

Nutrition Facts

Serving Size
8.0 fl oz

Calories
per serving **100**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 0g	0%	Total Carb. 23g	8%
Saturated Fat 0g	0%	Fiber 3g	12%
<i>Trans Fat</i> 0g		Total Sugars 3g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 110mg	5%	Protein 3g	

Vitamin D 0% · Calcium 4% · Iron 4% · Potassium 10%

Colcannon Soup

Ingredients: gold potatoes, cabbage, celery, yellow onion, leek, low sodium vegetable base, apple cider, apple cider vinegar, chives, thyme, garlic, caraway spice, rosemary, bay leaf