	0g	0mg	580mg	13g	3g	5g	2g	50%	20%	4%	6%
	Organic Alphabet Soup	1 cup	about 2	80	5	0.5g	0g	0g	0mg	580mg	16g	2g	4g	3g	30%	15%	2%	4%
	Organic Butternut Squash Soup	1 cup	about 2	100	20	2.5g	0g	0g	0mg	580mg	20g	2g	4g	2g	50%	10%	4%	6%
	Organic Lentil Vegetable Soup	1 cup	about 2	150	35	4g	0.5g	0g	0mg	680mg	23g	9g	5g	8g	35%	20%	6%	15%
	Organic Chunky Tomato Bisque	1 cup	about 2	120	30	3.5g	2g	0g	10mg	680mg	21g	2g	14g	2g	20%	40%	8%	6%
	Organic Pasta & 3 Bean Soup	1 cup	about 2	130	45	5g	0.5g	0g	0mg	680mg	19g	4g	6g	5g	60%	20%	6%	10%
	Organic Butternut Squash - Light in Sodium	1 cup	about 2	100	20	2.5g	0g	0g	0mg	290mg	20g	2g	4g	2g	50%	10%	4%	6%
Organic Cream of Tomato - Light in Sodium	1 cup	about 2	100	20	2g	1.5g	0g	10mg	340mg	17g	3g	11g	2g	20%	15%	0%	8%	
Organic Lentil Vegetable - Light in Sodium	1 cup	about 2	150	35	4g	0.5g	0g	0mg	340mg	23g	6g	5g	7g	35%	20%	6%	15%	
CHILI	Organic Medium Chili	1 cup	about 2	190	60	6g	0.5g	0g	0mg	590mg	26g	7g	5g	8g	15%	25%	6%	20%
	Organic Medium Chili with Vegetables	1 cup	about 2	190	50	6g	0.5g	0g	0mg	590mg	29g	8g	6g	7g	70%	30%	4%	10%
	Organic Spicy Chili	1 cup	about 2	190	60	6g	0.5g	0g	0mg	590mg	26g	7g	5g	8g	20%	25%	6%	20%
	Organic Black Bean Chili	1 cup	about 2	200	20	2g	0g	0g	0mg	680mg	31g	15g	3g	11g	10%	30%	8%	30%
BEANS	Organic Vegetarian Baked Beans	1/2 cup	about 3 1/2	120	5	0.5g	0g	0g	0mg	480mg	24g	6g	9g	5g	6%	4%	4%	15%
	Organic Traditional Refried Bean	1/2 cup	about 3.5	140	30	3g	0g	0g	0mg	390mg	21g	6g	1g	7g	0%	0%	4%	10%
	Organic Refried Black Beans	1/2 cup	about 3.5	140	30	3g	0g	0g	0mg	440mg	20g	6g	1g	7g	0%	0%	4%	10%
	Organic Refried Beans with Green Chiles	1/2 cup	about 3.5	130	25	3g	0g	0g	0mg	440mg	20g	6g	1g	7g	2%	10%	6%	10%
PASTA SAUCES	Organic Tomato Basil Pasta Sauce	1/2 cup	about 6	110	50	6g	1g	0g	0mg	580mg	11g	3g	6g	2g	15%	15%	2%	6%
	Organic Family Marinara Pasta Sauce	1/2 cup	about 6	70	25	3g	0.5g	0g	0mg	590mg	10g	3g	5g	1g	15%	15%	0%	6%
	Organic Garlic Mushroom Pasta Sauce	1/2 cup	about 6	120	70	7g	2.5g	0g	5mg	680mg	10g	3g	5g	3g	15%	15%	4%	6%
	Puttanesca Sauce	1/2 cup	about 6	45	20	2g	0g	0g	0mg	680mg	6g	1g	3g	2g	15%	4%	4%	4%
	Wild Mushroom Pasta Sauce	1/2 cup	about 6	60	20	2.5g	0g	0g	0mg	580mg	7g	2g	4g	2g	15%	10%	2%	6%
	Organic Low Sodium Marinara Sauce	1/2 cup	about 6	40	10	1g	0g	0g	0mg	100mg	7g	1g	5g	1g	4%	8%	2%	8%
	Organic Pomodoro Zucca Pasta Sauce	1/2 cup	about 6	30	5	0.5g	0g	0g	0mg	590mg	6g	1g	4g	1g	25%	10%	2%	8%
SALSAS	Organic Medium Salsa	2 tbsp	about 15	10	0	0g	0g	0g	0mg	190mg	2g	0g	1g	0g	2%	4%	2%	2%
	Organic Mild Salsa	2 tbsp	about 15	10	0	0g	0g	0g	0mg	190mg	2g	0g	1g	0g	2%	4%	2%	2%
	Organic Black Bean & Corn Salsa	2 tbsp	about 15	15	0	0g	0g	0g	0mg	170mg	3g	<1g	1g	1g	2%	4%	0%	2%