

Chicken, Lentil and Orzo Soup



Chicken, Poultry Sausage, Carrots, Celery, Onions, Orzo and Lentils in a zesty Pepper Broth

\$3.50

Nutrition Facts

Serving Size 8g

Amount per serving

Calories 154 Calories from Fat 7 (0%)

% Daily Value *

Total Fat 0.79g 0%

Saturated Fat 0.0g 0%

Monosaturated Fat 0.0g

Polyunsaturated Fat 0.25g

Trans Fat 0.0g

Cholesterol 22.0g 7%

Sodium 623.0mg 25%

Potassium 411.0mg 11%

Total Carbohydrates 18.0g 6%

Dietary Fiber 8.3g 33%

Sugars 1.5g

Protein 19.0g 16%

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.