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/ 10 tiers high | 130 cases per pallet
Pallet weight (gross): 1365 lbs

INGREDIENTS:

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

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 (245g)**

	Per serving		Per container	
Calories	**100**		**270**	
		% DV*		% DV*
Total Fat	2.5g	3%	7g	9%
Saturated Fat	1.5g	6%	3.5g	17%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	440mg	19%	1190mg	52%
Total Carbohydrate	18g	7%	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%	150mg	10%
Iron	0.7mg	4%	1.8mg	10%
Potassium	600mg	15%	1630mg	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.

EACH PURCHASE OF HERBAN FRESH DIRECTLY SUPPORTS URBAN FARMING INITIATIVES

Visit HerbanFreshFoods.com for more info.

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