



Nutrition Facts

Serving Size 1 12th recipe

Amount Per Serving

Calories 270

% Daily Value

Total Fat 10g **15%**

Saturated Fat 5g **25%**

Cholesterol 50mg **17%**

Sodium 1180mg **49%**

Total Carbohydrate 34g **11%**

Dietary Fiber 6g **24%**

Protein 13g **26%**

Vitamin A % Vitamin C %

Calcium % Iron %



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup with water as directed.
2. Stir chicken, beans and barbecue sauce into soup; bring to simmer. Cook for 3 to 5 minutes or until heated through.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 2 tsp (10 mL) green onions.