Carrot and Butternut Squash Soup
1 cup

Nutrition Facts
1 servings per container
Serving size 1 cup (380g)

Amount per serving
Calories 320

% Daily Value*
Total Fat 26g 33%
  Saturated Fat 11g 57%
  Trans Fat 0.5g
  Polyunsaturated Fat 2.5g
  Monounsaturated Fat 10g
Cholesterol 50mg 17%
Sodium 880mg 29%
Total Carbohydrate 22g 8%
  Dietary Fiber 6g 21%
  Total Sugars 6g
  Includes 0g Added Sugars
Protein 4g

Vitamin D 0.7mcg 4%
Calcium 110mg 10%
Iron 1mg 8%
Potassium 610mg 15%

* 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.