



0 12352 09297 8

CK Italian Lentil Soup

Nutrition Facts

1 serving per container
Serving size 14oz (397g)

Amount Per Serving
Calories 210
% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 920mg **40%**

Total Carbohydrate 35g **13%**

Dietary Fiber 8g **29%**

Total Sugars 8g

Includes 1g Added Sugars **2%**

Protein 10g

Vitamin D 0mcg **0%**

Calcium 120mg **10%**

Iron 3.2mg **20%**

Potassium 710mg **15%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, TOMATOES (TOMATOES, TOMATO JUICE, <2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), ONION, CARROTS, LENTILS, KALE, CELERY, VEGETABLE BASE (SAUTEED, VEGETABLE PUREE MIX (CARROTS, ONIONS, CELERY), SALT, SUGAR, MALTODEXTRIN, VEGETABLE OIL (CORN AND/OR CANOLA OIL), 2% OR LESS OF YEAST EXTRACT, WATER, POTATO STARCH, XANTHAN GUM, NATURAL FLAVORS, CARROT JUICE CONCENTRATE), OLIVE OIL, GARLIC, BAY LEAF, BLACK PEPPER, THYME, CAYENNE PEPPER

CONTAINS: SOY

DISTRIBUTED BY CANTEEN
2400 YORKMONT RD
CHARLOTTE, NC, 28217



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