

HERBAN  
FRESH

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 (245g)

	Per serving		Per container
Calories	90		250
	% DV*		% DV*
Total Fat	2g 3%	5g 7%	
Saturated Fat	0g 0%	1g 4%	
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg 0%	
Sodium	360mg 16%	980mg 42%	
Total Carbohydrate	16g 6%	45g 16%	
Dietary Fiber	3g 10%	7g 26%	
Total Sugars	4g	10g	
Incl. Added Sugars	0g 0%	1g 2%	
Protein	3g	9g	
Vitamin D	0mcg 0%	0.1mcg 0%	
Calcium	40mg 4%	110mg 8%	
Iron	1.2mg 6%	3.2mg 20%	
Potassium	280mg 6%	770mg 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.

EACH PURCHASE OF HERBAN FRESH DIRECTLY  
SUPPORTS URBAN FARMING INITIATIVES

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