

Nutrition Facts

Serving Size

8.0 fl oz

Calories
per serving **220**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 13g	16%	Total Carb. 15g	5%
Saturated Fat 4.5g	23%	Fiber 3g	10%
<i>Trans Fat</i> 0g		Total Sugars 1g	
Cholesterol 30mg	9%	Incl.0g Added Sugars	0%
Sodium 470mg	21%	Protein 13g	

Vitamin D 2% · Calcium 2% · Iron 10% · Potassium 6%

Lentil & Spanish Chorizo Soup

Ingredients: water, chorizo sausage, french green lentil, carrot, yellow onion, sherry vinegar, parsley, garlic, kosher salt, paprika, ground cloves, bay leaf