

Nutrition Facts

Serving Size
8.0 fl oz

Calories
per serving **180**

Amount/serving

% DV

Total Fat 1.5g

2%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 180mg

8%

Amount/serving

% DV

Total Carb. 35g

13%

Fiber 16g

58%

Total Sugars 16g

Incl.0g Added Sugars

0%

Protein 15g

Vitamin D 0% · Calcium 15% · Iron 20% · Potassium 35%

Cauliflower, Kale & Chickpea Soup

Ingredients: cauliflower, kale, yellow onion, garbanzo beans, carrot, celery, low sodium vegetable base, leek, thyme, garlic, bay leaf