Nutrition Facts

Serving Size
8.0 fl oz

Calories per serving 100

Amount/serving	% DV	Amount/serving	% DV
Total Fat 3.5g	**5%**	**Total Carb.** 14g	**5%**
Saturated Fat 0g	**0%**	Fiber 3g	**11%**
Trans Fat 0g		Total Sugars 4g	
Cholesterol 0mg	**0%**	Incl.0g Added Sugars	**0%**
Sodium 210mg	**9%**	**Protein** 3g	

Vitamin D 0% · Calcium 4% · Iron 8% · Potassium 10%

Carrot & Tomato Soup

Ingredients: tomato, carrot, yellow onion, oats, low sodium vegetable base, tomato paste, sunflower seeds, pepitas, parsley, lemon juice, gluten free soy sauce, cumin, garlic, fresh ginger, maple syrup, cinnamon, smoked paprika, nutritional yeast, garlic powder, onion powder, red chili flakes