

Signature Hearty Vegetables and Beef



CASE CODE
08163

PACK & SIZE
3 x 1.81 kg (4lb) tub



Calorie Watch



Low in Saturated Fat

FIBRE Source of Fibre



Source of Potassium



Vegetarian



A hearty vegetable soup made with Great Northern beans, garbanzo beans, red beans, zucchini, spinach and sweet peas in a tangerine tomato broth.

- Easy to prepare: 1:1 Reconstitution with water (or milk for seafood chowders).
- Our split pack tray results in quicker preparation time as it allows you to make half batches.
- Our soups start with stocks, seasoning and other ingredients simmered to perfection. Vegetables are added last and therefore are cooked for the first time when you prepare the soup in your kitchen.

NUTRITION FACTS

Per 100 g

Calories 100	% Daily Value*
Total Fat 1.56 g	
Saturated Fat 0.4 g	
+ Trans Fat 0.04 g	
Total Carbohydrate 11.64 g	
Dietary Fibre 1.92 g	
Sugars 2.47 g	
Protein 2.91 g	
Cholesterol 3.2 mg	
Sodium 716.15 mg	
Potassium 218.69 mg	
Calcium 19.37 mg	
Iron 0.63 mg	
Vitamin A 0 g	4%
Vitamin C 0 mg	2%

*5% or less is a little. 15% or more is a lot.

Nutrition Facts are based on our current data. However, because the data may change from time to time, this information may not always be identical to the Nutrition Facts table found on the labels of products.

SPECIFICATIONS

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Ingredients

Water, Rehydrated potatoes (contains sodium phosphate), Carrots, Seasoned beef, Onions, Diced tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), Celery, Peas, Corn, Cabbage, Tomato paste, Wheat flour, Salt, Lima beans, Yeast extract, Modified corn starch, Canola and/or soybean oil, Sugar, Beef fat, Soy lecithin, Dried garlic, Dried parsley, Whey powder (milk), Flavour, Caramel.

Preparation

1. Remove plastic film.
2. Place 1 tray (2 blocks) of soup in pot.
3. Add one full tray (1.9 L or 8 cups) water and cover.
4. Heat to boiling (min. 80°C / 180°F), stirring occasionally. Reduce heat (70°C / 160°F) and cover. Stir periodically.

Storage & Handling

Shelf Life : 21 months

Storage Temperature : -18°C

Do not re-freeze. Do not use if film is torn or missing.

Case Weight	5.90 kg
Case Size	45.09 cm x 27.64 cm x 7.80 cm
Cube	0.0111 m
UPC	063211081633
SCC-14	10063211081630