

HERBAN FRESH
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 powder, maltodextrin*, dextrose*, yeast extract [yeast extract, salt], carrot powder, celery seed, white pepper, turmeric), TOMATO (tomatoes, tomato juice, salt, calcium chloride, citric acid), CARROT, SWEET POTATO, ONION, CABBAGE, ROASTED CORN*, MUSHROOM, RED LENTILS, SPINACH, BROCCOLI, LEEKS, CELERY, CORN STARCH*, OLIVE OIL, PARSLEY, GARLIC, BASIL, CANE SUGAR*, LEMON JUICE CONCENTRATE, YEAST EXTRACT (yeast extract, salt), SPICES, CARAMEL COLOR*, NISIN.

*non-GMO



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	% DV*	Per container	% DV*
Calories	90		250	
Total Fat	2g	2%	5g	7%
Saturated Fat	0g	0%	1g	4%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	360mg	15%	980mg	43%
Total Carbohydrate	16g	6%	45g	16%
Dietary Fiber	3g	10%	8g	28%
Total Sugars	4g		10g	
Incl. Added Sugars	0g	0%	1g	2%
Protein	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 for more info.