

**HERBAN FRESH**  
FROM THE HEARTY KITCHEN

**ITEM**  
**7147HF24**

# Hearty Vegetable Soup

*A hearty, gluten-free vegan soup featuring fresh cut vegetables in a delicious broth.*



★ Vegan

*Soups, Chowders, Chilis*

**UPC:**

880632005839

**Case GTIN:**

10880632005836

**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

(Also available as 4 x 4 lb refrigerated bulk food service pouches)

**Pallet:**

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

**INGREDIENTS:**

WATER, TOMATOES (tomatoes, tomato juice, less than 2% of salt, citric acid, calcium chloride), CARROTS, SWEET POTATOES, ONIONS, NAPA CABBAGE, LENTILS, SPINACH, PORTABELLO MUSHROOMS, CORN, BROCCOLI, LEEKS, CELERY, CORN STARCH, EXTRA VIRGIN OLIVE OIL, SPICES, SEA SALT, GARLIC, CANE SUGAR, ONION POWDER, MALTODEXTRIN, DEXTROSE, YEAST EXTRACT (yeast extract, salt), LEMON JUICE CONCENTRATE, CARROT POWDER (carrot, rice hull), 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:**

70 days from date of manufacturer.

<b>Nutrition Facts</b>			
about 3 servings per container			
<b>Serving size</b>		<b>1 cup (245g)</b>	
	Per serving	Per container	
<b>Calories</b>	<b>80</b>	<b>230</b>	
	<b>% Daily Value*</b>	<b>% Daily Value*</b>	
<b>Total Fat</b>	1.5g <b>2%</b>	4.5g <b>6%</b>	
Saturated Fat	0g <b>0%</b>	0.5g <b>3%</b>	
Trans Fat	0g	0g	
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>	
<b>Sodium</b>	310mg <b>13%</b>	850mg <b>37%</b>	
<b>Total Carbohydrate</b>	15g <b>5%</b>	41g <b>15%</b>	
Dietary Fiber	2g <b>7%</b>	5g <b>18%</b>	
Total Sugars	3g	9g	
Incl. Added Sugars	0g <b>0%</b>	0g <b>0%</b>	
<b>Protein</b>	3g	8g	
Vitamin D	0mcg <b>0%</b>	0mcg <b>0%</b>	
Calcium	37mg <b>2%</b>	101mg <b>8%</b>	
Iron	1mg <b>6%</b>	3mg <b>15%</b>	
Potassium	483mg <b>10%</b>	1312mg <b>30%</b>	

\*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.

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

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