Chicken & Dumpling Soup

Dairy Free

Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Dumplings (durum wheat flour, water, eggs, wheat gluten, salt), Carrots, Onions, Celery, Chicken Fat, Rice Flour, Sea Salt, Parsley, Spices.

Cal: 240	**Cal from Fat: 26**	**Total Fat: 11g**	**Sat Fat: 3.5g**	**Chol: 60mg**
Sodium: 710mg	**Total Carb: 20g**	**Fiber: 1g**	**Sugars: 2g**	**Protein: 12g**

Nutritional information based on 1 cup (8oz) serving

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