

# HERBAN FRESH

ITEM  
7147HF24

## Hearty Vegetable Soup

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



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

### 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, PORTOBELLO 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.



### 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.

## Nutrition Facts

about 3 servings per container

Serving size

1 cup (245g)

	Per serving		Per container	
Calories	80		230	
	% Daily Value*		% Daily Value*	
Total Fat	1.5g	2%	4.5g	6%
Saturated Fat	0g	0%	0.5g	3%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	310mg	13%	850mg	37%
Total Carbohydrate	15g	5%	41g	15%
Dietary Fiber	2g	7%	5g	18%
Total Sugars	3g		9g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	3g		8g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	37mg	2%	101mg	8%
Iron	1mg	6%	3mg	15%
Potassium	483mg	10%	1312mg	30%

\*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](https://HerbanFreshFoods.com) for more info.



PGI Foods | [PGIFOODS.COM](https://PGIFOODS.COM)

A: 101 Phoenix Ave., Lowell, MA 01852 T: 978.970.3832 F: 978.441.2528 E: [sales@pgifoods.com](mailto:sales@pgifoods.com)