

**HERBAN FRESH**  
FROM THE CITY

**ITEM**  
**7147HF24**

# Hearty Vegetable Soup

*A hearty, gluten-free vegan soup featuring fresh cut vegetables in a delicious broth.*



★ **Vegan & Gluten-Free**

*Soups, Chowders, Chilis*

**UPC:**

880632005839

**Case GTIN:**

10880632005836

**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, spice, turmeric), TOMATO (tomatoes, tomato juice, calcium chloride, citric acid), CARROT, SWEET POTATO, ONION, NAPA CABBAGE, LENTIL, SPINACH, ROASTED CORN, MUSHROOM, LEEK, BROCCOLI, CELERY, CORN STARCH, LEMON JUICE, OLIVE OIL, PARSLEY, GARLIC, BASIL, CANE SUGAR, YEAST EXTRACT (yeast extract, canola oil), SPICE, NISIN.



**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	
		<b>90</b>		<b>250</b>
		% DV*		% DV*
<b>Calories</b>				
<b>Total Fat</b>	2g	2%	5g	7%
Saturated Fat	0g	0%	1g	4%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	0mg	0%
<b>Sodium</b>	360mg	15%	980mg	43%
<b>Total Carbohydrate</b>	16g	6%	45g	16%
Dietary Fiber	3g	10%	8g	28%
Total Sugars	4g		10g	
Incl. Added Sugars	0g	0%	1g	2%
<b>Protein</b>	3g		9g	
Vitamin D	0mcg	0%	0.1mcg	0%
Calcium	60mg	4%	160mg	10%
Iron	1.8mg	10%	4.9mg	25%
Potassium	240mg	6%	660mg	15%

\* 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](http://HerbanFreshFoods.com) for more info.