



Nutrition Facts

Serving Size	250 mL
Amount Per Serving	
Calories 100	Calories from Fat
	% Daily Value
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Sugars 4g	8%
Protein 4g	8%
Vitamin A 4%	Vitamin C 0%
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, ZUCCHINI, TOMATO PASTE, LENTILS, BUTTERNUT SQUASH, CARROTS, DICED TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), CELERY, MIREPOIX (CARROTS, CABBAGE, ONIONS, CELERY LEAVES, CELERY, SALT, PARSLEY), MODIFIED CORN STARCH, SPINACH, CARROT JUICE CONCENTRATE, POTATO STARCH, GARLIC (IN CITRIC ACID), ONION POWDER, SALT, CANOLA OR SOYBEAN OIL, SPICES, FLAVOUR, PARSLEY FLAKES, LEMON JUICE CONCENTRATE.

EATING SMART® LENTIL VEGETABLE

Case Code
21618

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



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:	63211216189
Cube:	0.0248 M	Case Size:	42.37CM x 23.97CM x 24.45CM (L x W x H)	SCC-14:	10063211216186