Caribbean Jerk Chicken Soup

Dairy Free, Gluten Free

Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark & light meat), Sweet Potatoes, Diced Tomatoes, (tomatoes, tomato juice, salt, naturally derived citric acid), Red Kidney Beans, White Rice, Coconut Milk (coconut extract, water), Onions, Molasses, Rice Starch, Carrots, Garlic, Scallions, Tomato Paste (tomatoes, naturally derived citric acid), Olive Oil, Jalapeno Peppers, Cilantro, Sea Salt, Chicken Fat, Spices, Ginger, Pepper Sauce (distilled vinegar, red pepper, salt).

Cal: 200	**Cal from Fat: 22**	**Total Fat: 5g**	**Sat Fat: 2.5g**	**Chol: 25mg**
Sodium: 690 mg	**Total Carb: 31g**	**Fiber: 5g**	**Sugars: 7g**	**Protein: 11g**

Nutritional information based on 1 cup (8oz) serving

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