

Sweet Potato Lavender Soup

Nutrition Facts

Valeur nutritive

2 serving (250 g) /

Amount Per Serving / Teneur par portion

Calories / Calories 115 (481 kJ)

% Daily Value / % valeur quotidienne*

Total Fat / Lipides 1.5 g	2%
Saturated / saturés 0 g	1%
+ Trans Fat 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 230 mg	10%
Carbohydrate / Glucides 24 g	8%
Fibre / Fibres 4 g	15%
Sugars / Sucres 10 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	100%
Vitamin C / Vitamine C	35%
Calcium / Calcium	4%
Iron / Fer	6%

INGREDIENTS: water, l'eau, sweet potato. patate douce, onion, oignon, lavender, lavande, canola oil, huile de canola, ginger, gingembre, salt, vegetable base, base végétale