

Nutrition Facts

Serving Size
8.0 fl oz

Calories
per serving **140**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 1g	1%	Total Carb. 29g	11%
Saturated Fat 0g	0%	Fiber 9g	33%
<i>Trans Fat</i> 0g		Total Sugars 10g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 135mg	6%	Protein 8g	

Vitamin D 0% · Calcium 8% · Iron 10% · Potassium 20%

Curried Summer Vegetable Soup

Ingredients: cauliflower, water, gold potatoes, yellow onion, carrot, peas, brussel sprouts, yellow bell pepper, low sodium vegetable base, green bell pepper, red bell pepper, cilantro, curry powder, garlic, yellow mustard seed, cumin, turmeric