

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 (corn, water, cane sugar, corn starch, sea salt), CORN, SWEET POTATOES, COCONUT MILK (coconut, water), PEPPERS, CORN STARCH, CARROTS, ONIONS, SEA SALT, CANOLA OIL, SPICES, CANE SUGAR, ONION POWDER, YEAST EXTRACT (yeast extract, salt), CARROT POWDER (carrot, rice hull), GRANULATED GARLIC, 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 | | 1 cup (245g) | |
|--------------------------------|-------|--------------|---------------|
| Serving Size | | Per serving | Per container |
| Calories | | 140 | 380 |
| | % DV* | | % DV* |
| Total Fat | 4.5g | 6% | 12g 15% |
| Saturated Fat | 2.5g | 13% | 7g 35% |
| Trans Fat | 0g | | 0g |
| Cholesterol | 0mg | 0% | 0mg 0% |
| Sodium | 460mg | 20% | 1250mg 54% |
| Total Carb. | 25g | 9% | 67g 24% |
| Dietary Fiber | 2g | 7% | 7g 25% |
| Total Sugars | 3g | | 8g |
| Incl. Added Sugars | 2g | 4% | 4g 8% |
| Protein | 2g | | 6g |
| Vitamin D | 0mcg | 0% | 0mcg 0% |
| Calcium | 20mg | 2% | 54mg 4% |
| Iron | 1mg | 4% | 1mg 8% |
| Potassium | 854mg | 20% | 2319mg 50% |

* 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.

EACH PURCHASE OF HERBAN FRESH DIRECTLY SUPPORTS URBAN FARMING INITIATIVES

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