Red Lentil Soup with Zucchini & Spinach

A delicate purée of red lentils with yellow squash, zucchini and spinach finished with extra-virgin olive oil and lemon.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 cup (245g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>220</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>35</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>6%</td>
</tr>
</tbody>
</table>

- Total Fat 4g
- Saturated Fat 0.5g
- Trans Fat 0g
- Polyunsaturated Fat 0.5g
- Monounsaturated Fat 2g
- Cholesterol 0mg
- Sodium 740mg
- Potassium 260mg
- Total Carbohydrate 34g
- Dietary Fiber 8g
- Sugars 4g
- Protein 13g

**INGREDIENTS:** Water, Red Lentils, Onions, Carrots, Summer Squash, Zucchini, Spinach, Sea Salt, Extra Virgin Olive Oil, Garlic, Canola Oil, Paprika, Lemon Juice, Spices.

**Notes:**

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