Lentil Soup

Vegan, Vegetarian, Dairy Free

Water, Lentils, Onions, Carrots, Celery, Turnips, Tomato Paste (tomatoes, naturally derived citric acid), Olive Oil, Extra Virgin Olive Oil, Rice Flour, Soybean Oil, Balsamic Vinegar (wine vinegar, grape must), Garlic, Sea Salt, Spices, Paprika (for color), Parsley.

Cal: 180	**Cal from Fat: 20**	**Total Fat: 11g**	**Sat Fat: 1.5g**	**Chol: 0mg**
Sodium: 610mg	**Total Carb: 18g**	**Fiber: 5g**	**Sugars: 4g**	**Protein: 5g**

Nutritional information based on 1 cup (8oz) serving

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