

Veggie And White Bean Soup

Nutrition Facts

1 serving per container

Serving size (580g)

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 32g **12%**

Dietary Fiber 7g **25%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

Protein 6g

Vitamin D 0mcg 0%

Calcium 140mg 10%

Iron 4.1mg 25%

Potassium 1070mg 25%

* 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: VEGETABLE BROTH, CRUSHED TOMATOES, ZUCCHINI, BEANS, NAVY, MATURE SEEDS, COOKED, BOILED, WITHOUT SALT, KALE, CARROT, ONION, CELERY, OLIVE OIL, GARLIC, RED WINE VINEGAR, BASIL, BAY LEAF, ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, BASIL)

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104