Chard and Lentil Soup
8 oz

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
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<tbody>
<tr>
<td>1 servings per container</td>
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<tr>
<td>Serving size 8 oz (225g)</td>
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**Amount per serving**

<table>
<thead>
<tr>
<th>Calories</th>
<th>120</th>
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<tbody>
<tr>
<td>% Daily Value</td>
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**Total Fat** 7g 9%
**Saturated Fat** 3.5g 17%
**Trans Fat** 0g
**Polyunsaturated Fat** 1.5g
**Monounsaturated Fat** 1.5g

**Cholesterol** less than 5 millg 1%

**Sodium** 720mg 31%

**Total Carbohydrate** 11g 4%
**Dietary Fiber** 4g 13%
**Total Sugars** 1g
**Includes Sugar Added Sugars** 0%

**Protein** 4g

**Vitamin D** 0mcg 0%

**Calcium** 70mg 6%

**Iron** 3mg 15%

**Potassium** 420mg 10%

*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.*

**INGREDIENTS:** Water, Collar 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.