

Mulligatawny Soup

Nutrition Facts

3 Servings Per Container

Serving Size 10 oz (367ml)

Amount Per Serving

Calories 250

% Daily Value *

Total Fat 9g **11%**

Saturated Fat 5g **26%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 390mg **15%**

Total Carbohydrates 32g **12%**

Dietary Fiber 4g **15%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 14g

Vitamin D 0mcg **0%**

Calcium 40mg **4%**

Iron 4.1mg **25%**

Potassium 670mg **15%**

* 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, Red Lentils, Tomato Puree, Coconut milk, canned, Sweet Onions, Carrots, Red Apples, Jalapeno, Garlic, Curry powder, Turmeric, Ginger root, Cinnamon, Cumin seed, Black Pepper, Paprika, Thyme, Cardamom

Contains: Coconut