

Nutrition Facts

Serving Size
8.0 fl oz

Calories
per serving **90**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 0g	0%	Total Carb. 18g	7%
Saturated Fat 0g	0%	Fiber 5g	19%
<i>Trans Fat</i> 0g		Total Sugars 11g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 400mg	17%	Protein 3g	

Vitamin D 0% · Calcium 4% · Iron 8% · Potassium 15%

Beet & Kohlrabi Soup

Ingredients: water, red beets, kohlrabi, low sodium vegetable base, chia seeds, lime juice, kosher salt, parsley, turmeric, cinnamon, cumin, black pepper, ginger root powdered spice, cardamom spice