

Nutrition Facts

Serving Size
8.0 fl oz

Calories
per serving **140**

Amount/serving

% DV

Total Fat .5g

1%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 240mg

10%

Amount/serving

% DV

Total Carb. 28g

10%

Fiber 5g

19%

Total Sugars 5g

Incl.0g Added Sugars

0%

Protein 5g

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

Autumn Vegetable & Quinoa Soup

Ingredients: celery root, tomato, turnips, kohlrabi, red quinoa, yellow onion, brussel sprouts, carrot, celery, kale, low sodium vegetable base, garlic, ground cumin, kosher salt, ground ginger, turmeric