

Nutrition Facts

Serving Size
8.0 fl oz

Calories
per serving **70**

Amount/serving

% DV

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 190mg

8%

Amount/serving

% DV

Total Carb. 14g

5%

Fiber 4g

14%

Total Sugars 4g

Incl.0g Added Sugars

0%

Protein 3g

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

Spinach & Okra Soup

Ingredients: water, okra, fresh spinach, carrot, yellow onion, tomato paste, low sodium vegetable base, cornstarch, parsley, garlic, ras el hanout, allspice, kosher salt, black pepper, cayenne pepper