

# Nutrition Facts

Serving Size  
8.0 fl oz

Calories  
per serving **230**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 2g	<b>2%</b>	<b>Total Carb.</b> 37g	<b>14%</b>
Saturated Fat .5g	<b>3%</b>	Fiber 15g	<b>52%</b>
<i>Trans Fat</i> 0g		Total Sugars 6g	
<b>Cholesterol</b> 10mg	<b>3%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 480mg	<b>21%</b>	<b>Protein</b> 16g	
Vitamin D 0% · Calcium 4% · Iron 15% · Potassium 15%			

Split Pea & Ham Soup

Ingredients: green split peas, yellow onion, ham, carrot, celery, ham base, worcestershire sauce, low sodium vegetable base, garlic, thyme