

Eating Smart® Vegetable

Campbell's
Foodservice



CASE CODE
19481

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



Calorie
Watch



Low Fat



Sodium
Watch
(≤480mg)



Source of
Fibre



Source of
Potassium



NUTRITION FACTS

Per 100 g

Calories 32.09

Total Fat 0.1 g

Saturated Fat 0.02 g

+ Trans Fat 0 g

Total Carbohydrate 6.37 g

Dietary Fibre 0.97 g

Sugars 2.23 g

Protein 1.74 g

Cholesterol 0 mg

Sodium 179.52 mg

Potassium 127.55 mg

Calcium 14.03 mg

Iron 0.31 mg

Phosphorus 9.3 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	19481
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	063211194814

A zesty tomato broth combined with a variety of vegetables.

- 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.

Ingredients

Water, Rehydrated potatoes (contains sodium phosphate), Diced tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), Peas, Tomato paste, Celery, Carrots, Onions, Modified corn starch, Cabbage, Beef gelatin, Sugar, Salt, Yeast extract, Onion powder, Carrot juice concentrate, Dried garlic, Spices, Dried parsley, Citric acid, Spice extract.

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.

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.