Super Greens & Garbanzo Soup

Vegan, Vegetarian, Dairy Free, Low Fat, Gluten Free

Water, Vegetable Stock (water, onions, cabbage, celery, mushrooms, carrots, turnips, black peppercorns, mustard seed, dill weed, thyme, bay leaves, marjoram), Green Chickpeas, Zucchini, Peas, Onions, Fennel, Spinach, Kale, Lime Juice, Canola Oil, Sea Salt, Corn Starch, Scallions, Basil, Mint, Garlic, Sugar, Spinach Powder, Chili Pepper.

Cal: 100	**Total Fat: 3g**	**Sat Fat: 0g**	**Trans Fat: 0g**	**Chol: 0mg**
Sodium: 770mg	**Total Carb: 14g**	**Fiber: 3g**	**Sugars: 3g**	**Protein: 3g**

Nutritional information based on 1 cup (8oz) serving

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