

A hand is shown from the top, sprinkling small, light-colored particles (likely herbs or spices) into a dark bowl filled with a creamy soup. Several slices of bread are visible around the bowl. The background is dark and out of focus.

Nutrition and Dietary Management System

NDMS

By William Carey

Bread: 21 calories

Garlic: 10 calories

Thyme: 2 calories

Designed by Eileen Rattigan