

White Bean & Escarole Soup

White Navy Beans, Water, Escarole, Fennel, Onions, Extra Virgin Olive Oil, Lemon Juice, Sea Salt, Basil, Corn Starch, Garlic, Fennel Seed, White Pepper, Red Pepper Flakes, Thyme.

Cal: 210	Total Fat: 4.5g	Sat Fat: 0.5g	Trans Fat: 0g	Chol: 0mg
Sodium: 710mg	Total Carb: 32g	Fiber: 6g	Sugars: 3g	Protein: 11g

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

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