

Vegetarian Lentil Soup

Ingredients

Broth, vegetable, low sodium, Tomatoes, stewed, cnd, Carrots, Beans, black, cnd, Onions Diced, Parsley Bunch Fresh, Oil, olive blend, Fresh Basil, Minced Garlic Cloves, Thyme Fresh Herb, Spice Pepper Black Coarse Grnd.

Nutrients per serving

Nutrition Facts

Serving Size 6 ounce (227g)
Servings Per Container 1

Amount Per Serving

Calories 70 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **12%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 2g

Vitamin A 100% • Vitamin C 15%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4