

## Organic Split Pea and Kale Soup









A puréed blend of slow-simmered green split peas, onions, celery, and carrots with hearty kale and a fragrant rosemary finish.



## **INGREDIENTS:**

Organic Peas, Water, Organic Kale, Organic Onions, Organic Celery, Organic Carrots, Organic Rosemary, Organic Canola Oil, Sea Salt, Organic Bay Leaves, Organic Black Pepper.

Nutrition F	Cup (245g)		
Land State of the	- np (= :- 3)		
Amount per serving	00		
Calories	<u> </u>		
9/	6 Daily Value*		
Total Fat 1.5g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 340mg	15%		
Total Carbohydrate 13g	5%		
Dietary Fiber 0g	0%		
Total Sugars 2g			
Includes 0g Added Sugars	0%		
Protein 5g			
Vitamin D 0mcq	0%		
Calcium 47mg	4%		
Iron 1mg	6%		
Potassium 300mg	6%		
*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.			

MFG CODE	RECIPE CODE	GTIN	PACK SIZE	SHELF LIFE
700960	500483	00667978018033	4-4# Bags/Case	15 months from manufacture

## FROZEN HANDLING INSTRUCTIONS:

Hold at a frozen state 0-15°F until time of use. Thaw under refrigeration for approximately 24-36 hours at or below 40°F. Heat to 165°F as quickly as possible by placing pouches in a water bath, kept preferably around 180 -190°F or by pouring thawed product into double boiler (stirring constantly to avoid scalding).