

HERBAN  
FRESH

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 Weight: 8.8 lbs | Gross Weight: 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:**

WATER, CREAMED CORN (water, corn, cane sugar, cornstarch, sea salt), CORN, SWEET POTATOES, COCONUT MILK (coconut, water), RED BELL PEPPERS, CORN STARCH, CARROTS, ONIONS, SEA SALT, CANOLA OIL, CORN POWDER, CANE SUGAR, ONION POWDER, MALTODEXTRIN, DEXTROSE, CILANTRO, PARSLEY, YEAST EXTRACT (yeast extract, salt), SPICES, CARROT POWDER (carrot, rice hull), GRANULATED GARLIC, NISIN

**CONTAINS:**

Tree nut (Coconut).

## Nutrition Facts

about 3 servings per container

Serving size 1 cup (245g)

	Per serving		Per container	
		140		380
	% Daily Value*		% Daily Value*	
<b>Calories</b>				
<b>Total Fat</b>	4.5g	6%	12g	15%
Saturated Fat	2.5g	13%	6g	30%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	0mg	0%
<b>Sodium</b>	460mg	20%	1250mg	54%
<b>Total Carbohydrate</b>	24g	9%	66g	24%
Dietary Fiber	1g	4%	3g	11%
Total Sugars	4g		10g	
Incl. Added Sugars	1g	2%	2g	4%
<b>Protein</b>	2g		6g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	25mg	2%	67mg	6%
Iron	1mg	6%	1mg	6%
Potassium	734mg	15%	1992mg	40%

\*The % Daily Value 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:**

70 days from date of manufacture.

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

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