

CREAM OF LEEK & POTATO SOUP

Nutrition Facts

16 Servings

Amount Per Serving: 2 cups

Calories	159.2
Total Fat	8.4 g
Saturated Fat	2.8 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	3.8 g
Cholesterol	12.5 mg
Sodium	446.2 mg
Potassium	330.1 mg
Total Carbohydrate	20.0 g
Dietary Fiber	1.7 g
Sugars	1.3 g
Protein	1.9 g
Vitamin A	12.5 %
Vitamin B-12	0.0 %
Vitamin B-6	14.4 %
Vitamin C	21.4 %
Vitamin D	0.0 %
Vitamin E	1.7 %
Calcium	4.4 %
Copper	9.4 %
Folate	6.9 %
Iron	5.4 %
Magnesium	6.7 %
Manganese	13.6 %
Niacin	5.5 %
Pantothenic Acid	4.3 %
Phosphorus	4.6 %
Riboflavin	1.6 %
Selenium	0.8 %
Thiamin	6.2 %
Zinc	1.6 %

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