



Nutrition Facts

Serving Size	250 mL
Amount Per Serving	
Calories 70	Calories from Fat
	% Daily Value
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Cholesterol 5mg	2%
Sodium 480mg	20%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 3g	6%
Protein 2g	4%
Vitamin A 10%	Vitamin C 35%
Calcium 6%	Iron 2%
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, MODIFIED CORN STARCH, CREAM, ONIONS, POTATOES FLAKES (POTATOES, MONO AND DIGLYCERIDES, SODIUM PHOSPHATE, CITRIC ACID), SKIM MILK POWDER, CELERY, GREEN PEPPERS, RED PEPPERS, SALT, ONION POWDER, VEGETABLE JUICE CONCENTRATE (CARROTS, CELERY, BEETS, PARSLEY, LETTUCE, WATERCRESS, SPINACH), MODIFIED MILK INGREDIENTS, VEGETABLE OIL (SOYBEAN OIL AND/OR CANOLA), YEAST EXTRACT, FLAVOUR, VINEGAR, DEHYDRATED GARLIC, SOY PROTEIN ISOLATE, ASCORBIC ACID, PARSLEY FLAKES, SPICE EXTRACT, XANTHAN GUM, CARAMEL, SPICE.

EATING SMART® CREAM OF VEGETABLE

Case Code
19476

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



A velvet cream soup filled with 11 different vegetables.

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 (Frozen or Thawed* Soup)
1. Immerse pouch in boiling water. 2. Cook product until 82°C (180 °F). 3. Using a ladle or insulated gloves, carefully grasp and remove water. 4. Open pouch: Make a cut with a knife near top of pouch. Carefully pour soup into steam table insert or holding kettle.

Or
Thaw, Pour & Heat Method (Thawed* Soup to -3° - 0°C (26° - 32°F) (24 - 48 hr.)) 1. Open Pouch: Make a cut with a knife near top of pouch. Pour Product into heating container. 2. Cook product until 82°C (180°F); stirring occasionally. 3. Transfer to steam table or holding kettle.

* For quicker preparation, place in cooler 2° - 4 °C (35° - 40°F) for maximum of 5 days.

Ready-To-Cook This product has not been fully cooked before freezing. Carefully follow the recommended cooking times to assure complete cooking. Do not use if punctured or torn. Do not freeze. Hold soup at 74°C (165°F) in appropriate holding unit up to 4 hours. Promptly store unused portions in cooler. Do not store in pouch after heating. Reheat properly stored leftover soup only once to at least 74°C (165°F) before serving.

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

Pack & Size:	4 x 3.6 kg (8lb) pouch	Case Weight:	15.42 KG	UPC:	63211194760
Cube:	0.0248 M	Case Size:	42.37CM x 23.97CM x 24.45CM (L x W x H)	SCC-14:	10063211194767