

Nutrition Facts

Serving Size
8 fl oz

Calories
per serving **160**

Amount/serving

% DV

Total Fat .5g

1%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 180mg

8%

Amount/serving

% DV

Total Carb. 31g

11%

Fiber 5g

17%

Total Sugars 13g

Incl.0g Added Sugars

0%

Protein 7g

Vitamin D 0% · Calcium 2% · Iron 15% · Potassium 10%

Curried Lentil & Apricot Soup

Ingredients: water, roasted tomatoes, red lentils, dried diced apricot, yellow onion, low sodium vegetable base, cilantro, pomegranate molasses, garlic, fresh ginger, garam masala spice, cumin, turmeric