

# Chickpea Tomato Brown Rice Soup

## Nutrition Facts

Serving Size 1 serving (222.71g)  
Servings Per Container 43

### Amount Per Serving

**Calories** 280      **Calories from Fat** 40

**% Daily Value\***

**Total Fat** 4.5g      **7%**

**Saturated Fat** 0.5g      **3%**

*Trans Fat* 0g

**Cholesterol** 0mg      **0%**

**Sodium** 480mg      **20%**

**Total Carbohydrate** 49g      **16%**

    Dietary Fiber 9g      **37%**

    Sugars 9g

**Protein** 10g

Vitamin A 4%      •      Vitamin C 25%

Calcium 10%      •      Iron 20%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Ingredients:** Canned Diced Tomatoes; Vegetable Broth, Chickpeas/Garbanzo Beans, Onions, Basmati Brown Rice, Olive Oil; Table Salt; Garlic Clove; Ground Black Pepper; Dried Rosemary