

Extras

	Serving Size	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein
Heavenly Seven Bean Soup	1 cup	150	20	2 g	0 g	0 g	5 mg	1500 mg	24 g	5 g	6 g	9 g
Spinach Dip	2 TBSP	130	120	14 g	3.5 g	0 g	10 mg	110 mg	2 g	0 g	0 g	1 g
Tomato & Cucumber Salad	1/2 Cup	60	40	4.5 g	.5 g	0 g	0 mg	550 mg	5 g	1 g	3 g	1 g