Chicken & Dumpling Soup
Slow-simmered chicken, sautéed onions, celery and carrots in a roux-thickened chicken stock with hearty dumplings, a dash of nutmeg and chopped parsley.

Nutrition Facts
Serving Size: 1 cup (245g)
Serving Per Container

Amount Per Serving
Calories 240  Calories from Fat 100
% Daily Value
Total Fat 12g  18%
  Saturated Fat 3.5g  18%
  Trans Fat 0g
  Polyunsaturated Fat 2.5g
  Monounsaturated Fat 5g
Cholesterol 60mg  20%
Sodium 710mg  30%
Potassium 210mg  6%
Total Carbohydrate 20g  7%
  Dietary Fiber 2g  8%
  Sugars 2g
Protein 15g

Vitamin A 20%  •  Vitamin C 0%
Calcium 2%  •  Iron 6%
Vitamin D 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: Chicken Stock, Chicken Meat, Dumplings (durum wheat flour, water, eggs, wheat gluten, salt), Carrots, Celery, Onions, Chicken Fat, Wheat Flour, Sea Salt, Parsley, Spices.
Contains wheat (gluten), egg ingredients.

Notes:  


Formulated by Kettle Cuisine for Westerly Natural Market