



## VERVE® MOROCCAN STYLE NINE VEGETABLE

Code de cas  
**24723**

Pack et taille  
**4 x 1.81 kg (4lb) pouch**



A fragrant vegetable broth infused with ginger and lemon -- bursting with a vibrant palette of nine vegetables, chickpeas and lentils.

### Faits nutritionnels

|                             |                                |
|-----------------------------|--------------------------------|
| Portion                     | 250 mL                         |
| Quantité par portion        |                                |
| Calories 180                | Calories provenant des lipides |
| % Valeur quotidienne        |                                |
| <b>Graisse totale</b> 4g    | <b>6%</b>                      |
| <b>Graisse saturée</b> 0.3g | <b>2%</b>                      |
| <b>Cholestérol</b> 0mg      | <b>0%</b>                      |
| <b>Sodium</b> 750mg         | <b>31%</b>                     |
| <b>Glucides totaux</b> 32g  | <b>11%</b>                     |
| Fibre alimentaire 6g        | <b>24%</b>                     |
| Sugars 8g                   | <b>16%</b>                     |
| <b>Protéine</b> 6g          | <b>12%</b>                     |
| Vitamine A 30%              | Vitamine C 2%                  |
| Calcium 6%                  | Fer 10%                        |
| Vitamine E 0%               | Thiamine 0%                    |
| Magnésium 0%                | Zinc 0%                        |

\* Pourcentage des valeurs quotidiennes sont basées sur un régime de 2 000 calories.  
Les données nutritionnelles sont basées sur nos données actuelles. Toutefois, étant donné que les données peuvent changer de temps à autre, ces informations peuvent ne pas toujours être identiques au tableau de la valeur nutritive figurant sur les étiquettes des produits.

### INGRÉDIENTS

WATER, DICED TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), REHYDRATED POTATOES (CONTAIN SODIUM PHOSPHATE), CHICKPEAS, ZUCCHINI, CARROTS, LENTILS, ONIONS, BUTTERNUT SQUASH, CABBAGE, CELERY, SWEET POTATOES, CANOLA OIL, CARROT JUICE CONCENTRATE, DRIED POTATOES (POTATOES, MONO- AND DIGLYCERIDES, SODIUM PHOSPHATE, CITRIC ACID), SALT, GARLIC (CONTAINS CITRIC ACID), SUGAR, POTATO STARCH, SPICE EXTRACTS, YEAST EXTRACT, LEMON JUICE CONCENTRATE, DRIED CHILI PEPPER, DRIED PARSLEY, FLAVOUR, TURMERIC EXTRACT.

### CARACTÉRISTIQUES ET AVANTAGES

Fully Prepared: Pouch saves time and labour  
Easy to prepare: Ability to boil in the bag  
Consistent taste and appearance every time

### IDÉES DE SERVICE

Place a small mound of couscous in the bottom of a bowl and have your server pour the soup over it at the table.  
Garnish with snipped fresh herbs such as mint or cilantro, couscous or grilled flatbread.

### PRÉPARATION

This product has not been fully cooked before freezing. Carefully follow the recommended cooking directions to assure complete cooking.

1. From a frozen or thawed state, immerse pouch in boiling water
2. Heat product until 80° C / 180° F
3. Using a ladle or insulated gloves, remove pouch from water
4. Open Pouch: Make a cut with a knife near top of pouch. Carefully pour into steam table insert or holding kettle.  
Do not add water or milk.

### MANIPULATION

Keep frozen until ready to use. Ready to Cook.  
Do not re-freeze. Do not use if pouch punctured or torn.

### STOCKAGE

Durée de conservation: 21 months

Température de stockage: - 18C

### PLUS

Fully Prepared: Pouch saves time and labour  
Easy to prepare: Ability to boil in the bag  
Consistent taste and appearance every time

### DÉTAILS DE L' EMBALLAGE

|                        |                         |                             |                                         |                |                |
|------------------------|-------------------------|-----------------------------|-----------------------------------------|----------------|----------------|
| <b>Pack et taille:</b> | 4 x 1.81 kg (4lb) pouch | <b>Poids du boîtier:</b>    | 7.64 KG                                 | <b>UPC:</b>    | 63211247237    |
| <b>Cube:</b>           | 0.0130 M                | <b>Taille de la valise:</b> | 28.42CM x 24.61CM x 18.73CM (L x W x H) | <b>SCC-14:</b> | 10063211247234 |