

**HERBAN FRESH**  
FROM THE CITY

**ITEM**  
**7301HF24**

# Roasted Corn & Red Pepper Chowder

*A flavorful vegan soup packed with roasted corn, sweet potato and red peppers in a savory stock featuring coconut cream for a creamy texture.*



**Vegan**

*Soups, Chowders, Chilis*

**UPC:**

880632009646

**Case GTIN:**

10880632009643

**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

**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, turmeric), CREAMED CORN (corn, water, cane sugar, corn starch, sea salt), CORN, SWEET POTATO, COCONUT CREAM (coconut milk, water, xanthan gum), RED BELL PEPPER, CORNSTARCH, CARROT, ONION, CANOLA OIL, CORN POWDER, CANE SUGAR, CILANTRO, PARSLEY, SPICE, GRANULATED GARLIC, NISIN.

**CONTAINS:**

Tree nut (Coconut).

## Nutrition Facts

about 3 servings per container  
**Serving size** 1 cup (245g)

	Per serving		Per container	
		<b>160</b>		<b>430</b>
		% DV*		% DV*
<b>Calories</b>				
<b>Total Fat</b>	5g	6%	14g	18%
Saturated Fat	2.5g	13%	7g	36%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	0mg	0%
<b>Sodium</b>	450mg	20%	1230mg	54%
<b>Total Carbohydrate</b>	27g	10%	74g	27%
Dietary Fiber	2g	8%	6g	22%
Total Sugars	6g		17g	
Incl. Added Sugars	1g	3%	4g	8%
<b>Protein</b>	3g		7g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	20mg	2%	60mg	4%
Iron	0.6mg	4%	1.7mg	10%
Potassium	370mg	8%	1020mg	20%

\* 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.



**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 manufacture.

**EACH PURCHASE OF HERBAN FRESH DIRECTLY SUPPORTS URBAN FARMING INITIATIVES**

Visit [HerbanFreshFoods.com](http://HerbanFreshFoods.com) for more info.