

Lentil Soup



Hearty lentils, vibrant carrots and caramelized onions with sautéed garlic, extra virgin olive oil, balsamic vinegar, Moroccan spices and hand-chopped parsley.



INGREDIENTS:

Water, Lentils, Onions, Carrots, Turnips, Celery, Tomato Paste (tomatoes, citric acid), Olive Oil, Extra Virgin Olive Oil, Rice Flour, Soybean Oil, Balsamic Vinegar (wine vinegar, grape must [contains sulfite]), Garlic, Sea Salt, Spices, Paprika (for color), Parsley.

Nutrition Facts	
servings per container	
Serving size	1 cup (245g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 5g	
Cholesterol 0mg	0%
Sodium 500mg	22%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 3mg	15%
Potassium 469mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



CODE	FACILITY	UPC	PACK SIZE	SHELF LIFE
700027	Lynn	00667978014097	2-8# Bags/Case	45 days from manufacture

REFRIGERATED HANDLING INSTRUCTIONS:

Store at 30-38°F. Heat to 165°F as quickly as possible by placing pouches in a water bath (kept preferably around 180 -190°F) or by pouring product into double boiler (stirring constantly to avoid scalding).

PALLET CONFIGURATIONS: 14 x 7 (98) **CASE DIMENSIONS:** 14.875" x 8.25" x 5"