

Lentil Soup

Nutrition Facts

3 Servings Per Container

Serving Size 10 oz (405ml)

Amount Per Serving

Calories 280

% Daily Value *

Total Fat 5g **7%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 410mg **20%**

Total Carbohydrates 42g **15%**

Dietary Fiber 6g **21%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

Protein 17g

Vitamin D 0mcg **0%**

Calcium 40mg **4%**

Iron 4mg **20%**

Potassium 840mg **20%**

* 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: Soup, stock, chicken, home-prepared, Tomato Puree, Lentils, Sweet Onions, Carrots, Celery, Extra Virgin Olive Oil, Cumin seed, Coriander seed

Contains: Celery