



Creamy Tortellini Mason Jar Soup

[Tomato sauce](#), [alfredo sauce](#), [diced tomatoes](#), spinach, onion, [cooked sausage](#), [tortellini](#), [pasta herb](#), [kinder's the blend](#)

Nutrition information based on 1 jar.

Nutrition Facts	
Creamy Tortellini Mason Jar Soup	
1 serving per container	
Serving Size	1.00 each
Amount per serving	
Calories	281
%Daily Value*	
Total Fat 11g	15%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Cholestrol 37mg	12%
Sodium 1169mg	51%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 7.1g	
Includes 0g Added Sugars	0%
Proteins 11g	
Vitamin D 0.2mcg	1%
Calcium 81mg	6%
Iron 9.1mg	51%
Potassium 159mg	3%
Phosphorus 35mg	3%
* 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.	

