

Recipe

Harvest soup

Follow your salad with a healthy cup of butternut squash or lentil soup.

Makes 1 servings | Prep: 5 minutes | Cook: 5 minutes



Ingredients

- 1½ cups canned reduced-sodium butternut squash or lentil soup

Preparation

Heat butternut squash or lentil soup.

Nutrition information per serving | Serving size: ¾ cup



Calories: 153 | Total fat: 4 g | Saturated fat: 0 g | Sodium: 436 mg | Cholesterol: 0 mg | Total carbs: 30 g | Fiber: 3 g
Sugars: 6 g | Protein: 3 g | Potassium: 11 mg

Teladoc
HEALTH