

TABOULI SOUP

Nutrition Facts

16 Servings

Amount Per Serving: 2 cups

Calories	114.5
Total Fat	3.9 g
Saturated Fat	0.5 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	2.6 g
Cholesterol	0.0 mg
Sodium	576.9 mg
Potassium	274.9 mg
Total Carbohydrate	9.3 g
Dietary Fiber	2.3 g
Sugars	2.2 g
Protein	1.7 g
Vitamin A	20.0 %
Vitamin B-12	0.0 %
Vitamin B-6	6.4 %
Vitamin C	39.5 %
Vitamin D	0.0 %
Vitamin E	0.5 %
Calcium	3.2 %
Copper	2.2 %
Folate	3.7 %
Iron	5.3 %
Magnesium	4.7 %
Manganese	9.4 %
Niacin	4.1 %
Pantothenic Acid	1.6 %
Phosphorus	3.4 %
Riboflavin	4.1 %
Selenium	0.8 %
Thiamin	3.8 %
Zinc	1.2 %

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