

**HERBAN
FRESH**

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 GTIN:

10880632006390

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	
Calories	100	270	
	% DV*	% DV*	
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**

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