Nutrition	Amount/serving	% DV	Amount/serving	% DV
Facts	Total Fat 2g	2%	Total Carb. 20g	7%
	Saturated Fat 0g	0%	Fiber 4g	15%
	Trans Fat 0g		Total Sugars 7g	
Serving Size 8.0 fl oz	Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
	Sodium 180mg	8%	Protein 2g	
Calories per serving 110	Vitamin D 0% · Cald	cium 4% ·	Iron 8% · Potassium 10)%

Golden Beet Soup

Ingredients: golden beets, parsnip, celery root, carrot, yam, yellow onion, water, yellow onion, celery, low sodium vegetable base, unsalted cashews, parsley, lemon juice, garlic, nutritional yeast, ground cinnamon, ground cumin, black pepper, ground coriander, white pepper, kosher salt, ground cloves, ground allspice, onion powder Contains Tree nuts (Cashew)