Chicken & Dumpling Soup

Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat (dark and light meat), Dumplings (durum wheat flour, water, eggs, wheat gluten, salt), Carrots, Onions, Celery, Chicken Fat, Wheat Flour, Sea Salt, Parsley, White Pepper, Nutmeg. **Contains Egg, Wheat.**

Cal: 230	**Total Fat: 11g**	**Sat Fat: 3.5g**	**Trans Fat: 0g**	**Chol: 60mg**
Sodium: 700mg	**Total Carb: 20g**	**Fiber: 1g**	**Sugars: 2g**	**Protein: 13g**

Nutritional information based on 1 cup (8oz) serving.

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