Chicken Vegetable Soup with Rice

Dairy Free, Low Fat, Gluten Free

Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Carrots, Zucchini, Onions, Summer Squash, Celery, White Rice, Cauliflower, Broccoli, Green Beans, Golden Wax Beans, Corn, Peas, Asparagus, Water, Parsnips, Chicken Fat, Sea Salt, Rice Starch, Scallions, Basil, Parsley, Spices.

Cal: 90	**Total Fat: 2.5g**	**Sat Fat: 0.5g**	**Trans Fat: 0g**	**Chol: 15mg**
Sodium: 560mg	**Total Carb: 11g**	**Fiber: 1g**	**Sugars: 2g**	**Protein: 7g**

Nutritional information based on 1 cup (8oz) serving

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