

# Faithful French Lentil Soup

## Nutrition Facts

6 servings per container

**Serving size** 1 Cup (71g)

**Amount Per Serving**

**Calories** 250

**% Daily Value\***

**Total Fat** 1g 1%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 980mg 43%

**Total Carbohydrate** 47g 17%

Dietary Fiber 8g 29%

Total Sugars 9g

Includes 0g Added Sugars 0%

**Protein** 15g

Vitamin D 0mcg 0%

Calcium 120mg 10%

Iron 3.8mg 20%

Potassium 570mg 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: DICED TOMATOES (TOMATOES, TOMATO JUICE, SEA SALT, CITRIC ACID, CALCIUM CHLORIDE), LENTILS, YOGURT (CULTURED PASTEURIZED ORGANIC LOWFAT MILK, PECTIN, VITAMIN D3, LIVE ACTIVE CULTURES: S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, AND L. RHAMNOSUS), VEGETABLES (ONION, CARROT, POTATO, GARLIC), SEA SALT, ORGANIC RAW CANE SUGAR, CANOLA OIL, AUTOLYZED YEAST EXTRACT, TURMERIC, NATURAL FLAVORING, SPICE, DEHYDRATED ONION, CARROT, DEHYDRATED, CURRY POWDER, GARLIC POWDER, CILANTRO, BASIL, DRIED MINT

CONTAINS: MILK

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