Maryland Vegetable Crab Soup

Dairy Free, Low Fat, Gluten Free

Water, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Crab Meat, Potatoes, Onions, Savoy Cabbage, Celery, Corn, Lima Beans, Carrots, Tomato Paste (tomatoes, naturally derived citric acid), Rice Starch, Uncured Bacon with no nitrites or nitrates added (pork, sea salt, raw sugar, spices), Crab Extract, Sea Salt, Parsley, Seasoning Blend (celery salt [salt, celery seed], spices, paprika), Paprika (for color), Pepper Sauce (distilled vinegar, red pepper, salt), Spices. **Contains Crab.**

Cal: 110	**Total Fat: 1.5g**	**Sat Fat: 0g**	**Trans Fat: 0g**	**Chol: 20mg**
Sodium: 820mg	**Total Carb: 16g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 7g**

Nutritional information based on 1 cup (8oz) serving

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