



VERVE® MOROCCAN STYLE NINE VEGETABLE

Case Code
24723

Pack & Size
4 x 1.81 kg (4lb) pouch



A fragrant vegetable broth infused with ginger and lemon -- bursting with a vibrant palette of nine vegetables, chickpeas and lentils.

Nutrition Facts

Serving Size	250 mL
Amount Per Serving	
Calories 180	Calories from Fat
	% Daily Value
Total Fat 4g	6%
Saturated Fat 0.3g	2%
Cholesterol 0mg	0%
Sodium 750mg	31%
Total Carbohydrate 32g	11%
Dietary Fiber 6g	24%
Sugars 8g	16%
Protein 6g	12%
Vitamin A 30%	Vitamin C 2%
Calcium 6%	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, DICED TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), REHYDRATED POTATOES (CONTAIN SODIUM PHOSPHATE), CHICKPEAS, ZUCCHINI, CARROTS, LENTILS, ONIONS, BUTTERNUT SQUASH, CABBAGE, CELERY, SWEET POTATOES, CANOLA OIL, CARROT JUICE CONCENTRATE, DRIED POTATOES (POTATOES, MONO- AND DIGLYCERIDES, SODIUM PHOSPHATE, CITRIC ACID), SALT, GARLIC (CONTAINS CITRIC ACID), SUGAR, POTATO STARCH, SPICE EXTRACTS, YEAST EXTRACT, LEMON JUICE CONCENTRATE, DRIED CHILI PEPPER, DRIED PARSLEY, FLAVOUR, TURMERIC EXTRACT.

FEATURES AND BENEFITS

Fully Prepared: Pouch saves time and labour
Easy to prepare: Ability to boil in the bag
Consistent taste and appearance every time

SERVING IDEAS

Place a small mound of couscous in the bottom of a bowl and have your server pour the soup over it at the table. Garnish with snipped fresh herbs such as mint or cilantro, couscous or grilled flatbread.

PREPARATION

This product has not been fully cooked before freezing. Carefully follow the recommended cooking directions to assure complete cooking.

1. From a frozen or thawed state, immerse pouch in boiling water
2. Heat product until 80° C / 180° F
3. Using a ladle or insulated gloves, remove pouch from water
4. Open Pouch: Make a cut with a knife near top of pouch. Carefully pour into steam table insert or holding kettle.
Do not add water or milk.

HANDLING

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

STORAGE

Shelf Life: 21 months

Storage Temperature: - 18C

MORE

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PACKAGING DETAILS

Pack & Size:	4 x 1.81 kg (4lb) pouch	Case Weight:	7.64 KG	UPC:	63211247237
Cube:	0.0130 M	Case Size:	28.42CM x 24.61CM x 18.73CM (L x W x H)	SCC-14:	10063211247234