



# Butternut Pumpkin Soup – Nov 14<sup>th</sup> – Dec 26<sup>th</sup>

**Ingredients:** Olive Oil, Onion, Garlic, Butternut Squash, Pumpkin, Orange Juice, Water, Salt, Black Pepper, Smoked Paprika, Cayenne

**Garnish:**

- Feta Cheese
- Roasted Sweet Potato
- Sunflower Seeds

**Allergies:**

- Onion
- Garlic
- Dairy – Feta Cheese

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>12 Fl Oz (336g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.9g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

\*Calorie count without garnish