Portuguese Kale Soup with Linguica

Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Red Kidney Beans, Kale, Potatoes, Uncured Linguica Sausage with no nitrates/ nitrites added except for those which naturally occur in natural flavor (pork, water, salt, paprika, spices, garlic, natural flavor), Onions, Olive Oil, Garlic, Sea Salt, Paprika (for color), Pepper Sauce (distilled vinegar, red pepper, salt), Allspice, Bay Leaves, Cloves, White Pepper.

Cal: 160	**Total Fat: 7g**	**Sat Fat: 1.5g**	**Trans Fat: 0g**	**Chol: 15mg**
Sodium: 510mg	**Total Carb: 21g**	**Fiber: 8g**	**Sugars: 2g**	**Protein: 12g**

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

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