

#6475 Spicy Black Bean Soup

Ingredients: Water, tomato juice [tomato juice from concentrate (water, tomato concentrate), salt, vitamin C (ascorbic acid)], black beans, fire roasted tomatoes (tomatoes, tomato juice, salt, calcium chloride and citric acid), onions, red pepper, green pepper, modified food starch, chili powder light (chili pepper, cumin, paprika, salt, oregano and other spices, extractives of garlic), olive oil, kosher salt (salt), garlic, spices.

Nutrition Facts	
Serving Size: 1 cup / 227g	
Servings Per Container: 1.5	
Amount Per Serving	
Calories 80	Calories From Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 940mg	39%
Total Carbohydrate 18g	6%
Dietary Fiber 6g	25%
Sugars 7g	
Protein 4g	
Vitamin A 30%	• Vitamin C 110%
Calcium 4%	• Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g