Caribbean Jerk Chicken Soup

Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat, Sweet Potatoes, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Red Kidney Beans, Parboiled Long Grain Rice, Coconut Milk (coconut, water), Onions, Molasses, Rice Starch, Carrots, Garlic, Scallions, Tomato Paste (tomatoes, citric acid), Olive Oil, Sea Salt, Jalapeno Peppers, Cilantro, Chicken Fat, Ginger, Black Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Dried Thyme, Cinnamon, Nutmeg, Ground Allspice. **Contains Tree Nuts (coconut).**

Cal: 200	**Total Fat: 5g**	**Sat Fat: 2.5g**	**Trans Fat: 0g**	**Chol: 25mg**
Sodium: 670mg	**Total Carb: 31g**	**Fiber: 4g**	**Sugars: 7g**	**Protein: 11g**

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

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