

HERBAN FRESH
FROM THE CITY

ITEM
7164HF24

Sweet Potato & Kale Chowder

A hearty, homestyle vegan chowder packed with nutritious kale, sweet potato and corn in a rich stock with coconut cream and spices.



Vegan & Gluten-Free

Soups, Chowders, Chilis

UPC:

880632006393

Case:

6 x 23.5 oz Net Wt: 8.8 lbs / Gross Wt: 10.5 lbs Case
Dimensions: 14" x 5" x 9.5" Case Cube: .38

(Also available as 2 x 8 lb refrigerated bulk food service pouches)

Pallet:

13 per tier/ 7 tiers high 91 cases per pallet
Pallet weight (gross): 955.5 lbs

INGREDIENTS:

VEGETABLE STOCK (water, sea salt, onion, maltodextrin, dextrose, yeast extract, carrot, celery seed, white pepper, turmeric), SWEET POTATO, ONION, KALE, CORN, COCONUT CREAM (coconut extract, water, xanthan gum), CELERY, CARROT, RED BELL PEPPER, CORNSTARCH, LEMON JUICE, SEA SALT, GARLIC, OLIVE OIL, ZUCCHINI POWDER, PARSLEY, YEAST EXTRACT, SPICES, BASIL, TURMERIC, THYME, NISIN.

CONTAINS:

Tree Nuts (Coconut)



Cooking Instructions:

Microwave: Remove plastic seal, heat between 3-5 minutes, or until hot, stirring once during heating. Stove top: Empty soup into sauce pan, heat gently to 165°F.



Handling:

Keep refrigerated.



Shelf Life:

60 days from date of manufacturer.

Nutrition Facts

about 3 servings per container

Serving size

1 cup (241g)

	Per serving	Per container
	100	270
	% DV*	% DV*
Calories		
Total Fat	2.5g 3%	7g 9%
Saturated Fat	1.5g 6%	3.5g 18%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	430mg 19%	1170mg 51%
Total Carbohydrate	18g 6%	49g 18%
Dietary Fiber	2g 9%	7g 24%
Total Sugars	4g	11g
Incl. Added Sugars	0g 0%	0g 0%
Protein	2g	6g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	50mg 4%	140mg 10%
Iron	0.7mg 4%	1.8mg 10%
Potassium	570mg 10%	1580mg 35%

* 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.

Calories per gram: Fat 9 Carbohydrate 4 Protein 4

EACH PURCHASE OF HERBAN FRESH DIRECTLY SUPPORTS URBAN FARMING INITIATIVES

Visit HerbanFreshFoods.com for more info.



PLENUS GROUP INC.

A: Plenus Group Inc. 101 Phoenix Ave., Lowell, MA 01852 T: 978.970.3832 F: 978.441.2528 E: sales@plenus-group.com

PGIFOODS.COM