

Nutrition Facts

Serving Size
8.0 fl oz

Calories
per serving 100

Amount/serving	% DV
Total Fat .5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 240mg	11%

Amount/serving	% DV
Total Carb. 21g	8%
Fiber 4g	15%
Total Sugars 3g	
Incl.0g Added Sugars	0%
Protein 3g	

Vitamin D 0% · Calcium 4% · Iron 6% · Potassium 10%

Fall Garden Vegetable Soup

Ingredients: water, tomato, canned chickpeas, yellow onion, parsnip, yam, gold potatoes, carrot, red bell pepper, celery, fresh spinach, low sodium vegetable base, garlic, kosher salt, black pepper, thyme, dried oregano, marjoram, rosemary, dried basil, garlic powder, bay leaf