Eating Smart® Cream of Mushroom

Campbell's Foodservice

Campbell's eatingsmart SOUPS

CASE CODE
19473

PACK & SIZE
4 x 3.6 kg (8lb) pouch

Calorie Watch
Low Fat
Sodium Watch (≤480mg)
Source of Calcium
Vegetarian



A rich blend of real mushroom flavour, in a smooth cream base with a hint of lemon.

- Great tasting soup choices for consumers who want to embrace more balanced lifestyles – it's nutritious, balanced with delicious.
- Campbell's frozen soups are made from the finest ingredients, for the real food taste that distinguishes a great bowl of soup.
- *Campbell's*® *Eating Smart*® soup varieties are low in fat.
- Choosing foods prepared with little or no fat is part of healthy eating.

NUTRITION FACTS

Per 100 g

Calories 31.24
Total Fat 0.97 g
Saturated Fat 0.44 g
+ Trans Fat 0.02 g
Total Carbohydrate 4.96 g
Dietary Fibre 0.21 g
Sugars 1.51 g
Protein 0.93 g
Cholesterol 2.88 mg
Sodium 173.75 mg
Potassium 58.14 mg
Calcium 29.85 mg
Iron 0.1 mg
Phosphorus 23.1 mg

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

Case Code	19473
Pack & Size	4 x 3.6 kg (8lb) pouch
Case Weight	15.42 kg
Case Size	42.37 cm x 23.97 cm x 24.45 cm
Cube	0.0248 m
UPC	063211194739

Ingredients

Water, Mushrooms, Modified corn starch, Cream, Skim milk powder, Sugar, Salt, Modified milk ingredients, Vegetable oil (corn, canola and/or soybean), Onion powder, Tomato paste, Vinegar, Soy protein concentrate, Dried garlic, Yeast extract, Spices, Flavour (wheat), Xanthan gum.

Preparation

Traditional Method
Frozen or Thawed Soup*

1. Open pouch and pour contents into heating container.
2. Cook product to a minimum of 80°C (180°F); stirring occasionally.
3. Hold product at 68-74°C (155-165°F) for up to 4 hours.

Cold Plating Method
Thaw soup to 2-4°C (32-40°F) (48-72 hours)*

1. Open pouch and pour thawed product into container. Stir thoroughly to ensure homogenous.
2. Using a ladle, portion stirred product into individual serving containers.
3. Cook product according to retherm cart instructions. Cook to minimum temperature of 80°C (180°F).

*To thaw product, remove from cardboard packaging. Place on flat surface (do not stack) in a 4°C (40°F) cooler. Thaw for 48 to 72 hours until no ice crystals present. Once thawed, product can be stored for maximum of 2 days in cooler.

Serving Ideas

Serve soup on its own or as a side order with sandwiches, salads, or any entree. For added value, sprinkle a garnish onto individual portions of soup just before serving.

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Storage & Handling

Shelf Life : 21 months

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

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