

# Eating Smart<sup>®</sup> Lentil Vegetable

**Campbell's**  
Foodservice



CASE CODE  
**21618**

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



Calorie Watch



Low Fat



Sodium Watch  
(≤480mg)



Vegan



A hearty blend of zucchini, lentils, butternut squash, carrots and diced tomatoes in a savoury broth seasoned with onion and garlic.

- 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 37.6**

Total Fat 0.4 g

Saturated Fat 0.05 g

+ Trans Fat 0.01 g

Total Carbohydrate 7.45 g

Dietary Fibre 1.68 g

Sugars 1.3 g

Protein 1.89 g

Cholesterol 0.01 mg

Sodium 152 mg

Potassium 94.4 mg

Calcium 23.35 mg

Iron 0.6 mg

Phosphorus 25.1 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	21618
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

## Ingredients

Water, Lentils, Zucchini, Tomato paste, Butternut squash, Carrots, Diced tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), Celery, Modified corn starch, Spinach, Carrot juice concentrate, Potato starch, Garlic (in citric acid), Salt, Cabbage, Onion powder, Onions, Canola and/or soybean oil, Lemon juice concentrate, Dried parsley, Parsley, Spices, Flavour.

## 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

**Cube** 0.0248 m  
**UPC** 063211216189  
**SCC-14** 10063211216186

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

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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

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**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.