

Nutrition Facts

Serving Size
8.0 fl oz

Calories
per serving **60**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 0g	0%	Total Carb. 14g	5%
Saturated Fat 0g	0%	Fiber 2g	8%
<i>Trans Fat</i> 0g		Total Sugars 7g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 100mg	4%	Protein 1g	

Vitamin D 0% · Calcium 2% · Iron 4% · Potassium 6%

Roasted Squash & Cider Soup

Ingredients: water, acorn squash, apple cider, oat milk, yellow onion, granny smith apple, carrot, celery, low sodium vegetable base, thyme, garlic, kosher salt, cinnamon, white pepper, ground nutmeg, bay leaf