



# Broccoli Soup – Brocc of Ages

Ingredients -Olive Oil, Yellow Onion, Russet Potato, Garlic, Broccoli, Water, Kosher Salt, Black Pepper, Dried Thyme

**Garnish:**

- Roasted Broccoli
- Local White Cheddar
- Green Onion

**Allergies:**

- Onion
- Garlic
- Dairy – Local white cheddar

**Nutrition Facts**

1 servings per container	
<b>Serving size</b>	<b>12 Fl Oz (340g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 3.8g	<b>19%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 1360mg	<b>59%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 5g	
Includes 0g Added Sugars	
<b>Protein</b> 8g	<b>16%</b>
<small>Not a significant source of 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>	