

## Hearty Vegetable Soup



Slow-simmered vegetables in a savory broth with hearty chickpeas, red chili beans and diced potatoes, seasoned with a blend of herbs and spices.



**Contains: Soy.**

### INGREDIENTS:

Water, Tomato Puree (tomatoes), Green Cabbage, Ground Tomato Puree (diced tomatoes, tomato puree, salt, citric acid), Corn, Zucchini, Onions, Carrots, Celery, Green Peppers, Mirepoix Base (sautéed vegetables [carrot, celery, onion, and soybean oil], salt, sugar, maltodextrin, mirepoix flavor [autolyzed yeast extract, maltodextrin, canola oil, and natural flavors], modified food starch, disodium inosinate and disodium guanylate, natural flavorings), Chickpeas (chickpeas, water, salt, calcium chloride, disodium edta), Potatoes, Cooked Dark Kidney Beans, Red Bell Pepper, Garbanzo Beans, Soybean Oil, Spike Seasoning (salt crystals [earth and sea], nutritional yeast, hydrolyzed soy protein [no added msg], mellow toasted onion, onion powder, orange powder, soy granules, celery leaf powder, celery root powder, garlic powder, dill, kelp, Indian curry, horseradish, ripe white pepper, orange and lemon peel, summer savory, mustard flour, sweet green and red bell peppers, parsley flakes, tarragon, rosehips, safflower, mushroom powder, parsley powder, spinach powder, tomato powder, sweet paprika, celery seed ground, cayenne pepper, oregano, sweet basil, marjoram, rosemary and thyme), Salt, Chives, Parsley Flakes, Oregano, Black Pepper.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 cup (245g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 950mg	<b>41%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes <1g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 43mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 469mg	<b>10%</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.

MFG CODE	RECIPE CODE	GTIN	PACK SIZE	SHELF LIFE
701136	500758	00667978601389	4 - 8lb. 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).

**PALLET CONFIGURATIONS:** 14 x 4 (56)

**CASE DIMENSIONS:** 15.25" x 8.625" x 10"