

Nutrition Facts

Serving Size
8.0 fl oz

Calories
per serving **120**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 0g	0%	Total Carb. 22g	8%
Saturated Fat 0g	0%	Fiber 6g	21%
<i>Trans Fat</i> 0g		Total Sugars 3g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 250mg	11%	Protein 6g	
Vitamin D 0% · Calcium 6% · Iron 10% · Potassium 10%			

Roasted Garlic & Chard Soup

Ingredients: water, dry white beans, yellow onion, red chard, carrot, celery, roasted garlic, low sodium vegetable base, leek, thyme, kosher salt, black pepper, bay leaf