

# Blessed Bean Soup

## Nutrition Facts

6 servings per container

**Serving size**

**1 cup (85g)**

**Amount Per Serving**

**Calories**

**260**

**% Daily Value\***

**Total Fat** 1g **1%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 30mg **1%**

**Total Carbohydrate** 51g **19%**

Dietary Fiber 16g **57%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 18g

Vitamin D 0mcg **0%**

Calcium 70mg **6%**

Iron 5.3mg **30%**

Potassium 720mg **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.

INGREDIENTS: SPLIT PEAS, DRY, GREEN, LENTILS, YELLOW SPLIT PEAS, DRY, BEANS, KIDNEY, RED, MATURE SEEDS, RAW, BEANS, PINTO, MATURE SEEDS, RAW, LENTILS, BEANS, BLACK TURTLE, MATURE SEEDS, RAW, DEHYDRATED ONION, GARLIC POWDER, CHILI POWDER, BLACK PEPPER, FENNEL, CARROT, ONION, TOMATO, PEAS, CELERY, GREEN PEPPER, GREEN BEANS, PARSLEY, OREGANO, CILANTRO, BASIL, PARSLEY, CUMIN

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