



## COCONUT CARROT GINGER SOUP

### The pasta Dream

301 E Robinson Ave Suite B12-B,  
Springdale, AR 72764.  
Thepastadream@gmail.com

#### Ingredients:

Carrots, Onions, Vegetable Stock, Coconut Milk, Ginger, Salt, Black Pepper, Apple Cider Vinegar, Coconut Cream, Bay Leaves.

Contains: Tree Nuts

### Reheating Instructions

**Stovetop:** Turn burner on low heat. Place soup into a pan and cook for 5-8 minutes (or until bubbly), stirring occasionally. When hot, place into a bowl and serve.

**Microwave:** Remove plastic packaging from paper tray. Place the tray on a plate in the microwave for heating. Heat for 4 minutes, stirring periodically. Place soup into a bowl and serve.

\*Processed in a facility that also processes Wheat, Milk, Egg, Shellfish, Crustacean, Fish, Soy and Nuts.

**Perishable Keep Frozen**

**Net Weight 8 oz**

**Serving Size: 8 oz Servings per container: 1**

Amount per serving		% Daily Value
Calories	130	
Calories From Fat		
<b>Total Fat</b>	7g	9%
Saturated Fat	6g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	320mg	14%
Total Carbohydrates	16g	6%
dietary Fiber	4g	13%
Sugars	7g	
Incl. Additional Sugars	0g	0%
Protein	2g	
-----		
Vitamin D	0mg	0%
Calcium	50mg	4%
Iron	2mg	8%
Potassium	470mg	10%
Phosphorus	80mg	6%

\*Percent Daily Values are based on a 2,000 calories diet. Your daily intake may be higher or lower depending upon your caloric needs.