



Organic Coconut Lentil Soup

Vegetarian - Gluten Free

An Indian style soup that combines Organic Lentils, Coconut milk, Curry and other traditional spices.

Nutrition Facts

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

Amount Per Serving

Calories 200 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 720mg **30%**

Total Carbohydrate 29g **10%**

Dietary Fiber 10g **40%**

Sugars 3g

Protein 12g

Vitamin A 60% • Vitamin C 8%

Calcium 6% • Iron 20%

*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*]), Water, Lentils*, Onions*, Coconut Milk* (Water, Coconut*), Carrots*, Spinach*, Contains 2% or less of: Garlic*, Corn Starch*, Canola Oil*, Curry Powder* (Spices*, Turmeric*), Lemon Juice*, Sea Salt and Spices*.

* Organic Ingredient

CONTAINS: Coconut.

Nutritionals (8oz serving)

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