

# JOE'S KITCHEN™

## AT SCREAMIN' RIDGE FARM™



# VERMONT DAL SOUP

*Gluten Free, Vegan*

**Ingredients:** Water, Dal (mung beans), Tomato, Onion, Turmeric, Cumin, Coriander, Asafoetida, Curry Leaves, Salt, Black Pepper

### Vermont-Made From Local Farm Products

Super-fresh ingredients from nearby farms give our products flavor and energy. Eat great soup and join us in supporting small farms, local food producers, and the localvore movement.



[screaminridgefarm.com](http://screaminridgefarm.com)

## Nutrition Facts

Serv. Size 8 oz (227 g/8 oz)  
 Serv. Per Cont. 3  
**Calories** 160  
 Fat Cal. 30

Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 3.5g	<b>5%</b>	<b>Total Carb.</b> 25g	<b>8%</b>
Sat. Fat 0g	0%	Fiber 6g	24%
<i>Trans</i> Fat 0g		Sugars 1g	
<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 8g	
<b>Sodium</b> 290mg	<b>12%</b>		
Vitamin A 2%	• Vitamin C 6%	• Calcium 6%	• Iron 10%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.