

# CREAM OF LEEK & POTATO SOUP with CHARD

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## Nutrition Facts

16 Servings

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### Amount Per Serving: 2 cups

<b>Calories</b>	176.7
<b>Total Fat</b>	8.5 g
Saturated Fat	2.8 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	3.8 g
<b>Cholesterol</b>	12.5 mg
<b>Sodium</b>	602.8 mg
<b>Potassium</b>	810.5 mg
<b>Total Carbohydrate</b>	23.6 g
Dietary Fiber	3.5 g
Sugars	2.3 g
<b>Protein</b>	3.5 g

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Vitamin A	119.7 %
Vitamin B-12	0.0 %
Vitamin B-6	18.1 %
Vitamin C	47.6 %
Vitamin D	0.0 %
Vitamin E	9.9 %
Calcium	9.4 %
Copper	16.5 %
Folate	8.9 %
Iron	16.4 %
Magnesium	25.5 %
Manganese	28.2 %
Niacin	7.1 %
Pantothenic Acid	5.7 %
Phosphorus	7.5 %
Riboflavin	6.0 %
Selenium	1.9 %
Thiamin	8.2 %
Zinc	3.6 %

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