

# Kale Lentil Soup

## Nutrition Facts Valeur nutritive

Per 16oz Container (473 mL) / 1000ml  
(473 mL)

Amount Teneur	% Daily Value % valeur quotidienne
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**Calories / Calories** 270

**Fat / Lipides** 3.0 g **5 %**

Saturated / saturés 0.5 g **3 %**  
+ Trans / trans 0 g

**Cholesterol / Cholestérol** 0 mg

**Sodium / Sodium** 490 mg **20 %**

**Potassium / Potassium** 890 mg **25 %**

**Carbohydrate / Glucides** 49 g **16 %**

Fibre / Fibres 15 g **60 %**

Sugars / Sucres 15 g

**Protein / Protéines** 14 g

Vitamin A / Vitamine A 240 %

Vitamin C / Vitamine C 70 %

Calcium / Calcium 10 %

Iron / Fer 30 %

Vitamin E / Vitamine E 15 %

Vitamin K / Vitamine K 300 %

Thiamine 10 %

Riboflavin / Riboflavine 8 %

Vitamin B6 / Vitamine B6 20 %

Folate 30 %

Phosphorus / Phosphore 8 %

Magnesium / Magnésium 20 %

Zinc / Zinc 6 %

Copper / Cuivre 15 %

Manganese / Manganèse 35 %

**INGREDIENTS:** VEGETABLE STOCK (VEGETABLE STOCK (ONION, CELERY, CARROT, MUSHROOM, RED PEPPER), TOMATO PASTE), GREEN ONION, SWEET POTATO, ORGANIC GREEN LENTILS, LEEKS, KALE, GARLIC, VEGAN BUTTER (OIL BLEND (PALM FRUIT, SOYBEAN, CANOLA, FLAX, AND OLIVE), WATER, SALT, <2% OF NATURAL FLAVOR (PLANT DERIVED FROM CORN), SOY PROTEIN, SOY LECITHIN, LACTIC ACID (NON-DAIRY), ANNATTO EXTRACT (COLOR)), HIMALAYAN PINK SALT, BLACK PEPPER, BAY LEAF

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PRESSED & CO JUICE BAR  
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