



## EATING SMART® CREAM OF CARROT

Case Code  
**19477**

Pack & Size  
**4 x 3.6 kg (8lb) pouch**



Pureed carrots in a lightly seasoned cream base.

### Nutrition Facts

Serving Size		250 mL
Amount Per Serving		
Calories 90	Calories from Fat	
		% Daily Value
<b>Total Fat</b> 1g		<b>2%</b>
<b>Saturated Fat</b> 0.5g		<b>3%</b>
<b>Cholesterol</b> 5mg		<b>2%</b>
<b>Sodium</b> 450mg		<b>19%</b>
<b>Total Carbohydrate</b> 19g		<b>6%</b>
Dietary Fiber 2g		<b>8%</b>
Sugars 9g		<b>18%</b>
<b>Protein</b> 1g		<b>2%</b>
Vitamin A 60%	Vitamin C 0%	
Calcium 4%	Iron 4%	
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, Carrots, Carrot Juice Concentrate, Potato Flakes (Mono and Diglycerides, Sodium Phosphate, Citric Acid), Modified Corn Starch, Dehydrated Onions, Sugar, Buttermilk Powder, Wheat Flour, Butter (milk), Flavour (salt, dehydrated garlic), Salt, Cream, Yeast Extract, Celery, Cabbage, Onions, Xanthan Gum, Spice, Parsley, Soy Lecithin.

### FEATURES AND BENEFITS

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.

### 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.

### PREPARATION

Boil-in-pouch method: Immerse pouch in boiling water. Heat product until 82°C (180°). Using ladle or insulated gloves, carefully grasp and remove from water. Make a cut with a knife near top of pouch. Carefully pour sauce into steam table insert or holding kettle. Thaw, pour and heat method: Make a cut with a knife near top of pouch. Pour product into heating container. Heat product until 82°C (180°), stirring occasionally. Transfer to steam table or holding kettle.

### 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: C

### MORE

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### PACKAGING DETAILS

<b>Pack &amp; Size:</b>	4 x 3.6 kg (8lb) pouch	<b>Case Weight:</b>	15.42 KG	<b>UPC:</b>	63211194777
<b>Cube:</b>	0.0248 M	<b>Case Size:</b>	42.37CM x 23.97CM x 24.45CM (L x W x H)	<b>SCC-14:</b>	10063211194777