

**Carrot and Butternut Squash Soup**  
**1 cup**

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	1 cup (380g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>320</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 26g	<b>33 %</b>
Saturated Fat 11g	<b>57 %</b>
<i>Trans</i> Fat 0.5g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 10g	
<b>Cholesterol</b> 50mg	<b>17 %</b>
<b>Sodium</b> 680mg	<b>29 %</b>
<b>Total Carbohydrate</b> 22g	<b>8 %</b>
Dietary Fiber 6g	<b>21 %</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0 %</b>
<b>Protein</b> 4g	
Vitamin D 0.7mcg	4%
Calcium 110mg	10%
Iron 1mg	8%
Potassium 610mg	15%
<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>	