KETTLE CUISINE

Lentil Soup

VN VG DF

Hearty lentils, vibrant carrots and caramelized onions with sautéed garlic, extra virgin olive oil, balsamic vinegar, Moroccan spices and hand-chopped parsley.

INGREDIENTS:

Water, Lentils, Onions, Carrots, Turnips, Celery, Tomato Paste (tomatoes), Olive Oil, Extra Virgin Olive Oil, Rice Flour, Soybean Oil, Balsamic Vinegar (wine vinegar, grape must), Garlic, Sea Salt, Paprika (for color), Parsley, Dried Marjoram, Black Pepper, Cumin, Nutmeg, Dried Basil, Bay Leaves, Cloves.

Nutrition Facts

Serving size	**1 cup (245g)**
Amount per serving	
Calories	**200**
	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 480mg	**21%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 8g	**29%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 8g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 3mg	15%
Potassium 470mg	10%

*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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

MFG CODE	RECIPE CODE	GTIN	PACK SIZE	SHELF LIFE
700199	500020	00667978044094	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).

PALLET CONFIGURATIONS: 17 x 6 (102) **CASE DIMENSIONS:** 11.8125” x 9.3125” x 5.875”

Technical data as of 3/30/2022. Subject to change.