

JOE'S KITCHEN™

AT SCREAMIN' RIDGE FARM™



LENTIL VEGETABLE SOUP

Gluten Free, Vegan

Ingredients: Water, Lentil, Onion, Carrot, Tomato, Mushroom, Lemon, Thyme, Salt, Black pepper, Fennel seed

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.



screamindiridgefarm.com

Nutrition Facts

Serv. Size 12 oz (340 g/12 oz)
 Serv. Per Cont.
Calories 240
 Fat Cal. 60

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 6g	10 %	Total Carb. 35g	12 %
Sat. Fat 0.5g	3 %	Fiber 15g	61 %
<i>Trans</i> Fat 0g		Sugars 5g	
Cholest. 0mg	0 %	Protein 13g	
Sodium 660mg	27 %		
Vitamin A 120 % • Vitamin C 15 % • Calcium 6 % • Iron 20 %			

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