



Lemon Dill Chicken Noodle Mason Jar Soup

[Grilled chicken](#), carrot, onion, celery, dill weed, thyme, TrueLemon, [chicken broth concentrate](#), [cooked egg noodles](#)

Nutrition information based on 1 jar.

Nutrition Facts	
Lemon Dill Chicken Noodle Mason Jar Soup	
1 serving per container	
Serving Size	1.00 each
Amount per serving	
Calories	133
%Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 599mg	26%
Total Carbohydrate 16g	6%
Dietary Fiber 1.5g	5%
Total Sugars 1.8g	
Includes 0.7g Added Sugars	1%
Proteins 13g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1.4mg	8%
Potassium 109mg	2%
Phosphorus 11mg	1%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

