

Nutrition Facts

Serving Size
8.0 fl oz

Calories
per serving **230**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 2.5g	3%	Total Carb. 46g	17%
Saturated Fat 0g	0%	Fiber 24g	85%
<i>Trans Fat</i> 0g		Total Sugars 23g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 230mg	10%	Protein 22g	
Vitamin D 0% · Calcium 20% · Iron 30% · Potassium 45%			

Roasted Cauliflower Soup

Ingredients: cauliflower, water, oat milk, yellow onion, carrot, celery, leek, thyme, garlic, kosher salt, black pepper, bay leaf