

Nutrition Facts

Serving Size
8.0 fl oz

Calories
per serving **120**

Amount/serving

% DV

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 250mg

11%

Amount/serving

% DV

Total Carb. 22g

8%

Fiber 6g

21%

Total Sugars 3g

Incl.0g Added Sugars

0%

Protein 6g

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

Roasted Garlic & Chard Soup

Ingredients: water, dry white beans, yellow onion, red chard, carrot, celery, roasted garlic, low sodium vegetable base, leek, thyme, kosher salt, black pepper, bay leaf