Portuguese Kale Soup with Linguica

Dairy Free, Gluten Free

Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Red Kidney Beans, Kale, Potatoes, Uncured Linguica Sausage (pork, water, salt, paprika, spices, garlic, natural flavor; no nitrate or nitrite added except for those nitrites which naturally occur in natural flavor), Onions, Olive Oil, Garlic, Sea Salt, Spices, Paprika (for color), Pepper Sauce (distilled vinegar, red pepper, salt).

Cal: 170	**Total Fat: 7g**	**Sat Fat: 1.5g**	**Trans Fat: 0g**	**Chol: 15mg**
Sodium: 520mg	**Total Carb: 23g**	**Fiber: 9g**	**Sugars: 2g**	**Protein: 12g**

Nutritional information based on 1 cup (8oz) serving

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