

TURKEY HOMINY KIDNEY BEAN AND KALE SOUP

Nutrition Facts

Servings 4.0

Amount Per Serving

Calories 512

% Daily Value *

Total Fat 5 g **8 %**

Saturated Fat 0 g **2 %**

Monounsaturated Fat 1 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 88 mg **29 %**

Sodium 1534 mg **64 %**

Potassium 745 mg **21 %**

Total

Carbohydrate 63 g **21 %**

Dietary

Fiber 16 g **65 %**

Sugars 11 g

Protein 50 g **99 %**

Vitamin A **81 %**

Vitamin C **35 %**

Calcium **31 %**

Iron **39 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.
