

HERBAN FRESH
FROM THE CITY WITH THE BEST

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

Soups, Chowders, Chilis

UPC:

880632006393

Case GTIN:

10880632006390

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, SWEET POTATOES, ONIONS, KALE, CORN, CELERY, CARROTS, COCONUT MILK (coconut, water), RED BELL PEPPERS, CORN STARCH, SEA SALT, GARLIC, EXTRA VIRGIN OLIVE OIL, SPICES, ZUCCHINI POWDER, LEMON JUICE CONCENTRATE, YEAST EXTRACT (yeast extract, salt), ONION POWDER, MALTODEXTRIN, DEXTROSE, CARROT POWDER (carrot, rice hull), 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:

70 days from date of manufacturer.

Nutrition Facts

about 3 servings per container

Serving size 1 cup (245g)

	Per serving		Per container	
	90		240	
	% Daily Value*		% Daily Value*	
Calories				
Total Fat	2g	3%	6g	8%
Saturated Fat	1g	5%	3g	15%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	400mg	17%	1080mg	47%
Total Carbohydrate	16g	6%	44g	16%
Dietary Fiber	2g	7%	5g	18%
Total Sugars	3g		8g	
Incl. Added Sugars	0g	0%	1g	2%
Protein	2g		5g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	57mg	4%	156mg	10%
Iron	1mg	6%	2mg	10%
Potassium	642mg	15%	1744mg	35%

*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 for more info.

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