Red Lentil Soup with Zucchini & Spinach

Vegan, Vegetarian, Dairy Free

Water, Onions, Carrots, Summer Squash, Zucchini, Red Lentils, Spinach, Sea Salt, Extra Virgin Olive Oil, Garlic, Canola Oil, Paprika (for color), Lemon Juice, Spices.

Cal: 130	**Total Fat: 3.5g**	**Sat Fat: 0g**	**Trans Fat: 0g**	**Chol: 00mg**
Sodium: 780mg	**Total Carb: 19g**	**Fiber: 4g**	**Sugars: 4g**	**Protein: 6g**

Nutritional information based on 1 cup (8oz) serving

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