



## SIGNATURE MEDITERRANEAN VEGETABLE

Case Code  
**18342**

Back & Size  
**3 x 1.81 kg (4lb) tub**



A rich, savoury soup made with hearty vegetables, orzo pasta and lentils accented with Parmesan cheese and Mediterranean herbs.

### Nutrition Facts

Serving Size	125 mL condensed (250 mL prepared)
Amount Per Serving	
Calories 130	Calories from Fat
	% Daily Value
<b>Total Fat</b> 3g	<b>5%</b>
<b>Saturated Fat</b> 0.5g	<b>3%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 740mg	<b>31%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	<b>8%</b>
<b>Protein</b> 5g	<b>10%</b>
Vitamin A 4%	Vitamin C 4%
Calcium 4%	Iron 10%
Vitamin E 0%	Thiamine 0%
Magnesium 0%	Zinc 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

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.

### INGREDIENTS

WATER, ORZO PASTA (WHEAT FLOUR, EGG WHITES), SPINACH, LENTILS, CARROTS, DICED TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), ZUCCHINI, ROASTED RED PEPPERS, TOMATO PASTE, VEGETABLE BASE (VEGETABLES [CELERY, ONIONS, CARROTS], SUGAR, MALTODEXTRIN, CORN OIL, SALT, CORN STARCH, WATER, YEAST EXTRACT, XANTHAN GUM, FLAVOUR), MODIFIED CORN STARCH, WHITE WINE, SALT, EXTRA VIRGIN OLIVE OIL, SUGAR, PARMESAN CHEESE (MILK), YEAST EXTRACT, ONION POWDER, LEMON JUICE CONCENTRATE, GARLIC PURÉE (GARLIC, CITRIC ACID), SPICES.

### FEATURES AND BENEFITS

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.

### SERVING IDEAS

Add shredded roasted chicken and season to taste with prepared harissa chile paste. Top with pita bread croutons and crumbled feta cheese.

### MORE

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.

### PREPARATION

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

### HANDLING

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

### STORAGE

Shelf Life: 21 months

Storage Temperature: -18C

### PACKAGING DETAILS

<b>Back &amp; Size:</b>	3 x 1.81 kg (4lb) tub	<b>Case Weight:</b>	5.90 KG	<b>UPC:</b>	6321183429
<b>Cube:</b>	0.0111 M	<b>Case Size:</b>	45.09CM x 27.64CM x 7.80CM (L x W x H)	<b>SCC-14:</b>	1006321183426