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Vegetable Soup

Ingredients:

- 1 (15-ounce) can chicken broth, low sodium
- 1 (15-ounce) can diced tomatoes w/ Italian seasoning
- 1 (16-ounce) package mixed vegetables, frozen

Makes 8 servings - 0% calories from fat

Instructions:

1. In a 2 quart microwave dish combine chicken broth, tomatoes and vegetables.
2. Cover and microwave on high for 3 minutes.
3. Remove the dish from microwave and serve

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 2g	
Vitamin A 25%	Vitamin C 20%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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