

**Chard and Lentil Soup**  
**8 oz**

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	8 oz (225g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9 %</b>
Saturated Fat 3.5g	<b>17 %</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> less than 5 millig	<b>1 %</b>
<b>Sodium</b> 720mg	<b>31 %</b>
<b>Total Carbohydrate</b> 11g	<b>4 %</b>
Dietary Fiber 4g	<b>13 %</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0 %</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 3mg	15%
Potassium 420mg	10%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Water, Cello Spinach, Black Beluga Lentils (Mung beans.), Green Chard, Yellow Onion, Fingerling Potatoes, Lemon Juice, Extra Virgin Olive Oil (Canola Oil), Vegetable Soup Base, Coarse Kosher Salt (Salt; Yellow Prussiate of Soda.), Fresh Cilantro, Peeled Garlic, Ground Coriander, Ground Black Pepper.