



Organic Ancient Grain Minestrone Soup

Vegan

Classic minestrone flavor with an ancient twist; farro, quinoa, and barley make this a hearty treat.

Nutrition Facts

Serving Size 1 cup (245g)
Servings Per Container about 2

Amount Per Serving

Calories 130 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 680mg **28%**

Total Carbohydrate 26g **9%**

Dietary Fiber 4g **16%**

Sugars 6g

Protein 5g

Vitamin A 50% • Vitamin C 20%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Vegetable Stock* (Water, Vegetable Base* [Vegetables* (Carrots*, Tomatoes*, Onions*, Potatoes*, Garlic*), Sea Salt, Dextrose*, Cane Sugar*, Canola Oil*, Spices*, Turmeric*]), Tomatoes* (Tomatoes*, Tomato Puree*, Naturally Derived Citric Acid), Onions*, Carrots*, Kidney Beans* (Kidney Beans*, Water, Sea Salt, Kombu Seaweed), Farro*, Chick Peas*, Mushrooms*, Green Beans*, Contains 2% or less of: Pearled Barley*, Quinoa*, Garlic*, Corn Starch*, Water, Sugar*, Canola Oil*, Red Wine Vinegar*, Basil*, Parsley*, Sea Salt and Spices*.
*Organic Ingredient

Nutritionals (8oz serving)

CONTAINS: Wheat.

*No genetically engineered ingredients.
*USDA Organic Regulations do not permit the use of genetically engineered ingredients in organic products.